

ALLOWED (Low Histamine Foods List)	RESTRICTED (High Histamine Foods List)
Vegetables - Allowed	Vegetables - Restricted
<ul style="list-style-type: none"> All fresh vegetables except those listed opposite 	<ul style="list-style-type: none"> Eggplant Pumpkin Sauerkraut Spinach Tomato Avocado Olives Pickled vegetables
Fruits - Allowed	Fruits - Restricted
<ul style="list-style-type: none"> Apple Cantaloupe Figs Grapes Honeydew Mango Pear Rhubarb Lychee Persimmon Blackberries Blueberries Watermelon Coconut 	<ul style="list-style-type: none"> Citrus fruits Banana Cherry Cranberry Currant Date Loganberry Nectarine Orange Papaya Peach Pineapple Prunes Plums Raisins Raspberries Strawberries All dried fruits

	<ul style="list-style-type: none"> Fruit dishes, jams, juices made with restricted ingredients
Meat, Poultry and Fish - Allowed	Meat, Poultry and Fish - Restricted
<ul style="list-style-type: none"> All fresh meat, fish and poultry. Must be bought and cooked fresh. 	<ul style="list-style-type: none"> All canned meat/fish (canned tuna, spam etc.) All shellfish Leftover/refrigerated meats Processed, cured or smoked meats (salami, pepperoni, cold cuts)
Eggs - Allowed	Eggs - Restricted
<ul style="list-style-type: none"> Plain eggs (ensure whites are fully cooked) 	<ul style="list-style-type: none"> Raw egg whites (as in some eggnog, hollandaise sauce, milk shakes, mayonnaise)
Fats and Oils - Allowed	Fats and Oils - Restricted
<ul style="list-style-type: none"> Pure butter All vegetable oils and oils of allowed foods which contain no additives Coconut oil Meat drippings and fat Homemade gravy Homemade salad dressings with allowed ingredients 	<ul style="list-style-type: none"> All fats and oils with colours or preservatives Prepared gravy Commercial salad dressings Hydrolyzed lecithin
Spices and Herbs - Allowed	Spices and Herbs - Restricted
<ul style="list-style-type: none"> All fresh herbs and spices except those listed opposite 	<ul style="list-style-type: none"> Anise Cinnamon Cloves Curry powder Paprika/cayenne Nutmeg Seasoning packets with restricted ingredients Foods labelled “with spices”

Nuts and seeds - Allowed	Nuts and seeds - Restricted
<ul style="list-style-type: none"> All nuts should be eliminated for the first two weeks on the diet. After this period, nuts aside from those listed opposite may be reintroduced individually to examine tolerance. Begin with macadamias and chestnuts. 	<ul style="list-style-type: none"> Walnuts Cashews
Legumes - Allowed	Legumes - Restricted
<ul style="list-style-type: none"> All legumes should be eliminated for the first two weeks on the diet. After this period, legumes aside from those listed opposite may be reintroduced individually to examine tolerance. Even if tolerable, a maximum consumption of ½ cup legumes per day is recommended. 	<ul style="list-style-type: none"> Soy All canned beans/lentils/legumes Peanuts
Breads and Cereals* - Allowed	Breads and Cereals* - Restricted
<ul style="list-style-type: none"> Total of ½ cup per day maximum of the following: Any plain, gluten-free breads, gluten-free oats, gluten-free pasta or other gluten-free grains with allowed ingredients only. It's notable that non-celiac gluten sensitivity may be due to histamine intolerance. 	<ul style="list-style-type: none"> Foods cooked in oils containing hydrolyzed lecithin, BHA or BHT Baking Mixes Dry dessert mixes
Milk and Dairy* - Allowed	Milk and Dairy* - Restricted
<ul style="list-style-type: none"> Coconut, oat or rice milks (made only with pure ingredients) After two weeks on this diet, plain milk can be reintroduced, if tolerated 	<ul style="list-style-type: none"> All cheese All yogurt (unless specifically cultured with low histamine probiotics) All buttermilk
Sweeteners* - Allowed	Sweeteners* - Restricted

<p>Recommended to only use when necessary and in minimal amounts:</p> <ul style="list-style-type: none"> • Honey (individual tolerance may vary) • Molasses • Maple Syrup • Pure jams and jellies (only with allowed ingredients) • Homemade desserts with allowed ingredients 	<ul style="list-style-type: none"> • Flavored syrups • Prepared dessert fillings • Prepared icings/frostings • Spreads with restricted ingredients • Cake decorations • Confectionary • Commercial candies • All processed sugars • All artificial sweeteners
Other - Allowed	Other - Restricted
<ul style="list-style-type: none"> • Apple cider vinegar (only type of vinegar allowed, typically tolerable in small amounts) • Baking soda • Plain gelatin • Corn starch • Gluten-free baking powder 	<ul style="list-style-type: none"> • All chocolate, cocoa and carob • All products made with artificial flavours or preservatives • Artificial colourings, especially tartrazine (also found in medications and supplements) • Hydrolyzed lecithin • BHA, BHT • Flavoured gelatin • Mincemeat • Prepared relishes and olives • Soy sauce • Miso • Commercial ketchup • Canned foods and ready meals • Pickled and fermented foods • Vinegar • Yeast and yeast extracts • Benzoates (also found in cosmetics), sulphites, nitrites, glutamate, food dyes
Beverages - Allowed	Beverages – Restricted

<ul style="list-style-type: none"> • Coffee (only tolerable for some; can cause mast cell activation) • Still and carbonated mineral water • Tea made with fresh, allowed herbs • Ginger and hot water (ginger helps degrade histamine) • Alcohol is recommended to be consumed in minimal amounts, if at all. However, when necessary, plain vodka, gin and white rum are the best choices on this diet. • Low histamine wine 	<ul style="list-style-type: none"> • Soda and carbonated drinks • All tea (including green, black and mate) • All drinks with “flavour” or “spices” • Beer, cider, champagne and wine (unless specified low histamine wine) • All other alcoholic beverages (spirits)
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Key Summary Points

Select fresh, whole foods. Any processing, particularly fermentation and curing, dramatically raises a food’s histamine levels. This is in part because as food gets processed or ages, histamine-making bacteria start to grow. Avoid anything canned, smoked, or dried. Instead stay with fresh foods (except for any that might trigger you, such as citrus or tomato).

Store food safely. As foods age, their histamine rises. You can slow down this process by storing foods in your fridge or freezer. When it comes to storing cheese, the lower the temperature, the better.

Get cooking. This gives you more control over the ingredients in food and how those ingredients are prepared and stored. Even cooking methods can impact histamine levels. For example, braising and steaming produce less histamine than grilling or barbecuing.

Sources: <https://www.factvsfitness.com/blogs/news/histamine-intolerance-food-list> ,
<https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>