

FOOD LIST

How to use this list

At first glance, it may seem like a lot of information and restrictions, but the aim is not to completely eliminate all these foods from your diet, but **to get to know your individual intolerance through conscious and careful experimentation**.

This document provides an overview of proven rules and possible causes of discomfort to help you better navigate this complicated topic. Please note, that the information provided is not intended as medical advice and is not a substitute for a visit to the doctor.

Rule of thumb: Anything that has been stored, matured, fermented, dried, preserved or otherwise processed is generally less well tolerated. Examples:



Ingredient rule: If even just one ingredient or component of a product is not tolerated, the product is usually not tolerated.



Storage and Processing: The length and method of storage can make a big difference to the histamine content. Immediate consumption is recommended. If storage is necessary, storing the food for a short time in a cool, dry and well-ventilated place will help keep histamine content as low as possible.

Heat does not neutralize histamine, but cooking may reduce the histamine content slightly if you pour away the water.

Legend: Foods can cause symptoms in people with histamine intolerance if they

H - are high in histamine,

L - trigger histamine release (so-called liberators),

B - block the release of DAO (the enzyme that degrades histamine) or

A - contain other biogenic amines.

**** Tolerability:** Foods in our list are are classified from ● well tolerated, ● relatively tolerable to ●●● causing severe symptoms.

! - indicates perishable foods in which the histamine content increases very rapidly.

ANIMAL PRODUCTS

Food	Specification	**	H	L	B	A	Notes
Eggs	Egg white	●●		X			Yolk is well tolerated
Moldy cheese	All varieties (blue and white)	●●	X			X	
Cheese	Zrejúce syry, tvrdé syry	●●●	X			X	
Milk fermentation products	Kefir, sour cream, crème fraîche, buttermilk, etc.	●	X				
Exceptions	Cream cheese, yoghurt, young cheese, mascarpone, milk, whey, mozzarella, quark, cream, ricotta and similar cheeses	●					Watch out for additives (thickeners, stabilizers, etc.)
Meat (processed)	Smoked, dried, preserved, aged, marinated... e.g. sausages, salami, ham	●●●	X				
Exceptions	Fresh meat	●!					Meat is tolerable, but highly perishable. Therefore only consume very fresh
Fish (processed)	Smoked, dried, preserved, marinated...	●●●	X			X	
Seafood	All seafood (including fresh)	●●!	X	X			
Exceptions	freshly caught fish, frozen when freshly caught	●!					Highly perishable

PLANT - BASED

Vegetables

Eggplant		●●	X				
Avocado		●●	X	X			
Chili and other spicy foods	Curry, jalapeños, paprika (capsaicin)	●●		X			Can irritate mucous membranes and release histamine
Pickled vegetables	Cornichons, sauerkraut, olives	●●●	X				
Legumes	Beans, lentils, soy, peanuts	●●		X			
Vegetables from the genus Allium	Wild garlic, garlic, leek, chives, onion	●		X			Length and method of storage can influence tolerability

PLANT - BASED

Food	Specification	**	H	L	B	A	Notes
Horseradish		●	X	X			
Spinach		●●	X				
Tomatoes		●●	X	X			
Exceptions	White onion	●					
	Other fresh vegetables	●					If stored, then briefly, cool, dry and well ventilated

Fruits

Strawberry		●●		X		X	
Exotic	Pineapple	●●		X		X	
	Banana	●●				X	
	Kiwi	●●		X			
	Papaya	●●		X		X	
Rosehip		●		X			
Plums	All subspecies	●		X			
Citrus fruits	Grapefruit, orange, lemon, etc.	●●		X		X	
Exceptions	Green bananas	●					
	Other fresh fruit	●					Careful with overripe and long stored fruit

Nuts

Nuts & their oils	Most nuts, e.g: Cashew, hazelnut, almond, sunflower seed, walnut	●●●		X		X	
Exceptions	Chia seeds, hemp seeds, chestnuts, coconuts, pumpkin seeds, macadamia nuts, pistachios, tigernuts	●					

PLANT - BASED

Food	Specification	**	H	L	B	A	Notes
Other							
Algae		●●●		X			
Vinegar	Balsamic vinegar, white and red wine vinegar	●●●	X				
Cocoa		●●		X		X	
Cumin		●●		X			
Malt		●●	X			X	
Mushrooms		●●				X	
Liquorice		●●		X			
Wheat germ		●●	X	X		X	
Exceptions	Alcohol vinegar	●	X				Not completely histamine-free, but best tolerated of all vinegars

Beverages

Alcohol		●●●		X	X		
Beer		●●		X	X		
Energy drinks		●●			X		
Coffee		●		X			
Tea	stimulating (e.g. black, green, maté)	●●		X	X		
Wine	Red, white, sparkling...	●●●	X	X	X		

** Tolerability classification from SIGHI list on www.histaminintoleranz.ch

Did you have a reaction to a food classified here as tolerable? Possible causes include:

- Intolerable additives like Thickeners, stabilizers, colourings, flavour enhancers, etc.
- One of the components/ingredients was intolerable (e.g. in ready-made marinades, herb mixes, ready-made baking mixes, etc.).
- The food was not fresh enough or stored incorrectly.
- Residue of fertilizers or pesticides – To clarify this try comparing the same product from the garden or from organic origin.
- Non-histamine-related reactions, e.g. an irritated stomach due to spiciness.
- Other intolerances, for example lactose, fructose, oxalates, etc.