

# THE HISTAMINE FOOD LIST

Vegetables				
Low	Medium	High	Very High	Avoid
Alfalfa Artichoke Asparagus Beet Greens Bok Choy Brussel Sprouts Celery Chicory Cucumber Dandelion Fennel Green Beans Lettuce Snow Peas Snap Peas Turnip Greens Watercress Zucchini All Fresh Herbs All Sprouts  <b>Root Vegetables:</b> Beets Cassava Chestnuts Garlic Jicama Parsnip Sweet Potato Swede Turnip Water Chestnuts Yam  <b>Starchy Vegetables:</b> Squash Okra Spaghetti Squash Sweet Corn Taro	Avocado (Firm, 1/2) Bamboo Shoots Cabbage Cauliflower Chives Endive Kale Radish Leaves Mizuna Spring Onion Shallots  <b>Root Vegetables:</b> Carrots Celeriac Daikon Onion Radish	Arugula Avocado (Soft) Broccoli sprouts Broccoli Broccolini Chard Collard Greens Kohlrabi Leek Mushrooms Mustard Greens Radicchio Spinach  <b>Starchy Vegetables:</b> Pumpkin	<b>Pickled &amp; Preserved Vegetables:</b> Gherkin Olives Onions Pickles Sauerkraut Truffles Beet Kimchi Pickles  <b>Sea Vegetables:</b> Algae Chlorella Spirulina Seaweed Dulce Irish Moss Nori Bladderwrack Kelp Kombu Wakame Sea Lettuce  <b>Nightshades:</b> Bell Pepper Cayenne Chili Pepper Eggplant Goji Berry Habanero Jalapeno Paprika Poblano Potatoes Sweet Peppers Tobacco Tomatillo Tomato	<b>All Processed Foods</b>

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Fruit				
Low	Medium	High	Very High	Avoid
Apple Apricot Blackberries Blueberries Boysenberries Cantaloupe Cherry Elderberries Honeydew Loquat Lychee Mulberries Pear Asian Nectarine Peach Pear Persimmon Plantain Pomegranate Rhubarb Star Fruit  <b>Fruit Flours:</b> Banana Flour Plantain Flour	Avocado (Firm, 1/2) Banana (Firm, 1/2) Coconut Flesh (Fresh) Cranberry Currants	Avocado (Ripe) Banana (Ripe) Figs (Fresh) Raspberry Strawberry  <b>Citrus:</b> Grapefruit Kumquats Orange Lemon Lime Mandarin  <b>Tropical Fruits:</b> Dragon-fruit Guava Jackfruit Kiwifruit Mango Papaya Passion Fruit Pineapple Watermelon	Dates Grape Plum Prune Raisin ALL Dried Fruit	<b>All Processed Foods</b>

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Grains				
Low	Medium	High	Very High	Avoid
<b>Rice:</b> Brown Rice Rice Pasta Rice Flour Rice Cakes (plain) Rice Cereal White Rice  <b>Gluten:</b> Barley Farro Durum Bulgar Kamut Oats (steel cut) Rye Semolina Spelt  <b>Gluten Free Grains:</b> Amaranth Corn (fresh) Millet Polenta/Grits Quinoa Sago Sorghum Tapioca Teff	Biscuits Flatbread Scones Crackers Wheat	<b>Yeast-Risen:</b> Bagel Baguette Bread Croissants Crumpets English Muffins Focaccia Pumpernickel Pita Bread Pizza Dough Sourdough	Baker's Yeast Breadcrumbs Carob Wheat Germ	All baked goods containing artificial ingredients or preservatives

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Fats				
Low	Medium	High	Very High	Avoid
Coconut Oil Olive Oil Red Palm Oil  <b>Dairy Fats:</b> Butter Ghee  <b>Nut &amp; Seed Oils:</b> Hemp Oil Flax Oil Macadamia Oil	<b>Coconut Products:</b> Coconut Cream Coconut Butter Coconut Milk	<b>Animal Fat:</b> Chicken Fat Duck Fat Lard Suet Tallow	<b>Nut &amp; Seed Oils:</b> Almond Oil Avocado Oil Sesame Oil Walnut Oil	<b>Refined Oils:</b> Canola Mayonnaise Salad Dressings  Grapeseed Oil Margarine Peanut Oil Safflower Soybean Sunflower

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Nuts, Seeds, Beans, Peas & Legumes				
Low	Medium	High	Very High	Avoid
<b>Seeds:</b> Chia Flax Hemp Linseed Poppy Sesame All Other Spices	<b>Nuts:</b> Cashew Nut Coconut Flesh (Fresh)	<b>Nuts:</b> Almond Brazil Hazel Macadamia Pecan Pine Pistachio  <b>Seeds:</b> Anise Cinnamon Cloves Cocoa Coffee Coriander Mustard Nutmeg Paprika Pumpkin Sunflower	<b>Nuts:</b> All Nut Butters Almond Flour Mixed Nuts Walnuts  <b>Seeds:</b> Seed butter Buckwheat Tahini  <b>Legumes, Peas &amp; Beans:</b> Adzuki Beans Black Beans Borlotti Beans Broad Beans Fava Beans Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Soybeans Navy Beans Green Peas	Peanuts Wheat Germ

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Protein				
Low	Medium	High	Very High	Avoid
<b>Poultry:</b> Chicken Goose Quail Turkey  Farm direct Beef Bison/Buffalo Lamb Rabbit Veal Venison  <b>Protein Powder:</b> Hemp Protein Whey Protein	Duck  <b>Eggs:</b> Duck Eggs Egg yolks only	Beef Pork  <b>Eggs:</b> Egg whites Goose Eggs  <b>Non-White Fish (Fresh):</b> Tuna Cod Salmon Trout Marlin Sashimi  <b>Shellfish:</b> Clam Scallops Crayfish Mussel Oyster Squid Prawns Crab Lobster  <b>Organ:</b> Brain Liver Heart Kidneys Sweetbreads Tongue	Fish (Not Fresh) Anchovy Herring Mackerel Sardines  <b>Preserved Fish &amp; Meat:</b> Bacon Caviar Dried (Jerky) Ham Pastes Salami Sauces Smoked Meat Canned meat	<b>All Processed Foods:</b> Cold cuts Fish sticks  Hydrolyzed Vegetable Protein (HVP)  Soy protein  Vegetable Protein (TVP)  <b>All Soy:</b> Tempeh Tofu

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Dairy				
Low	Medium	High	Very High	Avoid
Butter Ghee Whey Protein  Mozzarella only made from Buffalo (fresh)	<b>Fresh Cheeses:</b> Cottage Cheese Quark Ricotta Yoghurt Cheese  <b>Milks:</b> Butter Milk Goats Milk Cows Milk (raw)  <b>Additional:</b> Cream Sour Cream  Yogurt (homemade)	<b>Young Cheeses:</b> Cheddar Gruyere Goat cheese Mozzarella (cow)	All Other Cheeses  Commercial Yogurt  Raw Milk Cheese  Almond milk	<b>Processed Foods:</b> Condensed Milk  Milk Powder  Processed Cheese  UHT Milk Soy Milk

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Beverages				
Low	Medium	High	Very High	Avoid
Ginger Tea Fresh Herb Tea Chamomile tea Spring Water Tap Water	Club Soda (Soda Water) Fruit Juice Green Tea Spring Water (Sparkling)	Tonic Water  <b>Dried Tea &amp; Coffee:</b> Black Tea Chai Lemon Myrtle Peppermint Rosehip Yerba Mate  <b>Seeds:</b> Coffee Cocoa  <b>Spirits:</b> Gin Rum Sake Vodka	<b>Alcohol:</b> Beer Champagne Cider Wine  <b>Spirits:</b> Brandy Liquor Port Scotch Sherry	Soda Drinks Energy Drinks Flavored Drinks Fruit Juices Lemonade

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Sweeteners				
Low	Medium	High	Very High	Avoid
<b>Sparse Use Only:</b> Raw Honey Maple Syrup			Cacao Carob Chocolate Cocoa Powder Licorice Malt Extract Marzipan White Chocolate	<b>All Refined Sugar:</b> Agave Nectar Aspartame Brown Rice Syrup Cane Sugar Caramel Coconut Sugar Corn Syrup Equal Golden Syrup Icing Sugar Malt Syrup Molasses Processed Honey Splenda Stevia White Sugar

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Other				
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Baking Soda Citric Acid Cream of Tartar Himalayan Salt Horseradish Lemongrass Pectin Saffron Sea Salt	Baking Powder Gelatin Ginger Green Pepper (Fresh) Tamarind Turmeric Vanilla (Extract)	White and Black Pepper	Vinegar Nutritional Yeast Brewer's Yeast  <b>Commercial Sauces:</b> Coconut Aminos Fish sauce Mustard Oyster Soy Tamari Tandoori Teriyaki Wasabi Worcestershire	Additives Carrageenan Folic Acid Gar Gum Iodine Meat Extracts NSAIDS Preservatives Stock Cubes Table Salt (Iodized) Tomato Paste Vegetable Stock (Carton) Yeast Extracts

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