

HISTAMINE CONTAINING FOODS



High Histamine Foods

- Alcoholic Beverages esp. wine, beer & champagne
- Fermented Foods: vegetables, vinegar, soy sauce, yogurt, kombucha
- Cured or Preserved Meats, i.e. bacon, salami
- Meat/Poultry Leftovers
- Legumes (beans, lentils) - Slow Cooked, Leftovers
- Soured Foods, i.e. sour cream, sourdough breads
- Most Citrus Fruits
- Dried Fruit that contains sulfur dioxide.
- Aged Cheeses, i.e. cheddar
- Nut: walnuts, cashews, peanuts
- Fruits-Vegetables: avocados, eggplant, spinach, tomatoes (includes sauce and ketchup)
- Smoked Fish & Certain Species of Fish: mackerel, mahi-mahi, tuna (esp. canned), anchovies, smoked salmon)

Foods/Meds -

Block the DAO Enzyme

- Alcohol
- Energy Drinks
- Black Tea
- Mate Tea
- Green Tea
- NSAIDs, i.e. Advil, Tylenol
- Anti-Histamines, i.e. Zyrtec, Tagamet
- N-Acetylcysteine (NAC)
- High dosage Vit. B2

[See more comprehensive list of medications.](#)

Low Histamine Foods

- Freshly cooked beef, pork, poultry (frozen or fresh)
- Legumes (beans) - Fresh/leftovers frozen
- Freshly Caught & Gutted Fish
- Egg Yolks (whole eggs if not sensitive to egg whites)
- Gluten-Free Grains: rice, quinoa, oats
- Wheat (if not gluten intolerant)
- Fresh Fruit: Mangos, Pear, Apple, Watermelon, Cantaloupe, Grapes
- Fresh Vegetables - except spinach & eggplant
- Soft Cheeses: cottage cheese, ricotta
- Dairy Substitutes: Coconut, Rice, Oat, & Hemp Milk
- Herbal Teas

Histamine Liberators

Foods that are not high in histamine but do cause a release of histamine.

- Alcohol - wine, beer, champagne
- Bananas
- Chocolate
- Cow's Milk (if dairy sensitive)
- Papaya
- Pineapple
- Egg Whites
- Shellfish, i.e. shrimp, scallops, etc.
- Strawberries
- Wheat Germ
- Most Artificial Preservatives & Food Dyes