

AVOIDANCE DIET FOR HIVES

The following causes histamine to be released:

- 1) Aspirin/Motrin/Nuprin/Medipren/Advil/Aleve/Naprosyn. Tylenol is OK.
- 2) Strawberries
- 3) Egg whites
- 4) Shellfish
- 5) Tuna/Mackerel/Snapper/Herring
- 6) Wine
- 7) Tomatoes/ketchup/red sauce
- 8) All spices except salt and pepper