

HISTAMINE INTOLERANCE QUESTIONNAIRE

PLEASE RATE THE SEVERITY OF THE FOLLOWING CONDITIONS AND SYMPTOMS:

A) None	B) Seldom (less than once a day)	C) Often (daily)	D) Very often (hourly)
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Please circle the appropriate rating:

Abdominal Pain, Spasms	A	B	C	D
Flatulence (Gas)	A	B	C	D
Diarrhea	A	B	C	D
Flushing or reddening of the skin (rosacea of the face)	A	B	C	D
Itching	A	B	C	D
Headache, including migraine and menstrual migraine	A	B	C	D
Fatigue	A	B	C	D
Rheumatic changes (Joint discomfort)	A	B	C	D
Nausea	A	B	C	D
Dizziness	A	B	C	D
Chronic constipation	A	B	C	D
Skin rash (may be chronic or sporadic, unknown cause)	A	B	C	D
Panic attacks, sudden changes in psychic states (e.g. aggression, difficulty concentrating, poor attention) usually during or after a meal.	A	B	C	D
“Leadexhaustion” usually during or after a meal, often requiring sleep;however, sleep does not restore vitality.	A	B	C	D
Chills, shivers, discomfort, low blood pressure.	A	B	C	D
Shortness of breath	A	B	C	D

DO YOU NOTICE ANY SYMPTOMS OR REACTIONS AFTER CONSUMING THE FOLLOWING FOODS?

Please circle Yes or No:

Beverages: All alcoholic beverages, including beer, ale, wine and distilled alcohol, All special “de-alcoholized” beverages such as beer, wine, chocolate, cocoa and cola drinks, tea (green, regular, herbal)	YES	NO
Pizza	YES	NO
Chocolate	YES	NO
Fruits: • Orange, grapefruit, lemon, lime • Apricots, plums, cherries • Cranberries • Prunes, dates, raisins, currants, dried cranberries • Bananas • Pineapple, papaya, mango • Strawberries, raspberries, loganberries, cranberries	YES	NO

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(Continued)

DO YOU NOTICE ANY SYMPTOMS OR REACTIONS AFTER CONSUMING THE FOLLOWING FOODS?

Please circle Yes or No:

Instant Foods _____	YES	NO
Nuts & Seasonings: All nuts, sunflower seeds, cinnamon, nutmeg, cloves, anise, curry powder	YES	NO
Additives & Preservatives: Tartrazine, Benzoates, Sulfites, BHA, BHT, MSG, nitrites, food colorings	YES	NO
Seafood: Tuna, mackerel, sardines, anchovy, crustaceans, (e.g. lobster, crab, shrimp), herring; preserved, marinated, salted or dried fish; rolled, pickled herring, fish sauces	YES	NO
All raw, smoked-dried and pickled sausage; salami, bacon, ham, sausage <ul style="list-style-type: none"> • Preserved meat or sausage • Packaged meats / poultry that has not been properly re-sealed after use • Minced or shredded meats unless they are very fresh • Re-heated prepared dishes containing meat or poultry • Eggs 	YES	NO
Cheeses with a long maturation period; hard cheeses like Emmentaler, Bergkase, Parmesan. <ul style="list-style-type: none"> • Mature or overripe pieces of soft cheeses and bleu cheese, ricotta • Cheeses from raw milk • Milk, yogurt, kefir, cream, buttermilk 	YES	NO
Bread, Cereals & Confections: Yeast is very high in histamine. <ul style="list-style-type: none"> • Baking powder and other chemical leavening agents are high in histamine • Avoid all bread, rolls, pastries made prepared with leavening agents. • Buckwheat 	YES	NO
Vegetables & Legumes: Avocado, eggplant, mushrooms, pumpkin, spinach <ul style="list-style-type: none"> • Tomatoes and tomato products • Soy and soy products, especially fermented • Red beans • Pickles, olives, sauerkraut and any vegetable marinated in a vinegar-based marinade 	YES	NO

ARE YOU TAKING ANY OF THE FOLLOWING DRUGS?

Acetyl Cysteine	
Ambroxole (mucolytic medication)	
Aminophylline (broncholytic)	
Amitriptyline (antidepressant)	
Cefuroxime, cefotiam, isoniazid, pentamidin, clavulanic acid, chloroquine (antibiotics)	
Cimetidine (H2 antagonist)	
Contrast media	
Cyclophosphamide (cytostatic)	
Dobutamine (antihypotonic)	
NSAIDs, (Ibuprofen, Aspirin, Naproxen, ASA), morphine, penthedin, metamizole (analgesics)	
Metoclopramide (gut motility)	
Pancuronium, alcuronium, D-tubocurarine (muscle relaxants)	
Propafenone (antiarrhythmic)	
Prilocaine (local anaesthesia)	
Verapamil, alprenolol, dihydralazine (antihypertensives)	
Thiopental (narcotic)	

Please check the box if so:

PATIENT NAME: _____

DATE: _____