

Histamine-balancing Diet (Individual Sensitivities May Vary)

Foods to Avoid (High Histamine or DAO-blocking)

(Avoid all fermented, cured, soured, smoked and aged foods)

Wine
Champagne
Beer
Sauerkraut and Kimchi
Vinegars
Soy sauce, coconut aminos
Kefir
Yogurt
Kombucha
Pickles
Mayonnaise
Olives
Bacon
Salami and sausages
Pepperoni
Luncheon meats, leftover meat
Hot dogs
Sour cream
Buttermilk
Soured bread
Dried apricots, plums/prunes, dates, figs, raisins
Shellfish
Wheat germ and all other wheat products
Strawberries, Papaya, Pineapple, Raspberries, Cherries
Citrus fruits (lemons, limes, oranges)
Aged cheese, including goat cheese
Nuts: walnuts, cashews, and peanuts
Avocados
Eggplant
Spinach
Tomatoes
Smoked fish, smoked salmon
Mackerel and Mahi-mahi
Mushrooms
Tuna
Anchovies
Sardines
Anything containing artificial preservatives or dyes
Bananas
Chocolate, cocoa and raw cacao powder
Cow's Milk - all dairy products
Sugar
Chickpeas and soy beans, soy products
Black tea, Mate tea, Green tea
Conventional eggs and egg whites
Bone Broth (cooked 24+ hours)

Foods to Eat (Low Histamine)

Freshly cooked beef
Freshly cooked poultry
Freshly caught fish
Extra virgin olive oil
Butter
Pasture-raised egg yolks
Brown rice and Quinoa
Apple, Melon, Blueberries, Cranberries, Pear, Mango
Artichokes
Coconut milk, Rice, Hemp, Almond (no carrageenan)
Organic coffee
Leafy greens (Kale, Romaine, Arugula)
Herbal teas (peppermint, nettle, chamomile)
Asparagus
Bean sprouts
Broccoli sprouts, pea sprouts, mung bean sprouts
Beets and beet greens
Bell peppers
Belgian Endive
Bok Choy
Brussels sprouts
Cabbage
Carrots
Cauliflower and broccoli
Celery
Collard or turnip greens
Dandelion greens
Fennel
Garlic, Ginger and Turmeric
Leeks
Okra
Onions and shallots
Parsnips
Pumpkins
Radishes
Peaches
Squash (yellow, acorn, zucchini)
Sweet potatoes
Sunflower seeds, chia seeds, pumpkin seeds
Turnips
Watermelon
Buckwheat flour and Amaranth flour
Black cumin seed and oil
Jalapeno peppers
Almonds and almond butter
Vegetable stock or Meat stock (cooked <3 hours)

"I want to heal, I am open to recovery, I can handle my stress, my body and mind are under control."

What is a superfood for one person may be poison to another, if the balance between histamine production and breakdown is upset. Histamine is a neurotransmitter that is released from mast cells when they are activated by an allergen. In the digestive tract, histamine is broken down by the diamine oxidase (DAO) enzyme. DAO deficiency can result from cofactor deficiencies, SIBO, GI inflammatory disease and certain prescription drugs.