### Foods with High Histamine Levels

- Aged Cheese
- Long cooked or leftover meat
- Most Alcohol (Wine, Beer, Cider, Fermented Drinks)
- Yeast
- Fish that is not immediately gutted after catching
- Aged Fish (Canned, Smoked)
- Tomatoes (Fresh or Processed)
- Pickled, Fermented & Cultured Foods Sauerkraut Pickles, Kimchee, Soy Sauce, Tamari, Miso
- Smoked & Cured Meats (Ham, Sausage, Salami)
- Shell Fish
- Red Beans
- Nuts
- Chocolate
- Citrus Fruit
- Wheat Based Foods
- Vinegar (Salad Dressings, Mustard, Ketchup, Mayonnaise)
- Many Preservative & Additives
- Spices & Seasonings (Cinnamon, Nutmeg, Hot Peppers, Cloves, Anise, Curry, Chili Powder)
- Overripe Fruits
- Yogurt & Kefir (depends upon the cultures used)
- Canned Food (additives & preservatives)
- Leftovers (older, very ripe & non-hygienic foods)
- Soy Products
- Mushrooms
- Dried Fruits
- Cola
- Raw & Undercooked Egg (Whites in particular)

### Foods that Liberating Intrinsic Histamine

- Citrus Fruit
- Bananas
- Strawberries
- Cocoa
- Chocolate
- Nuts
- Papaya
- Bean
- Pulses
- Raspberry
- Peas
- Many Spices
- Pumpkin
- Egg Plant
- Avocado
- Kiwi
- Food Additives
- Wheat Germ
- Tomato

### Foods that are possibly an issue

- Yogurt (depends upon fermentation cultures)
- Cooked Egg White
- Yeast

### Foods that inhibit Histamine Breakdown

- Alcohol
- Black Tea
- Energy Drinks
- Green Tea
- Mate Tea
## Dietary Suggestions to Support Histamine Intolerance

### Foods with Low Histamine Levels
- Fresh Meat (Frozen should be ok)
- Fresh caught & gutted within 1/2 hour fish (Flash Frozen might be ok, depending upon how quickly the fish is gutted)
- Fresh Chicken (skinned is preferable)
- Fresh Veggies
- Most Fresh Fruit (Apple, Melon, grapes,)
- Grains
- Pasta made from Rice, Corn or Spelt
- Yeast free bread (European-style rye), muffins & tortillas (made acceptable grains)
- Oats
- Milk, Cream
- Rice Milk
- Coconut Products (Oil, Cream, Flakes)
- Cream Cheese (except when cultured)
- Most Vege Oils
- Most Leafy Herbs (Basil, Oregano, Rosemary)
- Garlic, Onion
- Non GMO sugar, honey or Maple Syrup
- Non Citrus Fruit Juices
- Cooked Egg
- Lentils, Black Beans, Garbanzo Beans

### Foods that Lower Histamine Levels
- Ginger
- Onion (Red Onion is best)
- Thyme
- Yams
- Mango
- Parsley
- Broccoli
- Mint
- Holy Basil
- Guava Leaf Tea
- White Tea
- Amaranth Greens
- Fennel
- Tarragon