

Histamine Foods List:

* = Has been noted as higher histamine, but contains high amounts of histamine lowering nutrients that can balance

Italics = particularly high in histamine lowering nutrients, Emphasize these

! [Food Name] = High in pesticide residue – buy organic

L = Lectin: may trigger those with Mast Cell Activation Syndrome

Red = foods that showed up on your food sensitivity/allergy and should be avoided (casein = milk/dairy products, egg yolks, navy beans)

Grains & Carbs -

Lower Histamine Foods

Any Gluten free grains:

- Amaranth
- Buckwheat – L
- Rice – L
- Millet
- Oats – L
- *Quinoa* – L
- *Rice, black* – L
- Rice, brown – L
- Rice, white – L
- *Sorghum, Black* –
- *Sorghum, Popped*
- *Sorghum, White*
- Plain gluten-free pasta and crackers – L
- Resistant Starches to feed good gut bacteria (Avoid with SIBO):**
 - Cassava flour –
 - Flax meal
 - Fresh Coconut Meat
 - Miracle Noodles, Miracle Rice
 - Blanched Almond Flour
 - Hazelnut Flour
 - **! [Potatoes]** – L
 - *Sweet Potatoes*
 - Sweet Potato Starch and Sweet Potato Starch Noodles
 - Rutabagas
 - Turnips, greens or root

Higher Histamine Foods – Limit These!

Foods made with:

- Bleached flour
- Any food made with or cooked in oils with hydrolyzed lecithin, BHA, BHT
- Commercial pie, pastry, and fillings
- Baking mixes
- Dry dessert mixes
- All packaged rice and pasta meals
Gluten
- **! [Corn]**

Vegetables -

Lower Histamine Foods

All pure fresh and frozen vegetables and juices except those listed in the high category

Especially:

- *Artichokes*
- *Arugula*
- *Asparagus*
- *Basil*
- *Beets*
- *Bok choy*
- *Broccoli*
- *Broccolini*
- *Brussels sprouts*
- Butter lettuce
- *Butternut squash* – L
- Carrots
- *Cauliflower*
- **! [Celery]**
- *Chives*
- *Cilantro*
- *Collards*
- Cucumber – L
- *Daikon radishes*
- Dandelion greens
- Endive
- Escarole
- Fennel
- *Garlic*
- **![Kale]**
- Kohlrabi
- Leafy greens
- *Leeks*
- Mesclun
- *Mint*
- *Mizuna*
- *Mustard greens*
- *Cabbage*
- *Onions – any kind*
- *Parsley, curly or flat*
- **![Peppers, bell or hot] – L**

- Purslane
- **![Potatoes]** – L
- *Radishes*
- Red and green leaf lettuce
- Rhubarb
- Romaine
- Rutabaga
- *Scallions*
- *Squash, Winter* – L
- **![Squash, Summer]**– L
- Swiss Chard
- Turnip
- *Watercress*

Higher Histamine Foods – Limit These!

- Eggplant – L
- Green Beans, String Beans – L
- Peas – L
- Pumpkin
- Sauerkraut
- **![Spinach]**
- **![Tomato]** and all products – L
- Mushrooms

Fruits -

Lower Histamine Foods

- **![Apple]**
- Apricot – fresh
- **![Blackberry]**
- **![Blueberry]**
- **![Cherry]**
- **![Cranberry]**, *fresh*
- Currant, fresh
- Cantaloupe (rock melon)
- Figs, fresh
- Honeydew
- Kiwi
- Lemon – limit to 1/2 tsp
- Lime – limit to 1/2 tsp
- *Mango*
- **![Nectarine]**
- **![Peach]**
- Pomegranate
- **![Pear]**
- Plantain
- ***![Raspberries]** (limit to 1/4 cup)
- Watermelon

Higher Histamine Foods – Limit These!

- Dried fruit
- Avocado
- Banana
- Date
- Grapefruit
- **![Grapes]**
- Loganberry
- Orange and other citrus
- **![Papaya]**
- Pawpaw
- Pineapple
- Prunes
- Plums
- Raisins
- **![Strawberries]**

Meat, Poultry, & Fish -

Lower Histamine Foods

All pure, freshly cooked, unaged meat or poultry (not ground):

- Chicken
- Turkey
- Quail
- Duck
- Goose
- Bison (only if unaged)
- Beef (only if unaged)
- Pork
- Lamb
- Rabbit
- Salmon
- Cod

Higher Histamine Foods – Limit These!

- Aged Beef or Bison (99% of all beef and bison is aged)
- All other fish and shellfish
- Ground Meats
- All processed and cured meats (bacon, salami, pepperoni, luncheon meats, hot dogs)
- All leftover cooked meats

Eggs -

Lower Histamine Foods

- ***All plain, cooked eggs (if tolerated). Pasture Raised is best.
- You showed sensitivity to **egg yolks** – Avoid

Higher Histamine Foods – Limit These!

- Raw egg white (as in some eggnog, hollandaise sauce, milkshake)

Legumes -

Lower Histamine Foods

- Lentils, especially black (use in moderation – L) soaked overnight in water and pressure cooked
- Freshly cooked beans (kidney, black, **navy**, garbanzo/chickpeas, etc.) Pressure cooked is best – L

Higher Histamine Foods – Limit These!

- Peanuts – L
- Canned beans or lentils, L

Nuts & Seeds -

Lower Histamine Foods

- Blanched Almonds
- Almonds with Skins – L
- Brazil Nuts (only 3-4 nuts/day max)
- Chia Seeds
- Coconut Meat, Fresh
- Coconut Milk (no additives)
- Flax
- Hazelnuts
- Hemp Protein Powder
- Hemp Seeds
- Macadamias
- Pecans

- Pine Nuts
- Pistachios
- Pumpkin Seeds – L
- Sesame Seeds
- Sunflower – L

Higher Histamine Foods – Limit These!

- Walnuts
- Cashews – L
- Peanuts– L
- Dried Coconut

Fats & Oils -

Lower Histamine Foods

- **Grass Fed butter**
- **Ghee from Grass Fed Cows**
- Cold Pressed Avocado Oil
- Extra Virgin Coconut Oil
- Sesame oil
- Extra virgin olive oil
- Extra virgin palm oil (unprocessed)
- Cold Pressed Flax Oil
- Macadamia Oil
- MCT Oil
- Homemade salad dressings with allowed ingredients

Higher Histamine Foods – Limit These!

- Fats and oils with color and/or preservatives
- Hydrolyzed lecithin
- Margarine
- Prepared salad dressings with restricted ingredients

Spices & Herbs -

Lower Histamine Foods

- *Basil*
- *Chives*
- *Cardamom*
- *Caraway*
- *Cilantro*
- *Cumin*
- *Dill*
- *Garlic*
- *Ginger*
- *Lemongrass*
- *Oregano*
- *Peppercorns, Pink*
- *Peppermint*
- *Turmeric*
- *Rosemary*
- *Sage*
- *Saffron*
- Curcumin
- Salt – unrefined Himalayan or Sea Salts

Higher Histamine Foods – Limit These!

- Allspice
- Anise
- Cinnamon
- Chili Powder
- Cloves
- Curry powder
- Cayenne
- Mace
- Mustard
- Nutmeg
- Paprika
- Peppercorns – Black, Green, White – may need to limit to small amounts
- Foods labeled “with spices,” “natural flavors” or “artificial flavors”

Sweeteners -

Lower Histamine Foods

- **Stevia, 100% Monk fruit, and Inulin are your best choices. Sugar raises histamine levels, so limit your sugar intake.**
- Coconut Sugar - Use sparingly.

Higher Histamine Foods – Limit These!

Anything that raises your blood sugar will increase histamine levels:

- Sugar
- Honey
- Molasses
- Maple syrup
- Corn syrup
- Icing sugar
- Pure jams, jellies, marmalades
- Flavored syrups
- Prepared desert fillings
- Prepared icings, frostings
- Spreads with restricted ingredients
- Cake decorations
- Confectionary
- Commercial candies
- Artificial Sweeteners

Beverages -

Lower Histamine Foods

- Plain and carbonated mineral water
- Herbal teas, except those listed below
- Coffee – preferably avoid caffeine. If you must, then only lower histamine, mold free brands like Purity Coffee*
- Pure freshly squeezed juices of allowed fruits and vegetables – limit due to sugar

Higher Histamine Foods – Limit These!

- Flavored milks
- Fruit juices and cocktails made with restricted ingredients
- All other carbonated drinks
- All black, green, white, rooibos tea
- All drinks with “flavor” or “spices”
- Kombucha
- Beer
- Wine
- Cider
- All other alcoholic beverages (Best tolerated alcohol: top shelf plain vodka, gin, white rum, silver tequila – best to avoid due to blocking of histamine degrading enzymes)

Milk & Dairy – is high in casein –

Lower Histamine Foods

- Plain A2 milk or cream (grass fed cows)
- Goat milk
- Sheep milk
- Ricotta cheese (grass fed cows)
- Cream cheese (grass fed cows)
- Ghee or butter from grass fed cows

Higher Histamine Foods – Limit These!

- All other cheese
- All yogurt and kefir
- Buttermilk

Miscellaneous -

Lower Histamine Foods

- Baking powder
- Baking soda
- Cream of tartar
- Homemade relishes with allowed ingredients
- Leftovers – freeze right after cooking
- Cocoa butter (white chocolate with no additives)

Higher Histamine Foods – Limit These!

- All other chocolate and cocoa
- Margarine
- Gelatin
- Collagen
- Mincemeat
- Prepared relishes and olives
- Soy sauce, coconut aminos
- Miso
- Commercial ketchup
- Gherkin pickles
- Most commercial salad dressing
- Vinegars, including white, champagne, and balsamic (apple cider vinegar is lowest and tolerated by some at 1tsp)
- Leftovers not frozen immediately after cooking

Preservatives & Additives high in histamine:

- Artificial colors
- Artificial flavors
- Carrageenan
- Sodium Benzoate

- Potassium Sorbate
- Lecithin
- MSG
- Citric Acid
- Sodium Triphosphate
- Potassium Triphosphate
- Sodium Nitrite
- Maltodextrin
- Malic Acid
- Guar Gum
- Calcium Chloride
- Xanthan Gum
- Food colorings
- Smoke Flavoring
- Yeast and Yeast Extract

Resource:

<https://mastcell360.com/low-histamine-foods-list/>

<https://www.histamineintolerance.org.uk/about/the-food-diary/the-food-list/>

Recipes:

Histamine-Lowering Green Smoothie:

Blend any combination of:

1 T flax meal, lettuce, 1/2 green apple, blueberries, fennel bulb and greens, cardamom seeds, fresh cilantro, fresh oregano, fresh rosemary, fresh mint, watercress, a few red cabbage leaves, ginger, stevia

<https://mastcell360.com/14-healthy-low-histamine-meal-ideas-for-mast-cell-activation-syndrome-and-histamine-intolerance-dessert-options-also-low-lectin-low-oxalate/>