

General guidelines:

1. Avoid or reduce eating canned foods and ready meals
2. Avoid or reduce eating ripened and fermented foods (older cheeses, alcoholic drinks, products containing yeast, stale fish)
3. Histamine levels in foods vary, depending on how ripe, matured, or hygienic the foods are
4. As much as it is possible, only buy and eat fresh products
5. Don't allow food to linger outside the refrigerator - especially meat products
6. Everyone has their threshold; you will need to find yours

Foods with Low Histamine Levels

Grains

- Rice noodles
- Yeast free rye bread
- Rice crisps
- Oats
- Pasta
- Potatoes
- Corn

Protein (cooled, frozen, or fresh)

Meat

- Chicken
- Beef
- Pork

Fish

- Salmon

- Cod
- Plaice
- Trout
- Zander
- Hoki

Other

- Eggs

Vegetables

- Onion
- Squash
- Cucumbers
- Beets
- Asparagus
- Broccoli

Fruits

- Blueberries
- Apricots
- Cranberries
- Apples
- Peaches

Others...

- Most cooking oils (check suitability before use)
- Most leafy herbs (check suitability before use)
- Cream cheese
- Milk substitutes
- Coconut milk
- Rice milk
- Herbal teas

Please note that not every food with low levels of histamine are included in this list. If you are unsure of something and it's not on this list, we encourage you to do your own research before eating.

Foods with High Histamine levels

Protein

Cheese

- Gouda
- Camembert
- Cheddar
- Swiss
- Parmesan

Meat

- Salami
- Ham
- Sausages

Fish

- Mahi Mahi
- Anchovy
- Tuna
- Shellfish

Nuts

- Walnuts
- Cashew
- Peanuts

Beans

- Chickpeas
- Soy beans

Vegetables

- Spinach
- Eggplant
- Tomatoes
- Avocado
- Olives
- Sweet potatoes
- Mushrooms

Fruits

- Strawberries
- Bananas
- Pineapple
- Pears
- Grapes
- Papayas
- Dried fruits
- Prunes
- Dates
- Apricots
- Raisins
- Figs

Alcohol

- White wine
- Red wine
- Champagne

Others...

- Vinegar containing foods
- Mayonnaise
- Ketchup
- Chili sauce
- Pickled or canned food
- Yogurt
- Chocolate and other cocoa based products
- Salty snacks
- Sweets with preservatives and artificial coloring

Please note that not every food with high levels of histamine are included in this list. If you are unsure of something and it's not on this list, we encourage you to do your own research before eating.

Additional Information:

Histamine liberators - these are foods that don't contain high levels of histamines themselves, rather will release histamines from other foods when ingested. Please take precautions when mixing these foods with the ones listed under *Foods With High Histamine Levels*. Some histamine liberators are...

- Most citric fruits (kiwi, lemon, lime, pineapple, plums) • Cacao and chocolate • Tomatoes • Wheat germ
- Nuts • Additives (benzoate, sulphates, nitrites, glutamate, and food dyes)