

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

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

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.ncbi.nlm.nih.gov/pmc/articles/PMC6306728/>