

## **FOODS CONTAINING HISTAMINES**

MILK  
EGGS  
CHEESE  
WHEAT  
SOY  
PEANUTS  
TREE NUTS  
FISH  
SHELLFISH  
ANCHOVIES  
PORK  
BACON  
RABBIT  
CHICKEN LIVERS  
CHOCOLATE  
WINE  
TOMATOES  
STRAWBERRIES  
CITRUS FRUITS  
BANANAS  
RAISINS  
FIGS  
AVOCADOS