

HISTAMINE INTOLERANCE

Yes or No Foods

Foods to Avoid:

Meat, Fish, and Poultry:

- Anything that is not fresh, has been smoked, processed, or cured, and no leftovers.

Vegetables:

- Eggplant
- Mushrooms
- Spinach
- Sauerkraut
- Soy beans (edamame)

Fruit:

- Avocado
- Banana
- Most citrus
- Dried fruit
- Raspberries
- Strawberry
- Tomato

Most Dairy:

- Aged cheese
- Cows milk
- Kefir
- Traditional yogurt

Other:

- Alcohol
- Bone broth
- Canned Beans
- Chocolate
- Cinnamon
- Coffee (the caffeine can raise histamine, you can have decaf)
- Collagen
- Fermented foods
- Garbanzo beans
- Gluten
- Legumes
- Peanuts
- Prepackage rice/pasta meals
- Soy and soy sauce

- Tea (green, mate, or black)
- Vinegar (except distilled white vinegar or apple cider vinegar)

Spices:

- Anise
- Artificial flavors and colors
- Baking mixes
- Cinnamon
- Cloves
- Curry Powder
- MSG
- Mustard
- Nutmeg
- Paprika/cayenne
- Seasoning packets

Nuts:

- Cashews
- Walnuts

Foods to Have in Moderation:

(some people tolerate these foods better than others. If symptoms don't subside, you may need to cut these foods out of your diet)

Vegetables:

- Green beans
- Peas
- Pumpkin
- Squash

Fruit:

- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Papaya
- Peach
- Pineapple
- Plums
- Raspberries

Nuts:

- Almonds (with skin)
- Pecans
- Pistachio
- Soaked brazil nuts
- Soaked pine nuts

Dairy

- Cottage cheese
- Cream (grass fed cows)
- Cream cheese
- Mascarpone cheese
- Mozzarella
- Ricotta cheese (grass fed cows)

Other

- Almond flour
- Apple cider vinegar or distilled white vinegar
- Coconut (flour, milk, butter, or shredded)
- Dried spices (aside from the ones listed above)
- Eggs (pasture raised)
- Honey
- Maple syrup
- Yeast

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Foods to Enjoy!

Meat, Fish, and Poultry

- Beef
- Bison
- Chicken
- Duck
- Lamb
- Pork
- Rabbit
- Seafood (only flash frozen)
- Turkey
- Venison

Vegetables

- Artichoke
- Arugula
- Asparagus
- Beets
- Beet greens
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Garlic
- Jicama
- Kale
- Leafy greens (most)
- Leeks
- Lettuce
- Onions
- Parsnips
- Potato (white)
- Radishes
- Rutabaga
- Scallions
- Sweet potato
- Swiss chard

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- Turnip
- Turnip greens
- Watercress
- Winter Squash
- Zucchini
- Yam

Fruit

- Apples
- Apricots
- Blackberries
- Blueberries
- Cherries
- Cranberries (fresh)
- Dragon fruit
- Figs (fresh)
- Grapes
- Melon
- Monk fruit
- Pear
- Pomegranate
- Plantain
- Star fruit

Nuts/Seeds

- Blanched almonds
- Chai seeds
- Chestnuts
- Flax seed
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

Grains

- Amaranth
- Beans (soaked over night: black and kidney)
- Lentils (soaked over night)
- Millet

- Oats (gluten free)
- Quinoa
- Rice

Spices

- Basil
- Cardamon
- Chives
- Cilantro
- Cumin
- Dill
- Garlic
- Ginger
- Oregano
- Mint
- Parsley
- Peppermint
- Turmeric
- Rosemary
- Sage
- Salt

Cooking Essentials

- Arrowroot flour
- Blackstrap molasses
- Cassave flour
- Coconut oil
- Coconut sugar
- Extra virgin olive oil
- Flax meal
- Ghee
- Grass fed butter
- Sesame oil
- Stevia
- Tiger nut flour
- Tapioca

Other:

- Leafy herbs
- MCT oil
- Herbal teas
- Himalayan Sea Salt
- Pepper
- White or herbal tea

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General "Rules"

- Eat only fresh meats, fish, and poultry (be careful with ground meats as some times it is aged).
- Gauge how you feel with fish. Fish needs to be frozen right away (flash frozen). Usually sockeye salmon is frozen immediately.
- Avoid left overs unless they are stored in the freezer.
- Avoid artificial sweeteners, preservatives, and colors.
- Buy high quality foods:
 - Meat: grass fed and organic
 - Poultry and eggs: pasture raised and organic
 - Fish: wild caught and flash frozen
 - Best to get organic fruits/vegetables when possible
- Avoid cooking things for a long period of time (such as in a slow cooker). Pressure cooking (Instapot) is a great way to cook your food. This also decreases lectins which can be troublesome to people with histamine intolerance.
- You can meal prep for the week ahead of time, you will just need to freeze the food right after cooking. Great things to freeze are:
 - Pre-made sauces (freeze in silicone ice trays)
 - Turkey or beef patties
 - Egg muffin tins
 - Muffins made with cassava, tiger nut, or almond flour
 - Soups
 - Stir fries