












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.

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

CATEGORY	HIGH HISTAMINE - AVOID		LOW HISTAMINE - ENJOY
Meat 	<ul style="list-style-type: none"> Processed, smoked, cured, canned, preserved meats 	<ul style="list-style-type: none"> Sausages Bacon, ham 	<ul style="list-style-type: none"> Fresh cooked meats Chicken Freshly cooked eggs
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 	<ul style="list-style-type: none"> Fresh caught fish, preferable non-oily varieties
Dairy 	<ul style="list-style-type: none"> Cheese - All 	<ul style="list-style-type: none"> Fermented dairy (yoghurt, kefir) 	<ul style="list-style-type: none"> Butter, ghee Goat milk, sheep milk
Vegetables 	<ul style="list-style-type: none"> Eggplant Tomato Pasta Sauce Mushrooms Spinach Pickled Veg (sauerkraut, olives) 	<ul style="list-style-type: none"> Tempeh Crisps - potato & vegetable /chips 	<ul style="list-style-type: none"> Fresh seasonal veges, including: cabbage, lettuce, rocket, cucumber, zucchini (excluding items in avoid list)
Fruits 	<ul style="list-style-type: none"> Strawberries Cherries Avocado Bananas Papaya Plums 	<ul style="list-style-type: none"> Pineapple Dried Fruits Citrus fruits - lemon, lime, oranges 	<ul style="list-style-type: none"> Fresh seasonal fruit, including: apples, pears, blueberries, mango (excluding items in avoid list)
Grains 	<ul style="list-style-type: none"> Yeast (bread, sourdough) Refined & processed grains 	<ul style="list-style-type: none"> Wheat germ Pastry All flours 	<ul style="list-style-type: none"> Freshly cooked grains: Rice, quinoa, buckwheat, millet

CATEGORY	HIGH HISTAMINE - AVOID		LOW HISTAMINE - ENJOY
Nuts, seeds, legumes 	<ul style="list-style-type: none"> • Roasted, salted, flavoured nuts & seeds • Legumes 	<ul style="list-style-type: none"> • Peanuts & tree nuts 	<ul style="list-style-type: none"> • Raw (freshly activated) nuts & seeds
Beverages 	<ul style="list-style-type: none"> • Wine - red, white, sparkling • Beer • Spirits 	<ul style="list-style-type: none"> • Black tea • Kombucha 	<ul style="list-style-type: none"> • Water • Freshly made nut/seed milk (freshly activated) • Herbal teas
Sauces 	<ul style="list-style-type: none"> • Soy sauce • Vinegar • Store-bought sauces 	<ul style="list-style-type: none"> • Gravy powder • Fish sauce 	
Spices & Herbs 	<ul style="list-style-type: none"> • Chilli • Cinnamon • Cloves 	<ul style="list-style-type: none"> • Monosodium glutamate (MSG) 	<ul style="list-style-type: none"> • Fresh ginger • Fresh garlic • Fresh herbs
Condiments 	<ul style="list-style-type: none"> • Vegemite, Marmite • Miso 	<ul style="list-style-type: none"> • Broth, stock • Sauces (tomato, BBQ etc) 	<ul style="list-style-type: none"> • Olive oils • Coconut oils • Tallow, Dripping, Lard, Duck fat
Other 	<ul style="list-style-type: none"> • Cocoa, Chocolate • Preservatives • Colours 	<ul style="list-style-type: none"> • Additives - benzoate, sulphites, nitrites, food dyes 	

Histamine Diet Tips

- Limit slow-cooked casseroles to 8hrs
- Separate refrigerated leftovers into dry ingredients
- Minimise quantity of salad cherry tomatoes
- Minimise glycemic carbohydrates, such as fruit, grains & starch
- Carb-induced candida overgrowth adds to histamine load (gut fermentation)
- Probiotics need to be targeted, avoid generic broad-spectrum products