

LOW HISTAMINE FOOD LIST

DO YOU HAVE OR SUSPECT
**HISTAMINE
INTOLERANCE**
OR
**MAST CELL
ACTIVATION SYNDROME?**

These resources may help! And you might want to consider trying a low histamine diet to see if it will help your symptoms.
Read more here: [Low Histamine Diet Plan](#)

FRIENDLY REMINDERS

- Always try to find healthy replacements for your food, rather than just cutting items out.
- Work with your practitioner to decide what is right for you.
- Print this list out as a handy shopping guide!
- When healing feels overwhelming, remember, just focus on one next step!

CHECK OUT THESE FREE RESOURCES TO LEARN MORE

[CLICK LINKS BELOW](#)

HISTAMINE INTOLERANCE & MCAS

- Histamine Intolerance vs Mast Cell Activation Syndrome
- Mast Cells 101
- The Best Antihistamines For Histamine Intolerance & MCAS

TIPS FOR LOW HISTAMINE EATING

- How To Identify High Histamine Foods
- Low Histamine Recipes
- Low Histamine Meat Tips & Resources

OTHER FOOD INTOLERANCES

- What is FODMAP Intolerance?
- What is Oxalate Intolerance?
- What is Salicylate Intolerance?
- What is Lectin Intolerance?

[Watch FREE Live Shows Here>>>](#)
[Mast Cell 360 YouTube Library](#)

It's important you know that this is for informational and educational purposes. It's not meant to treat any health condition or to be prescriptive for anyone. If you have any medical condition, it is critical you work under the care and guidance of a licensed medical healthcare provider. Before you change your diet on your own, please make sure you're working with a practitioner who can help you with this. Never limit foods unnecessarily and always have a licensed medical provider who is supervising your case.

List Key:

✓ = particularly high in histamine lowering nutrients so emphasize these

![Food Name] = high in pesticide residue so buy organic

* = higher histamine, but contains high amounts of histamine lowering nutrients that can balance

Underlined = items are clickable links in the online version

VEGETABLES

✓Artichokes
✓Arugula
✓Asparagus
✓Basil
✓Bean Sprouts
✓Beets
✓Bok Choy
✓Broccoli
✓Broccolini
✓Brussels Sprouts
✓Cabbage – Chinese
✓Cabbage – Green and Red
✓Cabbage – Napa
Carrots
✓Cauliflower
![Celery]
Celeriac / Celery Root
✓Chives
✓Cilantro
✓Collards
✓Cucumber
✓Daikon Radishes
Dandelion Greens
Dill
Escarole
Fennel
✓Garlic
Ginger
Green Split Peas
Jicama
![Kale]
Kohlrabi
Leafy Greens
Leeks
Lettuce – Butter
Lettuce – Endive
Lettuce – Green & Red

VEGETABLES (cont)

Lettuce – Iceberg
Lettuce – Radicchio
Lettuce – Romaine
Mesclun
✓Mint
✓Mizuna
✓Mustard Greens
Nopales Cactus
Okra
✓Onions – Any
✓Parsley
Parsley Root
Parsnips
![Peppers – Bell or Hot]
✓Perilla
Purslane
![Potatoes]
✓Radishes
Rhubarb
Rutabaga / Swede
Sage
Saffron
✓Scallions / Green Onions
Shallots
✓Squash – Butternut
✓Squash – Spaghetti
![Squash – Summer]
✓Squash – Winter
✓Squash – Yellow
✓Sweet Potatoes
Swiss Chard
Turnip
✓Watercress
Yellow Split Peas
![Zucchini]

FRUIT

Note: Buy fresh or frozen, as dried is higher histamine.

✓![Apple]
Apricot
✓![Blackberry]
✓![Blueberry]
Cantaloupe / Rock Melon
✓![Cherries]
✓![Cranberry]
Currant – Fresh
Dragon Fruit
Figs
Guava – Ripe
Honeydew
Kiwi
**Lemon – $\frac{1}{2}$ tsp (not always tolerated in elimination)
**Lime – $\frac{1}{2}$ tsp (not always tolerated in elimination)
Loquat
✓Mango
![Nectarine]
Passion Fruit
![Peach]
![Pear] – Bartlett or Bosc
![Pear] – Other
Persimmons / Kaki
Plantain
Pomegranate
✓*![Raspberries] – $\frac{1}{4}$ cup (not always tolerated in elimination)
Watermelon

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GLUTEN-FREE GRAINS

Amaranth

Arrowroot Flour

Buckwheat

Buckwheat Flour

![Corn] (if tolerated)

![Popcorn] (fresh popped)

Crackers (gluten-free)

Millet

Oats

Pasta – Gluten-Free

Potato Starch

✓Quinoa

✓Rice – Black

Rice – Brown or White

✓Sorghum – Black or White

✓Sorghum – Popped

Tapioca Starch or Flour

Teff

RESISTANT STARCHES

Almond Flour – Blanched

Otto's Cassava Flour

Flax Meal

Green Banana Flour

Hazelnut Flour

Hi-Maize Resistant Starch – Fresh

Coconut Meat

Millet

Miracle Noodles

Miracle Rice (rinse thoroughly)

Parsnips

![Potatoes]

Rutabagas

Sorghum

Sweet Potatoes

Sweet Potato Starch

Sweet Potato Starch Noodles

RESISTANT STARCHES (cont)

Tiger Nuts

Tiger Nut Flour

Turnips – Greens or Root

SPICES & HERBS

Note: Buy fresh and organic where possible

✓Basil

Bay Leaves

✓Cardamom

✓Caraway

✓Chives

✓Cilantro

Coriander

✓Cumin

Curcumin Powder (can replace turmeric)

Curry Leaves

✓Dill

Fennel

Fenugreek

✓Garlic

✓Ginger

✓Lemongrass

✓Mint

✓Oregano

Parsley

Peppercorns – Pink

✓Peppermint

✓Rosemary

✓Saffron

✓Sage

Salt

Shallots

Spirulina

Tarragon

Thyme

✓Turmeric

NUTS & SEEDS

Almonds

Baru Nuts

Brazil Nuts – Only 3 to 4 nuts/day

Chia Seeds

Chestnut – Fresh

Coconut Cream

Coconut Meat – Fresh

Coconut Milk – No additives

Flax Seeds

Hazelnuts

Hemp Protein Powder

Hemp Seeds

Macadamias

Pecans

Pine Nuts

Pistachios

Poppy Seeds

Pumpkin Seeds

Sesame Seeds

Sunflower Seeds

Tiger Nuts (actually a tuber)

SWEETENERS

Note: These don't affect blood sugar

sugar

Inulin

Monk Fruit – 100%, No fillers

Stevia – No natural or artificial flavors added

Note: These do affect blood sugar, so use more sparingly. (increases in blood sugar = increases in histamine)

Maple Syrup (sparingly)

Coconut Sugar (sparingly)

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MEAT

Note: Choose un-aged, frozen, and not ground. Get more details [on meats here](#)

Beef

Bison

Chicken

Duck

Eggs (if tolerated)

Goose

Lamb

Liver

Ostrich

Pork

Quail

Rabbit

Salmon (gutted and frozen within 30 minutes of catch)

MILK & DAIRY

Note: Choose products sourced from grass-fed, pasture-raised cows.

A2 Milk – Plain

Butter

Cream

Cream Cheese

Ghee

Goat Milk

Ricotta Cheese

Sheep Milk

LEGUMES

Note: Choose fresh or dried beans, not canned. Soak dried beans overnight in water and pressure cook to reduce lectins.

FATS & OILS

Avocado Oil – Cold-Pressed (use cautiously if DAO levels are very low)

Butter – Grass-fed

Coconut Oil – Extra Virgin

Flax Oil – Cold-Pressed

Ghee – Grass-Fed

Lard (if kept frozen and thawed for individual use)

Macadamia Oil

MCT Oil

Meat Drippings – Fresh

*Olive Oil – Extra Virgin (go slowly, Sweet Potato Starch may not be tolerated with severe Histamine Intolerance)

Palm Oil – Extra Virgin

(unprocessed)

Rice Bran Oil

Sesame Oil

Sunflower Oil – Cold-Pressed

(sparingly; can be inflammatory)

Tallow (if kept frozen and thawed for individual use)

BEVERAGES

Coconut Water – Fresh

Coffee – Caffeine and Mold-Free (like Purity Coffee)

Dandelion Root Tea

Herbal Teas

Juice – Freshly Squeezed (juices of allowed fruits and vegetables; limit fruit juice due to sugar)

Mineral Water – Plain or Carbonated

Water – With fresh squeezed lemon or lime (if tolerated)

OTHER

Arrowroot

Baking Powder

Baking Soda

Brown Rice Flour

Cocoa Butter – White (no additives)

Cream of Tartar

Potato Starch

Sweet Potato Starch

Tapioca Starch

White Rice Flour

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