

Foods That Affect Histamine

Foods High in Histamine

Fermented Foods



Bell Peppers



Shellfish



Dried Fruits



Preserved Meats



Eggplant



Strawberries



Alcohol



Avocado



Spinach



Cheese



Wheat



Foods That Increase Histamine

Citrus



Tomato



Beans



Chocolate/Cocoa



Mushrooms



Food Additives



Nuts



Papaya



Bananas



Foods That Inhibit DAO Enzyme

Fermented Foods and Drinks



Teas



Alcohol



Energy Drinks



Taking the DAO enzyme before meals can be extremely helpful



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of Functional Medicine