



WHAT TO EAT : Low-Histamine Diet

Food Group	Eat	Avoid
Vegetables	All Fresh Vegetables except >>>	Eggplant Pumpkin Sauerkraut Spinach Tomato Avocado Olives Pickled Items Canned Items
Fruits	Apple Pear Cantaloupe Figs Mango Grapes Rhubarb Coconut Blackberries Blueberries Watermelon Honeydew	Citrus Fruits Dried Fruits Strawberries Banana Papaya Pineapple
Meat, Poultry, Fish	All fresh meat, fish and poultry. Cook fresh or freeze immediately.	Canned Meat/Fish Shellfish Cured/Smoked Meats
Fats and Oils	Butter Coconut Oil Avocado Oil Olive Oil Lard, Tallow, Animal Fats	
Spices and Herbs	All Fresh Herbs/Spices except >>>	Anise Cloves Nutmeg



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Nuts and Seeds	Avoid ALL nuts for a trial period of two weeks, then reintroduce individually	
Legumes	Avoid ALL legumes for a trial period of two weeks, then reintroduce individually	Canned legumes
Milk/Dairy	Non-Dairy Milks: Coconut/Oat/Rice Raw Whole Milk	All cheese All yogurt
Sweeteners	Honey Maple Syrup Stevia/Monkfruit	Processed Sugars Artificial Sweeteners
Other	Apple Cider Vinegar (<i>only vinegar allowed, as tolerated</i>)	Vinegar Chocolate/Cocoa Artificial Flavors & Preservatives Artificial Colors BHA, BHT Soy Sauce Miso Yeast/Yeast Extracts Alcohol Soda

MANAGING HISTAMINE LOAD IN THE DIET

The histamine content in food varies markedly according to storage and maturation. Proteins that may normally be low in histamine will have increasing amounts of histamine as they age (e.g. ground beef). Similarly, fruits will have increasing amounts of histamine as they ripen. ANY leftover food will accumulate more histamine over time.

There is no such thing as a “histamine-FREE diet” - instead, it's about managing intake of histamine according to your own threshold.

BEST practices for minimizing histamine include:

- As much as possible, eat FRESH food. Peel fruits/vegetables just prior to eating and enjoy freshly cooked meat, poultry and fish.
- Avoid leftovers. However, freezing halts histamine formation. Immediately freeze any uneaten portions and consume within 1 month of freezing.
- Avoid/reduce canned, processed, and packaged items.
- Get familiar with high-histamine foods and avoid them as much as possible.
- Focus on the wide variety of foods LOWER in histamine!

“BUY FRESH, COOK FRESH, EAT FRESH”

This is your mantra. Stick to this principle to keep a wide variety of foods in your diet!