



# Histamine Food List

HIGH-HISTAMINE FOODS	HISTAMINE LIBERATORS	DAO BLOCKERS
Spinach	Alcohol	Alcohol
Tomatoes	Bananas	Black tea
Sauerkraut	Most citrus fruits – kiwi, lemon, lime, pineapple, plums	Energy drinks
Alcohol	Strawberries	Green tea
Matured cheeses	Raspberries	Mate tea
Smoked or processed meat products	Plums	All Teas
Ready meals	Prunes	All drinks with flavor or spices
Leftovers	Pineapple	All carbonated drinks
Leftover cooked meats	Peach	
All processed meats	Papaya	
Smoked food	Orange	
Non-Fresh Fish	Nectarine	
Anchovies, sardines, mackerel	Loganberry	
Shellfish	Cranberry	
Crustaceans (shrimp, lobster, crab)	Cherry	
Beans and pulses – chickpeas, soy beans, peanuts	Apricot	
Nuts (pistachio, cashews, smoked)	Papaya	
Sunflower seeds	Pumpkin	
Dried fruits: Apricots, raisins, curants prunes & sultanas	Tomatoes	
Anise	Spinach	
Cinnamon	Nuts (pistachio, cashews, smoked)	
Cloves	Dates	
Paprika	Cocoa and chocolate	
Nutmeg	Beans and pulses	
Curry, Chili powder	Jams & Jellys	
Seasoning packets with restrictions	Wheat germ	
Foods with spices	Bleached Flour	
Pickled or canned foods	Yeast & all yeast products	
Vinegar	Margarine	
Vinegar containing foods/condiments	Additives – benzoate, sulphites, nitrites, glutamate, food dyes	
Soy sauce	Commercial pie, pastry and fillings.	
Teriyaki sauce	Baking mixes	
Salty snacks, sweets with preservatives and artificial color	Pre-packaged rice and pasta ready meals	
Wheat based products		
Flavoured syrup		
Prepared dessert fillings		
Prepared icings, frostings		
Spreads with restricted ingredients		
Cake decorations		
Commercial sweets (candies)		