

## IS HISTAMINE A TROUBLEMAKER FOR YOU?

In the left column, write down all the foods or drinks you consume. In the right column make note of any symptoms or mood changes.

Use the middle empty column to draw lines between high histamine foods and symptoms. Symptoms can show up shortly after consuming something or up to several hours later. If your symptoms are chronic (i.e. you always have eczema, concentration problems, drippy nose...) then disregard this page, and start eating food from THE HISTAMINE HAVEN SHOPPING LIST. Monitor your symptoms for a month to see if they improve.

Foods & Drinks	Time	Time	Symptoms