

HISTAMINE LEVEL: 0

FOOD LIST

MOST COMMON FOODS



MEATS

Note: Fresh is best, meat increases in histamine quickly.

Beef

Hamburger
Steak
Roast

Chicken

Whole
Thighs
Breast
Drumsticks
Ground
Chicken-Egg
Yolk

Turkey

Whole
Breast
Ground



FRUITS

Apples
Apricot
Blackberry
Blueberry
Cherry
Coconut
Cranberry
Dates
*dried,
dessicated*
Grapes
Melons
*except
watermelon*
Nectarine
Peach
Pomegranate
Raisins
*only without
sulfite*



VEGGIES

Artichoke
Arugula
Asparagus
Beets
sweet, not hot
Bell Pepper
Broccoli
Cabbage
green, white, red
Carrot
Cauliflower
Celery
Cucumber
Lettuce
*all varieties, not
spinach*
Pumpkin
Radish
Squashes
White Onion
Zucchini



HERBS/SPICES

Basil
Mint
Oregano
Parsley
Rosemary
Sage
Bay Leaf
Cilantro
small amounts
Cinnamon
Cloves
small amounts
Coriander
Distilled white
vinegar
Sweet paprika
not hot paprika!
Thyme
Turmeric



GRAIN/STARCH

Amaranth
Corn
Millet
Oats
Rice
Wild Rice
Potato
Quinoa
Spelt
Sweet Potato
Yam



FATS/NUITS

Brazil Nut
max 1-2 day
Macadamia
Pistachio
Coconut
Canola Oil
Olive oil
Palm kernel oil
Pumpkin seed oil
Rape seed Oil
Safflower Oil



SWEETNERS

Agave
Brown Sugar
Dextrose
Fructose
Glucose
Honey
Maple syrup
Stevia
Sucrose
Sugar
Sorbitol
Xylitol



OTHER

Seeds
Chia
Pumpkin seeds
Dairy
Butter
Cream unfermented
Cream cheese
w/no additives
Milk *pasteurised*
Mozzarella cheese
Ricotta cheese
Whey

All items taken from the Swiss Histamine List:

https://www.mastzellaktivierung.info/downloads/foodlist/21_FoodList_EN_alphabetic_withCateg.pdf

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HISTAMINE LEVEL: 0

FOOD LIST

IRREGULAR FOODS



MEATS

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Duck
Quail Eggs



FRUITS

Blackcurrants
Boysenberry
Cowberry
Cocoa butter
Dragon fruit
Goji berry
Gooseberry
Jostaberry
Lingonberry
Persimmon
Pitaya
Redcurrants
Sour cherry



VEGGIES

Bok choy
Chicory
Garden Cress
Fennel
Gourds
Parsnip



HERBS/SPICES

Black caraway
Caraway
Juniper berries
Nigella sativa seed
Meridian fennel
Persian cumin
not to be confused with cumin
Roman coriander



GRAIN/STARCH

Chestnut
Hemp seeds
KAMUT Khorasan-wheat
Maltodextrin



FATS/NUTS

Earth Almond
Nut grass
Tiger nut sedge
Yellow nut sedge
Black caraway oil
Pumpkin seed oil
Rape seed oil



SWEETNERS

Lactose
milk sugar
Maltose



OTHER

Seeds
Psyllium seed husks

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HISTAMINE LEVEL: 1

FOOD LIST

MOST COMMON FOODS



MEATS

Note: Fresh is best, meat increases in histamine quickly.

Pork

not Ham
Roast
Tenderloin
Ribs



FRUITS

Figs
fresh or dried
Mango
Pear
fresh, peeled & canned
Plum
histamine liberator
Prune
histamine liberator
Rhubarb
Watermelon



VEGGIES

Brussel Sprouts
histamine liberator
Garlic
well tolerated after cooking, small amounts
Green beans
Green peas
Onion
Red, yellow, sweet (incompatible in large quantities)



HERBS/SPICES

Chives
incompatible in large quantities
Dill
small amounts not a problem
Ginger
small amounts
Nutmeg
small amounts
Poppy seeds
Vanilla extract
Apple cider vinegar



GRAIN/STARCH

Wheat
uneven results, and not wheat germ
Rye
Barley



FATS/NUTS

Almonds
Cashew nut
liberator
Pine nuts
Sunflower oil
single dose ok, inflammatory long term



SWEETNERS

Artificial sweeteners
OTHER
Yeast all forms
Long dough fermentation time intolerated
Oat milk
(slightly histamine containing because fermented)
Rice milk
(slightly histamine containing because fermented)



DAIRY

Buttermilk
high in histamine
Feta cheese
Kefir
Lactose free milk
Sour cream
Yogurt

HISTAMINE LEVEL: 1

FOOD LIST

IRREGULAR FOODS



MEATS

Note: Fresh is best, meat increases in histamine quickly.

Venison
Wild Meat
Veal



FRUITS

Rosehip



VEGGIES

Horseradish
(liberator)
Snow peas
Turnip cabbage
Yellow split peas



HERBS/SPICES



GRAIN/STARCH



FATS/NUTS



SWEETNERS



OTHER

Seeds
Sesame

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