

HISTAMINE FOOD LIST BY CATEGORY

This list is not exhaustive and is not intended to replace the Food Intolerances app or other advice provided by your dietitian. All amounts are approximate. This list does not consider salicylate. Use the Food Intolerances app to cross reference foods/histamines.

Histamine Liberators

Moderate

- Acai (pulp, frozen) (115g/4oz)
- Almonds / Almond butter (40g/1.4oz)
- Apple Cider Vinegar (28g/1oz)
- Apricots (dried) (80g/2.7oz)
- Avocado (125g/4oz)
- Balsamic vinegar (15g/0.5oz)
- Basil (5g)
- Black pepper (1g)
- Black beans (150g/5oz)
- Broad beans (150g/5oz)
- Cabbage (common) (90g/3oz)
- Cabbage (red) (125g)
- Chickpeas (150g/5oz)
- Coriander (dried) (0.5g)
- Coriander (fresh) (3g)
- Cumin (2g)
- Dates (dried) (40g/1.4oz)
- Edamame (70g)
- Fennel seeds (2g)
- Fruit salads (canned) (120g /4oz)
- Ginger root (2g)
- Horseradish sauce (5g)
- Hummus (50g)
- Kidney beans (150g/5oz)
- Kiwi (70g)
- Lemon grass (10g/0.33oz)
- Lima Beans (cooked) (150g/5.25oz)
- Mango (110g)
- Mayonnaise (15g/0.5oz)
- Mushrooms (150g)
- Mustard (10g)
- Oregano (2g)
- Oysters (99g/3.5oz)
- Parsley (4g)
- Passionfruit (55g)
- Peppermint (3g)
- Pinto Beans (150g/5oz)
- Plum (fresh) (130g)
- Raisins (30g)
- Red wine vinegar (30g)
- Rhubarb (120g)
- Rosemary (0.5g)
- Saffron (0.5g)
- Sage (2.5g)
- Sugar snap peas (55g)
- Tomato paste (10g)
- Tumeric (2g)

High

- Banana (150g/5oz)
- Baked Beans (113g/4oz)
- BBQ sauce (30g/1oz)
- Blood orange (135g/4.5oz)
- Cantaloupe (180g/6oz)
- Cherry tomatoes (80g/2.75oz)
- Clementine (75g/2.5oz)
- Cranberries (fresh/dried) (60g/2oz)
- Cocoa Powder (7g/0.25oz)
- Edam cheese (40g/1.4oz)
- Fruit cake (40g/1.4oz)
- Gold kiwi (70g/2.3oz)
- Grapefruit (170g/5.7oz)
- Honeydew melon (180g/6oz)
- Jam (strawberry) (20g/0.66oz)
- Ketchup (20g/0.66oz)
- Lemon (30g/1oz)
- Lime (65g/2.1oz)
- Mozzarella (60g/2oz)
- Muskmelon (175g/6.25oz)
- Orange (180g/6oz)
- Orange Juice (9oz)
- Orange marmalade (20g/0.66oz)
- Papaya/Pawpaw (145g/5oz)
- Peanuts / peanut butter (40g/1.4oz)
- Pineapple (165g/5.8oz)
- Pomelo (190g/6.5oz)
- Soy sauce (6g/0.25oz)
- Tamarillo (70g/2.4oz)
- Tangerine (75g/2.5oz)
- Tempeh (85g/3oz)
- Tofu (firm/silken) (125g/4oz)
- Tomatoes (canned)(4.25oz)
- Watermelon (150g/5oz)

Very high

- Chilli powder (2g)
- Cayenne pepper (2g)
- Curry powder (5g)
- Garam masala (5g)
- Hazelnut spread (50g/1.7oz)
- M&Ms (chocolate) (50g/1.7oz)
- Milk chocolate (50g/1.7oz)
- Miso (15g/0.5oz)
- Paprika (5g)
- Pesto (40g/1.4oz)
- Plantain (150g/5oz)
- Stock (dry/powder) (4g)
- Strawberries (150g/5oz)
- Soy Sauce (0.25oz)
- Tabasco (5g)
- Tomatoes (150g/5.25oz)
- Tomato Juice (8.75oz)
- Dried strawberries (20g/0.66oz)
- Walnuts (40g/1.4oz)

GUIDANCE NOTES

Histamine tolerances are very individual and accumulation can occur over days in some individuals. When you achieve 'threshold' you have stacked enough histamine to cause a reaction and symptoms.

Most people will be able to eat liberally from the green category and cautiously from the amber category (some however may not). Avoid eating from the amber/orange and red categories during the elimination phase as these are likely to cause symptoms from a single dose in many individuals.

- Some simple tips to follow:
- keep protein sources as fresh as possible
 - freeze leftovers even if they are to be used the next day
 - cook and eat eggs on the day of use
 - avoid all alcohol
 - avoid caffeine if it is a trigger for digestive issues

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DAO Inhibitors

Moderate

- Black Tea (240g/8.5oz)
- Manchego (50g/1.75oz)
- Pesto (40g/1.5oz)
- Plantain (150g/5oz)
- Polenta (200g)
- Provolone (6 months)(50g/1.75oz)
- Salmon (smoked)(3.25oz)
- Soy Sauce (0.25oz)
- Spinach (135g/4.75oz)
- Tomato Juice (8.75oz)
- Tuna (fresh)(150g/5.25oz)

High

- Banana (150g/5oz)
- Brie (50g/1.75oz)
- Feta Cheese (50g/1.75oz)
- Gouda (aged) (50g)
- Gruyere (8 months) (50g)
- Ham (cooked) (78g/2.75oz)
- Mozzarella (shredded) (65g/2.25oz)
- Parmesan cheese (24 months) (20g)
- Peas (frozen/cooked) (135g/4.75oz)
- Pork Sausage (75g/2.75oz)
- Sauerkraut (5oz)
- Sourdough Bread (130g/4.5oz)

Very high

- Cheddar cheese (aged) (50g)
- Chorizo (80g/2.75oz)
- Bacon (110g/4oz)
- Bleu Cheese (30g/1oz)
- Goat cheese (50g)
- Ground Chicken (110g/4oz)
- Ham (Cured)(80g/2.75oz)
- Passion Fruit (55g/2oz)
- Salami (80g/2.75oz)
- Salmon (wild caught)(150g/5.25oz)

Histamine Containing

Moderate

Apricots (dried) (78g/2.75oz)
Artichoke Hearts (70g/2.5oz)
Balsamic vinegar (15g/0.5oz)
Beef (184g/6.5oz)
Bologna Sausage (120g/4.25oz)
Capers(7g/0.25oz)
Chesnuts (120.5g/4.25oz)
Chives (5g/0.18oz)
Cinnamon (2.5g/0.09oz)
Cloves (1.1g/0.04oz)
Coconut (50g/1.75oz)
Coconut milk (135g/4.5oz)
Cod (150g/5.25oz)
Cow's Milk (lactose-free & 0-3%)
Cream (30g/1oz)
Creme fraiche (30g/1oz)
Dill (1.7g/0.07oz)
Enoki Mushrooms (150g/5.25oz)
Garlic (3g)
Green Beans (100g/3.5oz)
Green Pepper (150g/5oz)
Greek yoghurt (150g/5oz)
Goat's milk (248g/8.75oz)
Miso (15g/0.5oz)
Oysters (99g/3.5oz)
Peas (frozen) (130g)
Red Pepper (150g/5oz)
Yellow Pepper (150g/5oz)

High

Baked Beans (113g/4oz)
BBQ sauce (30g/1oz)
Cheddar cheese (50g)
Cherry tomatoes (80g/2.75oz)
Cocoa Powder (7g/0.25oz)
Eggplant (150g/5.25oz)
Fish sauce (6g)
Ground Beef (130g/4.5oz)
Haddock (150g/5.25oz)
Ham (cooked) (80g/2.75oz)
Kefir (200g)
Ketchup (20g/0.66oz)
Mozzarella cheese (60g/2oz)
Parmesan cheese (grated) (20g/0.66oz)
Red Lentils (120g/4.25oz)
Rice milk (240g)
Salmon (farmed)(150g/5.25oz)
Scallops (110g/3.75oz)
Sea Bass (150g/5.25oz)
Sour Cream(50g/1.75oz)
Soy cheese (30g/1oz)
Soy sauce (6g)
Starfruit (110g)
Swordfish (135g/4.75oz)
Teriyaki sauce (18g)
Tofu (firm/silken) (125g/4oz)
White chocolate (50g/1.7oz)
Whitefish (150g/5.25oz)
Worcester sauce (3g)
Octopus (125g/4.5oz)
Peas (frozen) (135g/4.75oz)
Perch (140g/5oz)
Pollock (140g/5oz)
Sour cream (50g/1.7oz)
Tilapia (120g/4.25oz)
Tomato paste (10g/0.33oz)
Yoghurt (most) (150g/5oz)

Very high

Almond milk (330g/12oz)
Bacon (110g/4oz)
Beef Tenderloin (150g/5.25oz)
Bleu Cheese (30g/1oz)
Cheddar cheese (aged) (50g)
Chorizo (80g/2.75oz)
Feta cheese (50g)
Goat cheese (50g)
Gorgonzola (30g)
Gouda (aged) (50g)
Gruyere (8 months) (50g)
Ground Chicken (110g/4oz)
Halibut(150g/5.25oz)
Ham (Cured)(80g/2.75oz)
Hazelnut spread (50g)
Hot chocolate (250g)
Marmite (yeast extract) (20g)
Milk chocolate (50g)
M&Ms (chocolate) (50g)
Oat Milk (330g/11.75oz)
Parmesan cheese (24 months) (20g)
Pesto (40g/1.5oz)
Plantain (150g/5oz)
Polenta (200g)
Provolone (6 months)(50g/1.75oz)
Salami (80g/2.75oz)
Salmon (smoked)(3.25oz)
Sauerkraut (5oz)
Soy Sauce (0.25oz)
Spinach (135g/4.75oz)
Stilton cheese (50g)
Tomatoes (150g/5.25oz)
Tomato Juice (8.75oz)
Tuna (canned)(4.5oz)
Tuna (fresh)(150g/5.25oz)

Low

apple	goat milk	peach
aprico	gooseberries	pear
artichoke	grapes	pomegranate
arugula	guava	popcorn
asparagus	halloumi	potato
beetroot	horseradish	pretzels
bell peppers (all)	jackfruit	pumpkin
broccoli	kale	quince
brussel sprouts	kohlrabi	quinoa
black currants	leek	radicchio
blackberries	lettuce (most)	rambutan
blueberries	litchi	raspberries
buffalo mozzarella	loquat	red currants
cabbage (savoy)	Mascarpone	rice cakes
carrot	Milk (cow)	rye / rye bread
cassava	mirabelle plum	shallots
cauliflower	muesli	spring onions
celery	mulberries	sweet corn
celeriac	nashi pear	sweet potato
chard	nectarine	tomatillo
cherries	oats / oatmeal	tamarind
cottage cheese	okra	turnip (white)
cream cheese	olives	wheat/wheat bread
cucumber	onions	wheat pasta
durian	pak choi	yam
elderberries	parsnips	zucchini
feijoa		
fennel		
fig		