Tab. I Alimenti istamino-liberatori e contenenti istamina

<table>
<thead>
<tr>
<th>ALIMENTI</th>
<th>Ricchi di istamina (µg/g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alume d'uovo</td>
<td>Formaggi fermentati</td>
</tr>
<tr>
<td>Molluschi</td>
<td>Insaccati di Maiale e Bue</td>
</tr>
<tr>
<td>Fragole</td>
<td>Pesci conservati (tonno, sardine, acciuga, aringa,...)</td>
</tr>
<tr>
<td>Pomodori</td>
<td>Spinaci</td>
</tr>
<tr>
<td>Cioccolata</td>
<td>Pomodoro</td>
</tr>
<tr>
<td>Pesce</td>
<td>Fegato di maiale</td>
</tr>
<tr>
<td>Ananas</td>
<td>Bevande fermentate (vino, birra)</td>
</tr>
<tr>
<td>Alcool</td>
<td></td>
</tr>
<tr>
<td>Fecola di Patate</td>
<td></td>
</tr>
<tr>
<td>Noci, Mandorle, Arachidi, Frutta secca</td>
<td></td>
</tr>
<tr>
<td>Caffè</td>
<td></td>
</tr>
<tr>
<td>Lenticchie, Favo, Legumi</td>
<td></td>
</tr>
<tr>
<td>Derivati delle noci di Cola</td>
<td></td>
</tr>
</tbody>
</table>

Tab. II Alimenti ricchi in tiramina

<table>
<thead>
<tr>
<th>ALIMENTI</th>
<th>MEDIA (mg/100g)</th>
<th>VALORI ESTREMI (mg/100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheddar</td>
<td>146</td>
<td></td>
</tr>
<tr>
<td>Emmenthal</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Stilton</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Brie</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Camembert</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Parmigiano</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Aringhe affumicate</td>
<td>303</td>
<td></td>
</tr>
<tr>
<td>Tuorli</td>
<td>57</td>
<td></td>
</tr>
<tr>
<td>Cioccolato</td>
<td></td>
<td>30-90</td>
</tr>
<tr>
<td>Vino rosso</td>
<td>25</td>
<td>10-90</td>
</tr>
<tr>
<td>Vino bianco</td>
<td></td>
<td>07-210</td>
</tr>
<tr>
<td>Estratto di lievito</td>
<td>150</td>
<td></td>
</tr>
<tr>
<td>Uva</td>
<td>69</td>
<td>24-140</td>
</tr>
<tr>
<td>Patate</td>
<td>84</td>
<td>56-130</td>
</tr>
<tr>
<td>Cavolo</td>
<td>67</td>
<td>44-88</td>
</tr>
<tr>
<td>Cavolfiore</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Spinaci</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Pomodoro</td>
<td>25</td>
<td>0-120</td>
</tr>
</tbody>
</table>
Tab. III Alimenti ricchi in salicilati

<table>
<thead>
<tr>
<th>Albicocche (rosacee-pomacee)</th>
<th>Alcolici</th>
<th>Arance (agrumi)</th>
<th>Banane (musaracee)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cetrioli (cucurbitacee)</td>
<td>Ciliegie (rosacee-pomacee)</td>
<td>Dolciumi</td>
<td>Fichi (urticacee)</td>
</tr>
<tr>
<td>Fragole (rosacee-pomacee)</td>
<td>Insaccati</td>
<td>Lamponi (rosacee-pomacee)</td>
<td>Mandorle (rosacee-pomacee)</td>
</tr>
<tr>
<td>Mele (rosacee-pomacee)</td>
<td>Meloni (cucurbitacee)</td>
<td>Mirtilli (ericacee)</td>
<td>More (rosacee-pomacee)</td>
</tr>
<tr>
<td>Pane a cassetta</td>
<td>Pesche (rosacee-pomacee)</td>
<td>Zucchine (cucurbitacee)</td>
<td>Cibi in Scatola</td>
</tr>
<tr>
<td>Uva (anche vino e aceto) (vitacee)</td>
<td>Pomodori (freschi e conservati) (solanaceae)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tratto da Vademecum Allergologico per il Pediatra - a cura del Gruppo di studio di Immunologia Pediatrica - SIP

http://nutrimutazione.wordpress.com/