

Histamine Restricted Diet

The most common cause for hives is from drug toxicity reactions to antibiotics and drugs containing salicylates. Besides drug reactions, histamine found in food is the second most common cause for hive flare-ups. This is the reason that conventional medicine uses anti-histamine to control hives.

Foods that contain Histamine or mediate its release:

- All fermented foods (soy sauce, soy products, miso etc)
- Seafood (fish, shrimp, lobster, crabs, oyster, mussel, clams etc)
- Fruits sources of histamine: (orange, grapefruit, lemon, lime, cherries, strawberries, raspberry, cranberry, currants, nectarine, apricot, dates, pineapple, raisins, prunes, papaya, peach, plum, fruit jams/jellies)
- Vegetable sources of histamine (tomatoes, eggplant/aubergine, spinach, pumpkin)

- Alcohol (beer, wine, cider, spirits etc. Including foods prepared with alcohol)
- Vinegars (include ketchup, mustard, relish, salad dressing and vinegar prepared foods like sauerkraut & pickled foods)
- Tea (herbal and regular)
- Chocolate, cocoa, cola drinks

- Raw egg white (eggnog, hollandaise sauce, milkshake)
- Process, smoked and fermented meats (luncheon meat sausage, weiner, bologna, salami, pepperoni etc.)
- Left over meat (histamine levels build as meat ages. Eat fresh cooked meat)
- Fermented cheese, yogurt, buttermilk, kefir
- Bleached flour

- Artificial flavors
- Seasoning (cinnamon, chili, cloves, anise, nutmeg, curry powder, paprika, cayenne, food labels that say spice mixes, baking mixes)
- Preservatives (benzoates, sulfites, BHA, BHT)
- Food colorings (Azo dyes). Food coloring can be present in butter/margarine, vitamin/supplement pills etc.

Ask your nutritionist and doctor on how to properly begin an elimination diet program to help you identify the foods that may or may not contribute to your urticaria/hives.

River Clinic for Natural Dermatology & Cosmetic Wellness

www.riverclinic.ca

905-513-6888