

## INFORMATION FOR PATIENTS

# Urticaria and your diet

You have been diagnosed with a chronic skin condition called urticaria.

This leaflet is a guide of food types high in histamine and tyramine which may make your urticaria worse. These compounds are naturally present in some food in various amounts depending upon the food's freshness and ripeness. If you find any of these foods do worsen your condition, it would be best to avoid them or reduce the amount of them you eat.

### Foods high in histamine:

- Mature cheeses, especially parmesan and blue cheeses.
- Alcohol, especially red wine.
- Pickled and tinned foods.
- Smoked meat products e.g. salami.
- Fish - tuna, sardine, salmon, anchovy fillets.
- Fermented food products.
- Shellfish.
- Beans and pulses.
- Vinegar.
- Foods with preservatives and artificial colourings.

### Foods with histamine releasing capabilities:

- Most citrus fruit.
- Tomatoes.
- Chocolate.
- Spinach.
- Nuts.

### Foods containing tyramine:

- Cured/smoked/aged food products like cheeses and meats.
- Game.

- Beers.
- Yeast products.
- Soy products such as tofu, miso soup and bean curd.

**If you require further support then please ask your GP to refer you to a dietitian.**

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202505-05-UYD  
Created: February 2018 / Revised: May 2025 / Review Date: May 2027