

Foods High in Histamines:

Some foods naturally have more histamine content while others accumulate histamines while they age. Fermented and dried foods typically have the highest levels of histamines. A low histamine diet must be focused around getting foods at their peak level of freshness. Here is a list of high histamine foods:

- Fermented alcoholic beverages, especially wine, champagne and beer
- Fermented foods: sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha, etc
- Vinegar-containing foods: pickles, mayonnaise, olives
- Cured meats: bacon, salami, pepperoni, luncheon meats and hot dogs
- Soured foods: sour cream, sour milk, buttermilk, soured bread, etc
- Dried fruit: apricots, prunes, dates, figs, raisins
- Most citrus fruits
- Aged cheese including goat cheese
- Nuts: walnuts, cashews, and peanuts
- Vegetables: avocados, eggplant, spinach, and tomatoes
- Smoked fish and certain species of fish: mackerel, mahi-mahi, tuna, anchovies, sardines
- Processed foods of all types – Preservatives are high in histamines

Histamine-Releasing Foods:

These foods do not necessarily contain histamine but they block the action of DOA and therefore they potentiate the effects of elevated histamines.

- Alcohol
- Bananas
- Chocolate
- Cow's Milk
- Nuts
- Papaya
- Pineapple
- Shellfish
- Strawberries
- Tomatoes
- Wheat Germ
- Many artificial preservatives and dyes

DAO-Blocking Foods:

- Alcohol
- Energy drinks
- Black tea
- Mate tea
- Green tea

Low Histamine Foods:

- Freshly Cooked Meat & Poultry (frozen or fresh)
- Freshly Caught Fish
- EV Olive Oil
- Pasture-Raised Eggs
- (Avoid these) Gluten-Free Grains: brown rice & quinoa
- Fresh Fruits: Other than citrus, avocado, tomato, pineapple, bananas and strawberries
- Fresh Vegetables (except spinach and eggplant)
- Coconut milk, Rice milk, Hemp milk, Almond milk
- Coconut oil & Grass-fed Butter/Ghee
- Organic coffee
- Almond butter
- Leafy herbs
- Herbal teas

Unique Variables with Histamine:

People with histamine intolerance react in a multitude of different ways as shown in this study. Some people cannot handle any high histamine foods while others can handle certain types but not others.

As an example, an individual may tolerate avocados, berries and lemons quite well but have significant reactions with any sort of fermented foods or wine. You will have to find the unique ways that you react and understand what triggers reactions and what doesn't.

Overtime, as histamine content is reduced and the individual improves their gut health, reduces inflammation, improves liver function and stabilizes their adrenals they will be able to handle more of the histamines. For some, this will mean they will be able to incorporate small amounts of all the higher histamine foods. For others they will only be able to handle certain foods while others will continue to trigger reactions.

References:

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