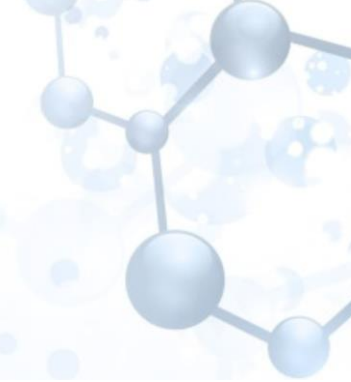


High Amine Foods



Suffering with migraines, headaches or sleep disturbances?

Foods high in Amines can trigger symptoms of headaches, fatigue, insomnia, and gastrointestinal disturbances. If you are suspecting Amine intolerance or allergy, avoid the foods listed below for 1 month, then reintroduce each food one at a time every 3 days bring them back into the diet.

Biogenic amines are formed by the breakdown of proteins in foods. They can affect mental functioning, blood pressure, body temperature, and other bodily processes. Some hormones, such as adrenaline, histamine and serotonin are compounds containing an amines. There are many different amines, including:

- tyramine (e.g. in cheese)
- histamine (e.g. in wine)
- phenylethylamine (e.g. in chocolate)
- agmatine, putrescine, cadaverine, spermidine (e.g. in decomposing fish)

Food high in Amines:

Drinks

Red Wine
Beer
All Spirits except Gin, Vodka and Whiskey
Coffee, Tea
Caffeinated Drinks
All Fruit Juices

Proteins

Hot Dogs
Sausages
Ham
Bratwurst, Salami
Corned Beef
Smoked Meats
Pastrami, Liverwurst
Bacon
Organic Meats
Eggs
Chicken Liver
Sardines, Herring, Anchovies

Fruits

Citrus Fruits, Figs
Raisins, Bananas
Ripe Avocado

Other

Fava Beans
Broad Beans
Yeasted Breads
Corn Products
Wheat Products
Nuts
All Non-Soft Cheeses
Yoghurt
Sour Cream
Chocolate
Peanut Butter
Sauerkraut
Pickled Foods
Olives
Soy Sauce
Vegemite
Vinegar
Worcestershire Sauce
Bonox, gravy granules
Meat Extract
Aspartame
MSG
Gelatin