













Low Histamine Diet

A low histamine diet consists of freshly acquired and prepared foods, omitting any ingredients that may have been pre-prepared, slow-cooked or fermented.^{1,2,3}

A low histamine diet is recommended for a minimum of 4-6 weeks.

Category	High Histamine - <i>AVOID</i>	Low Histamine - <i>ENJOY</i>
Meat 	<ul style="list-style-type: none"> Processed, smoked, cured, canned, preserved, leftover meats 	<ul style="list-style-type: none"> Sausages Bacon, ham
Seafood 	<ul style="list-style-type: none"> Cured, smoked, canned, frozen seafood Oily fish (sardines, salmon, tuna - including canned) 	<ul style="list-style-type: none"> Shellfish Mahi mahi Anchovies Herring
Dairy 	<ul style="list-style-type: none"> Cheese – grated, cured and semi-cured (hard cheese, aged cheese) 	<ul style="list-style-type: none"> Fermented dairy (yoghurt, kefir)
Vegetables 	<ul style="list-style-type: none"> Eggplant Tomatoes Mushrooms Spinach Pickled veg (sauerkraut, olives) 	<ul style="list-style-type: none"> Tofu/tempeh Crisps – potato crisps; dried vegetable crisps/chips
Fruits 	<ul style="list-style-type: none"> Strawberries Cherries Avocado Bananas 	<ul style="list-style-type: none"> Pineapple Dried fruits Citrus (liberates histamine)
Grains 	<ul style="list-style-type: none"> Yeast (bread, sourdough) Refined and processed grains 	<ul style="list-style-type: none"> Butter, ghee
Nuts and seeds 	<ul style="list-style-type: none"> Roasted, salted, flavoured nuts and seeds 	<ul style="list-style-type: none"> Fresh seasonal vegetables, including: Cabbage, lettuce, rocket, cucumber, zucchini (excluding items in avoid list)
Beverages 	<ul style="list-style-type: none"> Wine – red, white, sparkling Beer 	<ul style="list-style-type: none"> Fresh seasonal fruit, including: Apples, pears, blueberries, mango (excluding items in avoid list)
Sauces 	<ul style="list-style-type: none"> Soy sauce Vinegar Ready-made sauces 	<ul style="list-style-type: none"> Pastry Most flours
Spices/herbs 	<ul style="list-style-type: none"> Chilli Cinnamon Cloves 	<ul style="list-style-type: none"> Peanuts/tree nuts
Condiments 	<ul style="list-style-type: none"> Vegemite, Marmite Miso 	<ul style="list-style-type: none"> Black tea Kombucha
Other 	<ul style="list-style-type: none"> Preservatives Colours 	<ul style="list-style-type: none"> Raw (freshly hulled if possible) nuts and seeds Fresh nut butters
	<ul style="list-style-type: none"> Gravy powder Fish sauce 	<ul style="list-style-type: none"> Water Freshly made nut/seed milk Herbal teas
	<ul style="list-style-type: none"> Monosodium glutamate (MSG) 	<ul style="list-style-type: none"> Fresh ginger Fresh garlic Fresh herbs
	<ul style="list-style-type: none"> Broth, stock Sauces (tomato, BBQ etc.) 	<ul style="list-style-type: none"> Olive oils Coconut oil Freshly ground nut/seed butters
	<ul style="list-style-type: none"> Sulphites Nitrates 	

Note: Inadequate refrigeration and allowing foods to thaw slowly may increase histamine content (especially meat and seafood). Leftover foods re-heated will increase histamine content – due to an increase in microbial growth.

