

## Histamine in foods

Important note: histamine levels can vary greatly for each food depending on how fresh it is, how it was stored, transported, processed and cooked. Use this chart as a general guideline. It is a good idea to work with a naturopath or nutritionist when undertaking a low-histamine diet.

Types of Food	Foods to avoid (high in histamines)	Foods that are safe (low in histamines)
Meat, Fish, Eggs	<ul style="list-style-type: none"> <li>• Meat or fish that is cured, dried, aged, smoked, pickled, processed, canned or marinated</li> <li>• Cold cuts, sausages, etc.</li> <li>• Shellfish</li> <li>• Tuna, mackerel, herring, sardines, anchovies, mahi mahi</li> <li>• Egg whites</li> </ul>	<ul style="list-style-type: none"> <li>• Natural fresh meat and fish (check date on package – the fresher the better)</li> <li>• Fresh or frozen meat and fish (Thaw and eat quickly)</li> <li>• For frozen fish, look for label FAS (frozen at sea)</li> <li>• Eggs in baked goods</li> </ul>
Dairy & Dairy Alternatives	<ul style="list-style-type: none"> <li>• All cheeses, including nut cheeses</li> <li>• Yogurt &amp; kefir</li> <li>• Sour cream</li> <li>• Buttermilk</li> <li>• Soymilk</li> </ul>	<ul style="list-style-type: none"> <li>• Non-dairy milks like oat milk, coconut milk, almond milk.</li> </ul>
Grains & Breads	<ul style="list-style-type: none"> <li>• Yeasted breads and pastries</li> <li>• Sourdough bread</li> <li>• Foods containing gluten</li> </ul>	<ul style="list-style-type: none"> <li>• Corn, rice, quinoa, oats.</li> <li>• All gluten-free grains</li> </ul>
Vegetables & Mushrooms	<ul style="list-style-type: none"> <li>• Spinach, tomatoes (and tomato products), eggplant, avocado, olives</li> <li>• Marinated vegetables, pickles, sauerkraut, kimchi</li> <li>• Legumes (including beans, soy and soy products, and peas)</li> <li>• Pickled vegetables</li> <li>• Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>• All fresh or frozen vegetables except those listed on the left.</li> <li>• Chickpeas and lentils may be okay for some people</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Strawberries, raspberries, all citrus fruits, pineapple, papaya, guava</li> <li>• Dried fruits</li> <li>• Overripe fruits</li> </ul>	<ul style="list-style-type: none"> <li>• All fruits except the ones listed on the left.</li> </ul>

<p>Nuts &amp; Seeds &amp; Chocolate</p>	<ul style="list-style-type: none"> <li>• Nuts (especially walnuts, cashews)</li> <li>• Peanuts,</li> <li>• Chocolate/cacao</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut, coconut milk, coconut water</li> <li>• All seeds</li> <li>• Macadamias, chestnuts</li> <li>• White chocolate</li> </ul>
<p>Fats &amp; Oils</p>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Refined oils</li> </ul>	<ul style="list-style-type: none"> <li>• Olive oil, avocado oil, coconut oil,</li> <li>• Animal fats</li> </ul>
<p>Condiments &amp; Flavourings</p>	<ul style="list-style-type: none"> <li>• Vinegar, ketchup, mustard, mayonnaise</li> <li>• Yeast extract, flavourings (i.e. MGS), bouillon, broth</li> <li>• Soy sauce, tamari, coconut aminos</li> <li>• Miso, nato</li> </ul>	<ul style="list-style-type: none"> <li>• Starches: corn, potato, arrowroot</li> </ul>
<p>Spices &amp; Herbs</p>	<ul style="list-style-type: none"> <li>• Thyme</li> <li>• Cinnamon</li> <li>• Curry powder</li> <li>• Chilli powder</li> <li>• Hot spices</li> <li>• Spice or herb mixes</li> </ul>	<ul style="list-style-type: none"> <li>• All other herbs, fresh or dried</li> <li>• Mild spices</li> <li>• Sea Salt</li> <li>• Pepper</li> </ul>
<p>Drinks</p>	<ul style="list-style-type: none"> <li>• All alcoholic beverages</li> <li>• Kombucha</li> <li>• Tea: black, mate, green</li> <li>• Energy or sports drink</li> <li>• Sodas</li> <li>• Citrus juices</li> </ul>	<ul style="list-style-type: none"> <li>• Herbal teas</li> <li>• Fresh vegetable or fruit juices (other than citrus)</li> </ul>
<p>Miscellaneous</p>	<ul style="list-style-type: none"> <li>• Food additives</li> <li>• Food preservatives</li> <li>• Food dyes</li> <li>• Processed foods</li> <li>• Fried foods</li> </ul>	<ul style="list-style-type: none"> <li>• Natural ingredients</li> <li>• Boiled foods</li> </ul>

Sources:

- <https://www.functionalnutritionanswers.com/low-histamine-diet-101-what-to-eat-what-to-avoid-and-why/>
- <https://healinghistamine.com/dr-janice-joneja-histamine-intolerance-interview-transcript/>
- [https://www.histaminintoleranz.ch/downloads/SIGHI-Leaflet\\_HistamineEliminationDiet.pdf](https://www.histaminintoleranz.ch/downloads/SIGHI-Leaflet_HistamineEliminationDiet.pdf)
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6306728/>