Low Histamine Diet

A low histamine diet consists of freshly acquired and prepared foods, omitting any ingredients that may have been pre-prepared, slow-cooked or fermented.^{1,2,3}

A low histamine diet is recommended for a minimum of 4-6 weeks.

Category	High Histamine - AVOID		Low Histamine - <i>ENJOY</i>
Meat	Processed, smoked, cured, canned, preserved, leftover meats	• Sausages • Bacon, ham	 Fresh cooked meats Freshly cooked eggs – do not store boiled eggs
Seafood	 Cured, smoked, canned, frozen seafood Oily fish (sardines, salmon, tuna - including canned) 	ShellfishMahi mahiAnchoviesHerring	 Fresh caught fish, preferably non-oily varieties
Dairy 🙀 😈	 Cheese – grated, cured and semi-cured (hard cheese, aged cheese) 	• Fermented dairy (yoghurt, kefir)	Butter, ghee
Vegetables (Ca)	EggplantTomatoesMushroomsSpinachPickled veg (sauerkraut, olives)	 Tofu/tempeh Crisps – potato crisps; dried vegetable crisps/chips 	 Fresh seasonal vegetables, including: Cabbage, lettuce, rocket, cucumber, zucchini (excluding items in avoid list)
Fruits	StrawberriesCherriesAvocadoBananas	PineappleDried fruitsCitrus (liberates histamine)	 Fresh seasonal fruit, including: Apples, pears, blueberries, mango (excluding items in avoid list)
Grains	• Yeast (bread, sourdough) • Refined and processed grains	• Pastry • Most flours	• Freshly cooked grains: Rice, quinoa, buckwheat, milllet
Nuts and seeds	Roasted, salted, flavoured nuts and seeds	• Peanuts/tree nuts	Raw (freshly hulled if possible) nuts and seedsFresh nut butters
Beverages	• Wine – red, white, sparkling • Beer	Black tea Kombucha	WaterFreshly made nut/seed milkHerbal teas
Sauces	Soy sauceVinegarReady-made sauces	• Gravy powder • Fish sauce	
Spices/herbs	• Chilli • Cinnamon • Cloves	• Monosodium glutamate (MSG)	Fresh gingerFresh garlicFresh herbs
Condiments	• Vegemite, Marmite • Miso	• Broth, stock • Sauces (tomato, BBQ etc.)	Olive oilsCoconut oilFreshly ground nut/seed butters
Other	• Preservatives • Colours	• Sulphites • Nitrates	

Note: Inadequate refrigeration and allowing foods to thaw slowly may increase histamine content (especially meat and seafood). Leftover foods re-heated will increase histamine content – due to an increase in microbial growth.







Notes	
References	
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