

Histamine elevators and lowers in your body. A food diary is essential!

It is important to eat foods that are low in histamine levels in accordance to your threshold. Please always remember that there is no such thing as an “histamine-free diet”!

Here are some general pointers:

- Avoid or reduce eating canned foods and ready meals
- Avoid or reduce eating ripened and fermented foods (older cheeses, alcoholic drinks, products containing yeast, stale fish)
- Histamine levels in foods vary, depending on how ripe, matured or hygienic the foods are
- As much as it is possible, only buy and eat fresh products
- Don't allow foods to linger outside the refrigerator – especially meat products
- Ensure that your food preparation area (kitchen) is always kept clean – but don't be manic!
- Everyone has their own threshold; you will need to find yours
- Consult a certified [dietician](#) about working out a balanced diet
- Learn to cook! It can be loads of fun once you get into it

Low histamine level foods:

- **Fresh** meat (cooled, frozen or fresh)
- **Freshly** caught fish
- Chicken (skinned and **fresh**)
- Egg yolk
- **Fresh** fruits – with the exception of strawberries, most fresh fruits are considered to have a low histamine level (also see histamine liberators below)
- **Fresh** vegetables – with the exception of tomatoes
- Grains – rice noodles, yeast free rye bread, rice crisp bread, oats, puffed rice crackers, millet flour, pasta (spelt and corn based)
- **Fresh** pasteurised milk and milk products
- Milk substitutes – coconut milk, rice milk
- Cream cheese, butter (without the histamine generating rancidity)
- Most cooking oils – check suitability before use
- Most leafy herbs – check suitability before use
- Most non-citric fruit juices
- Herbal teas – with the exception of those listed below

High histamine level foods:

- Alcohol
- Pickled or canned foods – sauerkrauts
- Matured cheeses
- Smoked meat products – salami, ham, sausages....
- Shellfish
- Beans and pulses – chickpeas, soy beans, peanuts
- Nuts – walnuts, cashew nuts
- Chocolates and other cocoa based products
- Vinegar
- Ready meals
- Salty snacks, sweets with preservatives and artificial colourings

Histamine liberators:

- Most citric fruits – kiwi, lemon, lime, pineapple, plums...
- Cocoa and chocolate
- Nuts
- Papaya
- Beans and pulses
- Tomatoes
- Wheat germ
- Additives – benzoate, sulphites, nitrites, glutamate, food dyes

Diamine Oxidase (DAO) blockers:

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

Debatable:

- Yoghurt – depends on the bacteria culture used
- Egg white – it is a histamine liberator only when in its raw state

Other

- Yeast – even though it does not contain histamine as such, yeast serves as a catalyst for histamine generation during manufacture. There is no yeast in the end product.

Sources include:

NMI Portal für Nahrungsmittel Intoleranz, Histaminunverträglichkeit – Richtige Ernährung

Maintz L, Novak N: Histamine and histamine intolerance, American Journal of Clinical Nutrition 2007
Jarisch, R. "Histaminunverträglichkeit", Thieme Verlag, 2nd Edition