

HISTAMINE FOOD LIST

By category

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)
Turmeric (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

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)

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)

LOW HISTAMINE

Apple	Cherries	Litchi	Pretzels
Apricot	Cottage cheese	Loquat	Pumpkin
Artichoke	Cream cheese	Mascarpone	Quince
Arugula	Cucumber	Milk (cow)	Quinoa
Asparagus	Durian	Mirabelle plum	Radicchio
Beetroot	Elderberries	Muesli	Rambutan
Bell peppers (all)	Feijoa	Mulberries	Raspberries
Broccoli	Fennel	Nashi pear	Red currants
Brussel sprouts	Fig	Nectarine	Rice cakes
Black currants	Goat milk	Oats/oatmeal	Rye/rye bread
Blackberries	Gooseberries	Okra	Shallots
Blueberries	Grapes	Olives	Spring onions
Buffalo mozzarella	Guava	Onions	Sweet corn
Cabbage (savoy)	Halloumi	Pak choi	Sweet potato
Carrot	Horseradish	Parsnips	Tomatillo
Cassava	Jackfruit	Peach	Tamarind
Cauliflower	Kale	Pear	Turnip (white)
Celery	Kohlrabi	Pomegranate	Wheat/wheat bread
Celeriac	Leek	Popcorn	Wheat pasta
Chard	Lettuce (most)	Potato	Yam
			Zucchini

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.