Foods Intolerance due to Histamine, Fermentation, and Tyramine

Histamine: What is histamine?

Histamine is a natural substance released by cells of the body (mast cells) during times of stress and during allergic reactions. It is also in many foods.

When histamine is released, it may cause one or more of the following symptoms:
- Itchy, watery eyes
- Itchy, runny nose
- Sneezing
- Itchy skin, rash, or hives
- Cramps and diarrhea
- Difficulty breathing and wheezing
- Stuffy nose and headache

Food intolerance reactions from the release of histamine:

There are many foods that cause the body to release histamine when eaten. This type of reaction is called a “food intolerance.” It is different from a “food allergy” because the reactions are usually not life-threatening. With a food intolerance, the immune system is not involved. However, the symptoms are very similar. An epinephrine autoinjector (such as an Epi-pen®, Adrenaclick®, or AuviQ®) is not needed for food intolerances.
What are some foods that cause the release of histamine from the body?

- Chocolate
- Papayas
- Pineapple
- Strawberries
- Tomatoes
- Many others as well

**Fermentation:**

**What type of reaction can happen from fermented foods?**

Fermented foods are foods that are made or preserved by microorganisms. Fermented foods may cause allergy symptoms because they are either rich in histamine or because yeast or mold is involved in the fermentation process.

**What foods are high in histamine or are fermented?**

- Alcoholic beverages
- Cheeses, especially aged or fermented such as Parmesan and blue cheese
- Cider and home-made root beer
- Dried fruits such as apricots, dates, prunes, figs, and raisins
- Fermented foods, such as pickled or smoked meats, and sauerkraut
- Processed meats such as sausage, hot dogs, and salami
- Sardines
- Smoked fish such as herring and sardines
- Tomatoes
- Vinegar or vinegar-containing foods such as mayonnaise, salad dressing, ketchup, chili sauce, pickles, pickled beets, relishes, and olives
- Yogurt
Tyramine:
What type of reaction can happen from foods that contain tyramine?
Foods that contain tyramine can trigger headaches in some people. This is not a food allergy but a food intolerance. The immune system is not involved in this reaction either.

What foods contain tyramine?
- Fish
- Chocolate
- Alcoholic beverages
- Cheese
- Soy sauce
- Sauerkraut
- Processed meat such as sausage, hot dogs, and salami

Now that you’ve read this:
☑ Tell your nurse or doctor what histamine-rich foods are and what foods to avoid. (Check when done.)

☑ Tell your nurse or doctor what fermented foods are and what foods to avoid. (Check when done.)

☑ Tell your nurse or doctor what foods to avoid that have tyramine in them. (Check when done.)

If you have any questions or concerns,
☑ call your child’s doctor or ☐ call ______________________
Foods Intolerances due to Histamine, Fermentation, and Tyramine

Name of Health Care Provider: ______________________________
Date returned: ____________ ☐ db

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? ☐ Yes ☐ No

Would you say this handout is easy to read? ☐ Yes ☐ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? ☐ Yes ☐ No

Why or why not?

Would you do anything differently after reading this handout? ☐ Yes ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject? ☐ Yes ☐ No

If yes, what?
Is there anything you don’t like about the drawings?   ☐ Yes  ☐ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!