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# HISTAMINE BALANCING

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EARLS,  
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# High

Alcohol

Some fruits (Strawberries, Kiwi, Pineapple, Banana, Citrus Fruits, papaya, raspberries)

Certain veggies (avocado, eggplant, peas, olives, spinach, tomatoes, chili flakes and powder)

Cocoa (chocolate)

Egg whites

Fermented foods (cheese, yogurt, olives, meat)

Shellfish and fish

Legumes (chickpeas, beans, soy, lentils, peanuts)

Certain meats (pork

Nuts and nut butters.

# Low

Veggies (especially broccoli, cauliflower, brussel sprouts, collard greens, green beans, celery, sweet potato)

Certain fruits (blueberries, blackberries, pomegranates, figs, pears, apricots, cranberry)

Meat (chicken, turkey)

Most grains (rice, quinoa, buckwheat, oats)

Coffee (hurray!)