Histamines in Sauerkraut.

If you have a histamine intolerance, you probably know about it. It’s not something that you should be worried about if you don’t suspect you have a histamine intolerance. Apparently, less than 1% of the population is histamine intolerant. Yes, sauerkraut has histamines. Histamines are naturally produced in the human body, and in foods. Histamine is a chemical involved in your immune system, digestion and your central nervous system. It is a component of stomach acid, which is what helps you break down food in your stomach. Histamines are also produced during any allergic response. When an allergen triggers the immune system, mast cells (a type of white blood cells) release histamines as part of the inflammatory immune reaction. Histamines are also produced naturally in different plants and during the fermentation process, particularly in high protein ferments like fish and soy sauce.

Histamine-Rich Foods:

- Fermented alcoholic beverages, especially wine, champagne and beer
- Fermented foods: sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha, sour cream, sourdough bread
- Cured meats: bacon, salami, etc.
- Dried fruit: apricots, prunes, dates, figs, raisins. Most citrus fruits
- Aged cheese including goat cheese
- Nuts: walnuts, cashews, and peanuts
- Vegetables: avocados, eggplant, spinach, and tomatoes
- Smoked fish and certain species of fish: mackerel, mahi-mahi, tuna, anchovies, sardines

In a 1999 study, homemade sauerkraut was found to be much lower in histamine than commercial manufactured sauerkraut in Europe. It will be up to the individual to how they might react to sauerkraut in relation to their histamine intolerance.

The Low Histamine Chef mentions in a blog post about safely eating ferments with a histamine intolerance that ferments left to ferment for 16+ weeks resulted in little to no histamine response and also the use of citric acid in ferments (so you could do a yummy lemon rind and peppercorn sauerkraut) may also dull any reaction.

Fermenting is fun, but don’t do anything that you might feel worse for wear from.

Much of the information in this was found from mindbodygreen and PaleoLeap.