

# Histamine Intolerance

Foods to avoid, foods to have in moderation, and foods to enjoy!

## Foods to Avoid:

### Meat, Fish, and Poultry:

- Anything that is not fresh, that has been smoked, processed, or cured - and no leftovers.

### Vegetables:

- Eggplant
- Mushrooms
- Spinach
- Sauerkraut
- Soy beans (edamame)

### Fruit:

- Avocado
- Banana
- Citrus
- Dried fruit
- Strawberry
- Tomato



### Dairy:

- Aged cheese
- Cows milk
- Kefir
- Yogurt

### Spices:

- Anise
- Artificial flavors and colors
- Baking mixes
- Cinnamon
- Cloves
- Curry powder
- MSG
- Mustard
- Nutmeg
- Paprika/cayenne
- Seasoning packets

### Nuts:

- Cashews
- Walnuts



### Other:

- Alcohol
- Bone broth
- Canned Beans
- Chocolate
- Cinnamon
- Coffee (caffeine can raise histamine - you can enjoy decaffeinated coffee)
- Collagen
- Fermented foods
- Garbanzo beans
- Gluten
- Legumes
- Peanuts
- Prepackaged rice/pasta meals
- Soy and soy sauce
- Tea (green, mate, or black)
- Vinegar (except distilled white vinegar or apple cider vinegar)



## Foods to Have in Moderation:

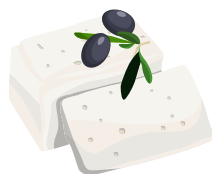
Some people tolerate these foods better than others. If symptoms don't subside, you may need to cut these foods out of your diet.

### Vegetables:

- Green beans
- Peas
- Pumpkin
- Squash

### Fruit:

- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Papaya
- Peach
- Pineapple
- Plums
- Raspberries



### Nuts:

- Almonds (with skin)
- Pecans
- Pistachios
- Soaked brazil nuts
- Soaked pine nuts



### Dairy:

- Cream (grass fed cows)
- Cream cheese
- Goats milk
- Goat cheese
- Mozzarella
- Ricotta cheese (grass fed cows)
- Sheep cheese/milk

### Other:

- Almond flour
- Apple cider vinegar or distilled white vinegar
- Coconut (flour, milk, butter, or shredded)
- Dried spices (aside from the ones listed above)
- Eggs
- Honey
- Maple syrup
- Yeast



# Histamine Intolerance

Foods to avoid, foods to have in moderation and foods to enjoy!

## Foods to Enjoy!

### Meat, Fish, and Poultry:

- Beef
- Bison
- Chicken
- Duck
- Lamb
- Pork
- Rabbit
- Seafood (only flash frozen)
- Turkey
- Venison



### Vegetables:

- Artichoke
- Arugula
- Asparagus
- Beets
- Beet greens
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Garlic
- Jicama
- Kale
- Leafy greens (most)
- Leeks
- Lettuce
- Onions
- Parsnips
- Potato (white)
- Radishes
- Rutabaga
- Scallions
- Sweet potato



- Swiss chard
- Turnip
- Turnip greens
- Watercress
- Winter squash
- Zucchini
- Yams

### Fruit:

- Apples
- Apricots
- Blackberries
- Blueberries
- Cherries
- Cranberries (fresh)
- Dragon fruit
- Figs (fresh)
- Grapes
- Melon
- Monk fruit
- Pear
- Pomegranate
- Plantain
- Star fruit

### Nuts/Seeds:

- Blanched almonds
- Chai seeds
- Chestnuts
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

### Grains:

- Amaranth
- Beans (soaked over night: black and kidney)
- Lentils (soaked over night)
- Millet



- Oats (gluten free)
- Quinoa
- Rice

### Spices:

- Basil
- Cardamon
- Chives
- Cilantro
- Cumin
- Dill
- Garlic
- Ginger
- Oregano
- Mint
- Parsley
- Peppermint
- Turmeric
- Rosemary
- Sage
- Salt



### Cooking Essentials:

- Arrowroot flour
- Blackstrap molasses
- Cassave flour
- Coconut oil
- Coconut sugar
- Extra virgin olive oil
- Flax meal
- Ghee
- Grass fed butter
- Sesame oil
- Stevia
- Tiger nut flour
- Tapioca



### Other:

- Leafy herbs
- MCT oil
- Herbal teas
- Himalayan sea salt
- Pepper
- White or herbal tea



# Histamine Intolerance

Foods to avoid, foods to have in moderation and foods to enjoy!

## General Rules:

- Eat only fresh meats, fish, and poultry (be careful with ground meats as sometimes they are aged)
- Gauge how you feel with fish (fish needs to be frozen right away - usually sockeye salmon is frozen immediately)
- Avoid leftovers
- Avoid artificial sweeteners, preservatives, and colors
- Buy high quality foods:
  - Meat: grass fed and organic
  - Poultry and eggs: pasture raised and organic
  - Fish: wild caught
  - Best to get organic fruits/vegetables when possible
- Avoid cooking things for a long period of time (such as in a slow cooker). Pressure cooking (Instapot) is a great way to cook your food. This also decreases lectins which can be troublesome to people with histamine intolerance.
- You can meal prep for the week ahead of time, you will just need to freeze the food right after cooking. Great things to freeze are:
  - Pre-made sauces (freeze in silicone ice trays)
  - Turkey or beef patties
  - Egg muffins
  - Muffins made with cassava, tiger nut, or almond flour
  - Soups
  - Stir-fry