

Low Histamine Dietary Guidelines

Meats and Poultry

- Meat and poultry must be cooked fresh the day you plan on eating it. The bacteria that grow at room and refrigeration temperatures result in histamine production.
- Keep any unused portions frozen until you plan on cooking.
- Avoid any processed or cured meats. This includes cured bacon, cased sausages, and lunch and deli meats.
- Smoked meats must be avoided as well.

Fish

- To consume fish, it must be freshly caught and consumed within ½ hour.
- Do not consume any shellfish.
- Do not consume any smoked, frozen, or canned fish.

Eggs

- Eggs should be avoided on a low histamine diet. There are many who report consuming a small amount of egg when it is an ingredient in baked goods and report no symptoms. We advise avoiding all eggs products until your body has adjusted to the new diet.

Milk and Dairy Products

- Milk is rich in histamine; therefore, it should be avoided.
- Fermented cheeses and products like kefir, yogurt, cheddar cheese, brie, blue cheese, romano, etc. should be avoided.
- Buttermilk is also rich in histamine.
- Processed cheese products like spreads, single serving slices, and canned cheeses are to be avoided.
- Ricotta and cottage cheeses are to be avoided.
- Plain pasteurized milk works well on a low-histamine diet.

Vegetables

- Spinach, eggplant, pumpkin, and avocado are high in histamine.
- Olives in brine or vinegar cannot be consumed.
- Vegetable products containing vinegar cannot be consumed. This includes pickles, relishes, sauerkraut, etc.
- Tomatoes and any tomato based products like ketchup or marinara sauce cannot be consumed.

- Potatoes, including sweet potatoes, are to be avoided.

Fruit

- All of the following should be avoided to follow a low histamine diet: raisins, currants, raspberries, cranberries, loganberries, strawberries, pineapple, oranges, grapefruit, lemons, limes, cherries, apricots, prunes, and grapes.
- Jams, fruit dishes, juices, and jellies should be avoided.

Seasonings

- Cinnamon, cloves, vinegar, chili powder, curry powder, anise, and nutmeg are to be avoided.

Food Additives

- These are sometimes hard to remember because they are not ingredients “per se;” however, they can still produce effects within the body and should be avoided.
- Look for and avoid the following: tartrazine, artificial food colors, preservatives, sulfites, and benzoates.

Beverages

- No alcoholic beverages of any kind.
- No “de-alcoholized” beverages, for example non-alcoholic beer.
- No tea, regular or green.
- No soda.
- You may juice your own fruits and vegetables and drink that as long as the ingredients are not restricted.

Nuts And Seeds

- All nuts and seeds, including their butters and flours, are allowed EXCEPT for walnuts and pecans.

Legumes

- Avoid green peas, sweet or sugar peas, red beans, soybeans, and tofu.
- Avoid fermented tofu products such as soy sauce, miso, and soybean paste.
- Dried peas and beans are fine to eat.
- Peanuts and pure peanut butter are fine to eat.

Grains

- You may eat any pure, unbleached flour or grain.

- Please avoid any yeast-risen bread or dough, dry desert mixes, or baking mixes.
- Check baked goods for any restricted ingredients, such as cinnamon, anise, etc.
- Cereals are fine as long as they are unbleached and do not contain any additives or artificial coloring.
- Look for crackers without yeast, as those are consumable.