

Histamine foods:

- The following vegetables: tomato, eggplant, spinach
- Fermented Vegetables: such as sauerkraut and kimchi
- Avocado
- Pickles or pickled veggies
- Kombucha
- Dates
- Dried fruits such as prunes, raisins and dried apricots
- Cured or fermented meats, such as sausages, salami, and fermented ham
- Wine, beer, alcohol, and champagne
- Fermented soy products such as tempeh, miso, soy sauce, and natto
- Fermented grains, such as sourdough bread
- Frozen, salted, or canned fish, such as sardines and tuna
- Vinegar
- Fermented Dairy: such as cheese (especially aged), yogurt, sour cream, buttermilk, kefir

Histamine releasing foods:

- The following fruits: pineapples, bananas, strawberries, papaya
- All Citrus: such as oranges, limes, lemons, and grapefruit
- Nuts
- Spices
- Legumes
- Cocoa
- Alcohol
- Seafood
- Egg whites
- Food additives (in processed foods and drinks), such as colorants, preservatives, stabilizers, and flavorings

If you are overmethylating you can eat some of these foods to use up excess methyl groups. If you are undermethylating, you do not have to avoid these, but may want to eat with TMG (Betaine) to counter the effects.