

High Histamine Foods + Histamine Liberators: (AVOID)

Vegetables:

Avocado
Beets
Broccoli
Eggplant
Mushrooms
Pumpkin
Spinach
Tomatoes
Potatoes
Anything fermented (pickles, relish, kimchi, etc)

Fruits:

Apricots
Cherries
Currants
Grapefruit
Pineapple
Raspberries
Bananas
Cranberries
Dates
Kiwi
Mango
Strawberries
Tangerines
All dried fruit (raisins, prunes, etc)
Overly ripe/very ripe fruits

Herbs & Spices:

Anise
Cinnamon, Nutmeg, & Clove
Curry
Paprika
Chili powder
Cayenne
Black pepper
Mustard, Ketchup

Sweeteners:

Maple syrup
Agave

Grains:

Buckwheat
Wheat
Barley
Rye
Yeast

Legumes:

Soy Beans
Red Beans

Nuts & Seeds:

Peanuts
Pistachios
Almonds
Walnuts
Pecans
Cocoa/Chocolate

Dairy:

All Dairy Products, but especially aged cheeses
Raw Egg Whites (Baked eggs are ok)

Meats & Seafood:

Aged/Cured Meats (salami, pepperoni, bacon, etc)
Pickled Meats
Smoked Meats
All Shellfish
All Seafood (typically, although not always)
Leftover Meats (>24 hours)
Bone Broth (meat broth, containing no bones and cooked for shorter periods of time is usually ok)

Beverages:

Black teas
Green tea
Mate tea
Kombucha
Coffee
Cola
Energy drinks
Alcohol (especially red wine)

Low Histamine Foods: (INCLUDE)

Vegetables:

Arugula
Asparagus
Bok choy
Brussel sprouts
Cabbage
Carrot
Celery
Celery root
Chard
Cucumber
Endive
Green beans
Kale
Lettuce
Parsnip
Radicchio
Spaghetti squash
Sugar snap peas/snow peas
Watercress
Winter squashes
Yellow squash
Yucca root
Zucchini

Fruits:

Apples
Blueberries (sometimes safe)
Mangosteen
Melons
Olives
Passion fruit
Pear

Herbs & Spices:

****Very limited, use fresh only, not dried as dried will contain higher histamine and mold levels.****

Basil
Cilantro
Garlic powder & Onion powder
Oregano
Parsley
Rosemary, Thyme, Sage (sometimes safe)
Sea salt
Turmeric (sometimes safe)

Sweeteners:

Cassava syrup (fructose free)
Raw honey (sometimes safe)
Monk fruit sweetener (sometimes safe)
Stevia
Swerve sweetener (Xylitol)

Grains:

White, jasmine rice
Gluten free oats (sometimes safe)
Quinoa (sometimes safe)
Millet (sometimes safe)

Legumes: (reactive for some people)

White beans
Garbonzo beans

Nuts & Seeds:

Cashews (sometimes safe)
Almonds (sometimes safe)
Macadamia nuts (sometimes safe)
Sunflower seeds & pumpkin seeds (sometimes safe)
Coconut
Hemp seeds
Chia seeds
Flaxseeds

Dairy:

Organic, Grass-fed butter
Organic Ghee
Organic, pastured eggs

Meats & Seafood:

Grass-fed beef or Bison
Organic, pasture raised turkey or chicken
Organic pork (careful with parasite exposure)
Organic lamb

Beverages:

Filtered water
Sparkling water
Freshly made ginger tea (with ginger root)
Freshly made mint tea (with mint leaves)