













Low 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.^{1,2,3}

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

| Category | High Histamine - <i>AVOID</i> | Low Histamine - <i>ENJOY</i> |
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| Meat  | <ul style="list-style-type: none"> Processed, smoked, cured, canned, preserved, leftover meats | <ul style="list-style-type: none"> Sausages Bacon, ham |
| 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 |
| Dairy  | <ul style="list-style-type: none"> Cheese – grated, cured and semi-cured (hard cheese, aged cheese) | <ul style="list-style-type: none"> Fermented dairy (yoghurt, kefir) |
| Vegetables  | <ul style="list-style-type: none"> Eggplant Tomatoes Mushrooms Spinach Pickled veg (sauerkraut, olives) | <ul style="list-style-type: none"> Tofu/tempeh Crisps – potato crisps; dried vegetable crisps/chips |
| Fruits  | <ul style="list-style-type: none"> Strawberries Cherries Avocado Bananas | <ul style="list-style-type: none"> Pineapple Dried fruits Citrus (liberates histamine) |
| Grains  | <ul style="list-style-type: none"> Yeast (bread, sourdough) Refined and processed grains | <ul style="list-style-type: none"> Butter, ghee |
| Nuts and seeds  | <ul style="list-style-type: none"> Roasted, salted, flavoured nuts and seeds | <ul style="list-style-type: none"> Fresh seasonal vegetables, including: Cabbage, lettuce, rocket, cucumber, zucchini (excluding items in avoid list) |
| Beverages  | <ul style="list-style-type: none"> Wine – red, white, sparkling Beer | <ul style="list-style-type: none"> Fresh seasonal fruit, including: Apples, pears, blueberries, mango (excluding items in avoid list) |
| Sauces  | <ul style="list-style-type: none"> Soy sauce Vinegar Ready-made sauces | <ul style="list-style-type: none"> Freshly cooked grains: Rice, quinoa, buckwheat, millet |
| Spices/herbs  | <ul style="list-style-type: none"> Chilli Cinnamon Cloves | <ul style="list-style-type: none"> Peanuts/tree nuts |
| Condiments  | <ul style="list-style-type: none"> Vegemite, Marmite Miso | <ul style="list-style-type: none"> Black tea Kombucha |
| Other  | <ul style="list-style-type: none"> Monosodium glutamate (MSG) | <ul style="list-style-type: none"> Water Freshly made nut/seed milk Herbal teas |
| | <ul style="list-style-type: none"> Preservatives Colours | <ul style="list-style-type: none"> Gravy powder Fish sauce |
| | <ul style="list-style-type: none"> Broth, stock Sauces (tomato, BBQ etc.) | <ul style="list-style-type: none"> Fresh ginger Fresh garlic Fresh herbs |
| | <ul style="list-style-type: none"> Sulphites Nitrates | <ul style="list-style-type: none"> Olive oils Coconut oil Freshly ground nut/seed butters |

Note: Inadequate refrigeration and allowing foods to thaw slowly may increase histamine content (especially meat and seafood). Leftover foods re-heated will increase histamine content – due to an increase in microbial growth.

