

High Histamine Foods

Foods listed in **bold** have highest histamine values. Any foods listed in plain font can be introduced after two weeks, but foods listed in bold font are best kept from the diet for a further 12 to 16 weeks to allow your microbiota to recover. At this point they can be re-introduced slowly *one by one* to observe for any new reactions.

High Histamine Food reference: ([Zhao 2022](#))

High Histamine Foods	Low Histamine Foods	Histamine Releasers	DAO Blockers
<p>Alcohol (all wine, also beer, and champagne) Pickled foods Avocado Cow's Milk Fish – (anchovies, tuna, mackerel, mahimahi, herring, sardines) Dried Fruit – (apricots, dates, figs, prunes, raisins) Eggplant Fermented Coconut – (coconut yogurt) Fermented Dairy – (kefir, yogurt, sour cream, buttermilk, sour milk) Fermented Soy – (miso, tempeh, natto, soy sauce) Kombucha Sauerkraut or kimchi Tea – (black tea, Mate) Mature Cheese – (gouda, goat's cheese, Camembert, cheddar, Emmental, Swiss, Parmesan) Smoked or Cured Meats – (bacon, ham, hot dogs, luncheon meat, pepperoni, salami, sausages) Smoked Fish Shellfish Sourdough Bread Spinach Beans and Pulses- (chickpeas, soy flour) Nuts – (almond, cashew, peanut, pistachio) Vinegar Ready-Made Meals Sweets or Candy – (with artificial colours and flavours) Salty Snacks (with artificial colours and flavours) Yeast Extracts – (yeast spreads, yeast foods, yeast stocks, dried yeast cubes)</p>	<p>Dairy Alternatives – (almond milk, coconut milk, hemp milk, rice milk) Dairy Products – (cow, goat, or sheep milk, mozzarella cheese, butter, cream cheese) Protein Foods – (fresh or frozen meats, fish, chicken and eggs) Fats and Oils – (olive oil, coconut oil, butter, most oils) Fresh Fruit – most fruits are OK, apart from avocado and histamine-releasing foods. Fresh Vegetables – (All OK, except for eggplant, spinach, and tomato) Grain Foods – (oats, millet, rice, quinoa)</p>	<p>Cheese Citrus Fruits – (lemon, lime, mandarin, tangelo, orange, grapefruit) Chocolate and Cocoa Egg White Fish Food Additives – (colourings & dyes, benzoate, glutamate, nitrites, sulphites) Fruits: (banana, kiwifruit, papaya, pineapple) Nuts Pork Strawberries Tomato – (tomato ketchup) Vinegar – (white, ACV, red) Wheat Germ</p>	<p>Alcohol (red wine especially) Black Tea Caffeinated Energy-Drinks Mate Tea</p>