

Supplementary Table 1. The food ranking of histamine level studied by our previous study

Name: Regeister number: Gender: Age:
 *Histamine is one of the causes of urticaria. Below is schematic table showing the histamine level of each food. You are advised to avoid foods with high histamine level which is in the upper side of the column.

		Histamine level of food						
		Fishery products	Meat products	Eggs	Fermented food	Vegetables	Dairy products	Etc.
Higher level	Grilled anchovy Grilled pacific saury		Pork Grilled sausage and ham		Red pepper paste Soybean paste	Spinach Fermented radish kimchi		
	Grilled mackerel		Chicken			Fermented cabbage kimchi	Cheese	Toasted laver
	Grilled hairtail		Raw sausage and ham					
	Can of tuna Boiled ahcnovy Boiled shrimp							
50 ng/g	Dried anchovy Boiled pacific saury							Raw laver
	Grilled Spanish mackerel							
	Boiled hairtail		Grilled beef					
	Squid		Boiled beef					
	Boiled mackerel		Raw beef	Boiled egg		Carrot	Milk	
	Boiled Spanish mackerel			Raw egg		Onion		
Lower level						Raw cabbage and radish		

Be aware that fermented foods (ex. Soybean paste, red pepper paste, kimchi, yogurt, cheese) contain high level of histamine, and please avoid them.

Also, fast foods, tomato, nuts including peanut, alcohols including wine, green tea, chocolate, grape, banana, strawberry, citrus fruits such as lemon and orange should be restricted.