

	Usually tolerated	Commonly reported to increase symptoms
Milk Products		
Fluid milk	Unflavored milk (any fat level) Unflavored lactose reduced milk	Flavored milk (e.g., chocolate) Buttermilk
Cheese	Unripened cheese, such as cottage cheese, ricotta, cream cheese, mozzarella (histamine may form while sitting in the fridge, so they should be vacuum sealed).	Ripened cheese (all those not listed) “Aged” cheese can have very high levels.
Other		Other fermented milk products Yogurt Kefir Sour cream
Grains Products		
Whole Kernel Grains	All (consume the majority of your grain products as whole kernel grains. This provides the best nutrition). Rice, quinoa, wheat/spelt, barley, oats, etc.	None
Bread, crackers	Whole grain crackers Muffin or loaf (unless there are restricted ingredients)	Many lists include bread as a high histamine food, probably because the dough is fermentation with yeast. Other fermented foods (such as cheese, sausage, and wine) contain high levels of histamine, so it is possible that bread does as well.
Cereals	Hot plain whole grain cereals Cold Cereals based on whole grains	
Cookies, cake	Moderation for good health	Chocolate chips and chocolate icing
Pasta, Noodles	All	
Other	Popcorn	
Vegetables and Fruit		
Vegetables	All other vegetables	Tomato and tomato products Eggplant Pumpkin Sauerkraut Spinach Avocado Sauerkraut (fermented cabbage) or kimchi (oriental fermented vegetables) Overripe Vegetables
Fruit	All others Many low histamine websites have a long list of fruit to avoid. However, the restricted fruit varies between lists. Fruit is nutritious, but limit to one serving (about ½ cup) per meal. Dried fruit (you can purchase dried fruit that is not sulfited, or you can dry your own). Limit dried fruit to about one tablespoon per serving. Many clients tolerate very fresh fruit and vegetables the best (when fruit starts to over-ripen, slice it, freeze and then use in smoothies).	Strawberries and raspberries Citrus fruit (lemon, lime, orange, and grapefruit) <i>Note:</i> a small amount of lemon or lime as a flavor enhancer is okay. Pineapple Overripe Fruit Excess dried fruit
High Protein Foods		
Meat and Poultry	Fresh meat or poultry (see special care for meat)	Processed meat products: luncheon meat, wieners, sausages
Fish/Seafood	Fresh fish (i.e., caught and cooked or frozen quickly).	Smoked fish Canned tuna Fish or seafood that has not been frozen
Eggs	Egg yolks are said to be okay, but it is tedious to separate eggs.	Egg White (Note: In my experience, most clients tolerate eggs, and they are a good source of protein. If you feel eggs are okay for you, limit eggs to less than one per day during the elimination diet trial).
Legumes	Dried beans and peas (black beans, chick peas, kidney beans) Lentils	Soy beans (e.g., edamame beans, tofu, many vegetarian products).
Nuts	All others	Walnuts (the www.histaminintoleranz.ch list restricts all nuts and then says some are okay. It’s not clear. They list walnuts as the worse)
Seeds	Hemp Seeds Flax Seeds Chia Seeds	Pumpkin seeds (restricted on Dr. Janice Joneja’s list) Sunflower seeds (restricted on www.histaminintoleranz.ch list)
Condiments		
Spices & Herbs	All others	Cinnamon, cloves, curry powder, chili powder, nutmeg, anise, thyme (these spices are said to be high in salicylates and natural benzoates which are claimed to cause a histamine release)
Fats & Oils	Vegetable oil (coconut oil, olive oil, canola oil) Butter	Man-made fats (e.g., trans fats) promote inflammation in the body. Avoid margarine and vegetable oil shortening.
Sweeteners	Sugar (moderation for good health) Honey Stevia	None
Other	Mustard Mayonnaise (It is restricted on many diets because it contains vinegar and egg white. However, most people tolerate it.)	Plain vinegar Aged vinegar, such as balsamic Ketchup Fermented soy (e.g., soy sauce, miso)
Beverages		
Alcohol	None	All
Coffee/Tea	Coffee (less than 3 cups/day, as it bothers some people’s digestion) Weak herbal teas	Black and green tea
Other		Hot chocolate Orange Juice Tomato Juice
Miscellaneous		
Soup Base	Yeast –free soup base (although many have curry or turmeric, which is the main ingredient in curry)	Soup base with yeast