**Low Histamine Foods List and Histamine Intolerance**

**Low Histamine Foods**

**Beverages:**

* Coconut water
* Coffee
* Herbal Teas
* Juice (freshly squeezed from allowed fruit)
* Mineral water/ Water

**Dairy: (grass-fed)**

* A2 milk (plain)
* Butter
* Cream
* Cream Cheese
* Ghee
* Goat milk
* Ricotta
* Sheep milk

**Eggs:**

* Pasture Raised Organic eggs

**Fats/Oils:**

* Avocado
* Butter – Grass fed
* Coconut
* Flax
* Ghee
* Palm
* Sesame
* Sunflower

**Fruits:**

* Apple
* Blackberry/Blueberry/Raspberry/Cranberry
* Cantaloupe, Honeydew, Watermelon
* Cherry
* Grapes
* Kiwi
* Lemon/Lime (1/2 tsp)
* Mango
* Nectarine, Peach
* Pear

**Grains/Carbs: Any gluten free:**

* Buckwheat
* Corn (if tolerated)
* Crackers (gluten free)
* Oats
* Pasta (gluten free)
* Quinoa
* Rice (Black, Brown, White)
* Tapioca Starch/flour

**Legumes:**

* Beans (dried; Kidney, Black, Navy)
* Garbanzo/Chickpeas
* Lentils

**Meats:**

(organic, freshly cooked, un-aged, not ground)

* Beef
* Bison
* Chicken
* Lamb
* Pork
* Scallops
* Salmon
* Turkey

**Nuts/Seeds:**

* Almonds (blanched, skins)
* Chia Seeds
* Flax
* Hazelnuts
* Macadamias
* Pecan
* Pistachios
* Poppy Seed
* Pumpkin
* Sesame
* Sunflower

**Spices/Herbs:**

* Basil
* Bay leaves
* Cilantro
* Cumin
* Dill
* Fennel
* Garlic
* Ginger
* Mint
* Oregano
* Parsley
* Peppermint
* Rosemary
* Sage
* Salt (unrefined)
* Thyme
* Turmeric

**Starches (feed good gut bacteria):**

* Almond flour
* Coconut (fresh)
* Flax
* Hi-Maize
* Millet
* Parsnips
* Potatoes
* Rutabagas
* Sweet Potatoes

**Sweeteners:**

(anything that raises blood sugar increase histamine levels)

* Inulin
* Maple syrup (use sparingly)
* Monk fruit
* Stevia

**Vegetables: (fresh/frozen)**

* Artichokes
* Arugula
* Asparagus
* Beets
* Bok Choy
* Broccoli/Broccolini
* Brussel Sprouts
* Cabbage
* Carrots
* Cauliflower
* Cucumber
* Daikon radishes
* Kohlrabi
* Leafy Greens
* Lettuce (Butter, Iceberg, Radicchio, Romaine)
* Onions
* Parsley
* Peppers (bell, hot)
* Radishes
* Rhubarb
* Squash (Butternut, Spaghetti, Summer, Winter)
* Sweet Potatoes
* Swiss Chard
* Turnip
* Zucchini



**High Histamine Foods**

**Beverages:**

* Beer
* Carbonated drinks
* Cider
* Cocoa
* Drinks w/flavor or spices
* Kombucha
* Tea (all Black, Green, White, Rooibos)
* Wine

**Eggs:**

* Eggs prepared with restricted ingredients
* Raw egg white (eggnog, hollandaise sauce, mayo)

**Fats/Oils:**

* Fats/Oils with color and/or preservatives
* Margarine
* Salad dressings w/restricted ingredients

**Fruits:**

* Avocado
* Banana
* Dates/Dried fruits
* Grapefruit
* Jams/Jellies/Preservatives
* Orange/Citrus fruits
* Pineapple
* Plums
* Prunes
* Raisins
* Strawberries
* Tomato/Tomato products

**Grains/Carbs/Starches:**

* Baking mixes
* Bleached flour
* Dessert mixes
* Pasta meals (packaged)
* Pie, Pastry and Fillings (commercial)
* Rice Meals (packaged)

**Legumes:**

* Beans (canned)
* Lentils (canned)
* Soybeans/Edamame
* Tofu

**Meats:**

* Beef (99% of all beef is aged)
* Bison
* Cured meats: Bacon, Salami, Pepperoni, Luncheon meats, Hot dogs
* Fish
* Ground Meats
* Shellfish
* **Nuts/Seeds:**
* Cashews
* Coconut (dried)
* Peanuts
* Walnuts

**Spices/Herbs:**

* Allspice
* Cinnamon
* Chili Powder
* Cloves
* Curry Powder
* Cayenne
* MSG
* Mustard
* Nutmeg
* Paprika
* Peppercorns; Black, Green, White

**Sweeteners:**

* Artificial sweeteners
* Candies
* Corn Syrup
* Flavored syrups
* Honey
* Icing/Frosting
* Molasses
* Sugar

**Vegetables: (fresh/frozen)**

* Eggplant
* Fermented Foods (Kimchi, Sauerkraut)
* Green beans, String beans
* Mushrooms
* Peas
* Pumpkin