

# Low Histamine Diet

Eat Low Histamine	Limit	Avoid High Histamine
<b>Vegetables</b>		
Broccoli, Brussels, Celery, Beetroot, Asparagus, Arugula, Artichoke, Pumpkin, Peppers, Leek, Onions, Parsley, Kale, Parsley, Carrots, Cauliflower, Red Cabbage, All Potatoes Red Bell Peppers, Asparagus, Okra	Garlic (Contains very small amounts), Legumes (Some people do fine on them)	Mushrooms, Spinach, Sauerkraut, Tomatoes, Pickles, Pickled Cucumbers, Eggplant, Paprika, Peas, Lentils, Nuts, Peas, Capers, Lentils, Baked Beans
<b>Fruit</b>		
Blueberries, Blackberries, Apricot, Fresh Apples, Cherries, Fig, Grapes, Gooseberry, Guava, Nectarine, Peach, Raspberries, mango, pear, watermelon, kiwi	Avocado (Fresh, no spots)	Pineapple, Dried Fruits (Washing them may reduce histamines), Liberators: Papaya, Strawberries, Bananas, Cantaloupe, Clementines, Lime, Honey Dew,
<b>Grains</b>		
Rice, Quinoa, Breads		Soured Breads and Cakes
<b>Meats</b>		
Fresh Caught Fish, Veal, Quail, Rabbit, Lamb, Pork, Grass Fed Beef, Chicken, The Fresher the Better, Pheasant	Eggs (inconclusive, but should be fine in moderation)	Processed Meats, Dried and Cured Meats, Shellfish, Mackerel, Anchovies, Sardines, Smoked Fish, <b>Raw</b> Eggs, Fish, Meat kept warm for long periods of time, Avoid Reheating Meat
<b>Dairy</b>		
Coconut milk, Milk,(Rice, Hemp, Almond), Mozzarella, Ricotta, Cream Cheese, Goat Cheese (unripened),		Cheese (The more mature it is, the higher in histamines), Sour Cream, Milk, Yogurt
<b>Drinks</b>		
Ginger Ale, Ginger Tea, Herbal Tea, Mineral Water		Alcoholic Drinks (Especially Beer and Cider), Alcohol, Coffee, Energy Drinks, Hot Chocolate,
<b>Seasonings, Condiments, Other</b>		
Blackcurrants, Local Honey, Garlic, Apple Cider Vinegar with the mother (pulp) still in it, Olive Oil, Coconut Oil, Omega 3's		Fermented Foods, Sauerkraut, Vinegar, Artificial Sweeteners, Sugar, Chocolate
<b>Notes:</b>		
<p><b>Supplements That May Improve Histamine Intolerance</b></p> <p>Quercitin, P-5-P (B6), 5-MTHF, Camu, Vitamin C, Bentaine HCl, Vitamin A, Selenium, Zn, Cu</p>	<p><i>Disclaimer: Before starting any diet or making adjustments to medications be sure to consult your doctor.</i></p>	<p><b>The Following Drugs Could Worsen a Histamine Intolerance</b></p> <p>Non-steroidal anti-inflammatory drugs (ibuprofen, aspirin)          Antidepressants (Cymbalta, Effexor, Prozac, Zoloft)          Immune modulators (Humira, Enbrel, Plaquenil)          Antiarrhythmics (propranolol, metoprolol, Cardizem, Norvasc)          Antihistamines (Allegra, Zyrtec, Benadryl)          Histamine (H<sub>2</sub>) blockers (Tagamet, Pepcid, Zantac)</p>