

# Beef & Histamine Checklist

*What to ask your meat supplier:*

How long does the carcass hang?

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Hanging of the carcass is a form of dry aging that improves tenderness and flavor but also increases histamines.

How long was the beef packaged before it was frozen?

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Even if the beef is in sealed packaging it still goes through a process called wet aging and histamines will increase. The best is for beef to be frozen as soon after processing as possible.

Are your cattle fed any grain?

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Feeding grain causes an imbalance in the omega fatty acid ratio which can increase inflammation. It can also lead to reduced vitamins, minerals and phytochemicals that are critical for helping your body to process histamines.

How many different species of plants are the cattle eating?

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Each different plant provides different vitamins, minerals and phytochemicals to the meat. Important for histamine intolerance are B vitamins from green growing legumes and antioxidants from a variety of different plants.

What are you doing about calcium and micronutrients in your soil?

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Many soils are deficient in key micronutrients but also functional calcium in the soil is critical for plants to take up key minerals like magnesium, zinc and copper that support the enzyme DAO to break down histamines.



*"Beef can be a tool for healing instead of a trigger"*



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