

# Histamine Diet

## Here are some general pointers:

- Avoid or reduce eating canned foods and ready meals
- Avoid or reduce eating ripened and fermented foods (older cheeses, alcoholic drinks, products containing yeast, stale fish)
- Histamine levels in foods vary, depending on how ripe, matured or hygienic the foods are
- As much as it is possible, only buy and eat fresh products
- Don't allow foods to linger outside the refrigerator – especially meat products
- Ensure that your food preparation area (kitchen) is always kept clean – but don't be manic!
- Everyone has their own threshold; you will need to find yours
- Consult a certified dietician about working out a balanced diet
- Learn to cook! It can be loads of fun once you get into it

## Low histamine level foods:

- **Fresh** meat (cooled, frozen or fresh)
- **Freshly** caught fish
- Chicken (skinned and **fresh**)
- Egg yolk
- **Fresh** fruits – with the exception of strawberries, most fresh fruits are considered to have a low histamine level (also see histamine liberators below)
- **Fresh** vegetables – with the exception of tomatoes
- Grains – rice noodles, yeast free rye bread, rice crisp bread, oats, puffed rice crackers, millet flour, pasta (spelt and corn based)
- **Fresh** pasteurised milk and milk products
- Milk substitutes – coconut milk, rice milk
- Cream cheese, butter (without the histamine generating rancidity)
- Most cooking oils – check suitability before use
- Most leafy herbs – check suitability before use
- Most non-citric fruit juices
- Herbal teas – with the exception of those listed below

AVOID

## High histamine level foods:

- Alcohol
- Pickled or canned foods – sauerkrauts
- Matured cheeses
- Smoked meat products – salami, ham, sausages....
- Shellfish
- Beans and pulses – chickpeas, soy beans, peanuts

- Nuts – walnuts, cashew nuts
- Chocolates and other cocoa based products
- Most citric fruits
- Wheat based products
- Vinegar
- Ready meals
- Salty snacks, sweets with preservatives and artificial colourings

MINIMISE

**Histamine liberators:**

- Most citric fruits – kiwi, lemon, lime, pineapple, plums...
- Cocoa and chocolate
- Nuts
- Papaya
- Beans and pulses
- Tomatoes
- Wheat germ
- Additives – benzoate, sulphites, nitrites, glutamate, food dyes

AVOID

**Diamine Oxidase (DAO) blockers:**

- Alcohol
- Black tea
- Energy drinks
- Green tea
- Mate tea

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**Debatable:**

- Yoghurt – depends on the bacteria culture used
- Egg white – it is a histamine liberator only when in its raw state

**Other**

- Yeast – even though it does not contain histamine as such, yeast serves as a catalyst for histamine generation during manufacture. There is no yeast in the end product.

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

Sources include:

NMI Portal für Nahrungsmittel Intoleranz, Histaminunverträglichkeit – Richtige Ernährung  
 Maintz L, Novak N: Histamine and histamine intolerance, American Journal of Clinical Nutrition 2007

Jarisch, R. "Histaminunverträglichkeit", Thieme Verlag, 2nd Edition



DAO<sup>2</sup> Caps

"Histame"