

# Fermented-Food Histamine Symptom Sorter

Use this worksheet when kombucha, kefir, yogurt, sauerkraut, kimchi, aged cheese, wine, vinegar-heavy foods, or probiotic foods seem to trigger symptoms.

## 1. Safety first

Stop the food and seek urgent care for:

- throat tightness, wheezing, trouble breathing, or voice changes
- swelling of lips, tongue, face, or throat
- faintness, collapse, or loss of consciousness
- widespread hives or severe flushing with other symptoms
- repeated vomiting, severe diarrhea, severe abdominal pain, or dehydration
- black or bloody stool

## 2. What happened?

Symptom lane	Check if yes	Notes
Bloating/gas/distension	[ ]	Serving size, FODMAP load, carbonation, fiber, constipation
Reflux/burning/sour taste	[ ]	Acid, carbonation, alcohol, late timing, meal size
Diarrhea/urgency	[ ]	Dose, alcohol, caffeine, sweeteners, IBS-D, bile-acid clues
Flushing/hives/itching/headache	[ ]	Possible histamine-style clue; not a diagnosis
Multi-system allergic reaction	[ ]	Medical care; do not retest alone

## 3. Retest only if safe

If the reaction was not severe and your clinician has not told you to avoid the food:

- Pick one fermented item.
- Use a small serving.
- Keep the rest of the meal familiar.
- Avoid adding a probiotic capsule the same week.
- Track symptoms for 24 hours.
- Stop if symptoms escalate or become multi-system.

## 4. Questions to ask

- Does this look more like reflux, bloating, diarrhea, allergy, or histamine-style sensitivity?
- Should I rule out celiac disease, IBD, allergy, or mast-cell conditions before restricting further?
- Would a short, supervised elimination-and-rechallenge trial make sense?
- Which foods are worth keeping because they are tolerated?