



LOW HISTAMINE DIET

Histamine is a naturally occurring compound found inside your body as well as in foods. It is a necessary chemical for normal inflammation, immunity, gut function and neurotransmission. Histamine intolerance, however, can cause an array of symptoms in certain individuals and reducing high histamine foods can provide symptom relief. Histamine-containing foods are not inherently unhealthy foods, but for some people who have poor histamine detoxification capacity, a reduction in food histamine may be part of a comprehensive approach to healing.

Symptoms of histamine intolerance include diarrhoea, headache, nasal congestion, hypotension, cardiac arrhythmias, urticaria (welts on the skin), itching, flushing, sneezing, painful periods and asthma. For people with histamine intolerance, it is important to reduce intake of high histamine foods, as well as food, medications and alcohol that liberate body stores of histamine or reduce the body's ability to break it down. In general, bacterial degradation increases histamine, so the fresher your food is when you eat it, the less histamine will be present. Talk to your practitioner about any medication you are taking and its likelihood of increasing histamine.

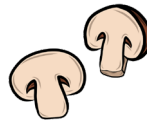
HISTAMINE RICH FOODS



TOFU & SOY SAUCE



CHEESE
(especially aged cheese)



MUSHROOM
(meat substitute)



CHOCOLATE



YEAST PRODUCTS



SAUERKRAUT



SMOKED FISH



PROCESSED MEATS



NUTS OR SEEDS



FOODS WITH VINEGAR



SWEETENED BEVERAGES



FERMENTED DRINKS



OVER RIPE FRUITS
(bacteria produce excess histamine)



LEFTOVERS IN THE FRIDGE
(bacteria produce excess histamine)

Histamine diet food list

	DO EAT ME	DON'T EAT ME
Flours/grains	Wheat, rice, corn, millet, amaranth, Khorasan, oats, pearl sago, quinoa, rye, spelt, bread – avoid long fermentation times for yeast or sourdough breads	Buckwheat, wheat germ
Legumes		Most legumes are not well tolerated
Vegetables	All except those on the 'don't eat me' list	Tomato, spinach, eggplant, avocado, capsicum, red chili, mushrooms
Fruit	All except those on the 'don't eat me' list	Citrus fruit, pawpaw, banana, kiwi, plums, strawberries, raspberries, pineapple, guava, dried fruits
Nuts/seeds	Chestnut, hempseeds, almond, brazil nut, cashew, hazelnut, macadamia, pine nuts, pistachio, chia, pumpkin, sesame, poppy seeds	Walnut, peanuts, sunflower seeds
Animal foods	Fresh fish, meats – beef, duck, chicken, turkey, lamb (eat very fresh), dairy products – milk, cream, sour cream, cream cheese, butter, yoghurt, sheep milk, feta cheese, goats' milk, mascarpone cheese, mozzarella cheese, quark, ricotta, whey, egg yolk	Fish (especially oily, cured or canned), fermented meat products (e.g. salami), sausages, crustaceans, pork, egg white, cheese (especially aged), olives, pickled cucumber, pickled vegetables
Miscellaneous	Honey, soda water, fruit juice (homemade), vinegar (white and apple cider), olives, vegetable oil (except sunflower and walnut), coffee, basil, mint, oregano, parsley, rosemary, sage, garlic (small amounts), dates, goji berries, psyllium husks, agave, xylitol, birch sugar, honey, maple syrup, palm sugar, stevia, black cumin seeds, caraway, cardamom, coriander, cinnamon, cloves, fennel, nutmeg, thyme, rooibos tea	Alcohol, chocolate, food additives, licorice, cumin, mustard seeds, paprika, pepper, (black and white) sauerkraut, wine, beer, tempeh, miso, soy sauce, chocolate, vanilla, sunflower oil, walnut oil, kelp, fenugreek, foods containing yeast extract, red wine vinegar, balsamic vinegar, black tea, vegemite, peanut butter, Nutella

This list includes foods that are either high in histamine, have a histamine-releasing capacity, or reduce histamine clearance

Example menu for low histamine diet

BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Spelt bread with cashew butter and cucumber	Kale and cabbage coleslaw with feta cheese	Grilled chicken, honey roasted carrots and steamed broccoli	Celery and carrot sticks, apple	Chai spiced rooibos with milk of your choice, cold mint tea
Quinoa porridge with maple syrup and spice stewed fruit	Carrot, beet and lettuce salad with roasted pumpkin and toasted sesame seeds	Fresh caught fish with roasted potatoes and garden salad	Homemade tzatziki dip with cucumber dipping sticks	Soda water, coffee
Breakfast smoothie with low histamine fruit, yoghurt, almonds and cashews	Roasted vegetable salad with ricotta and a slice of Khorasan toast	Grilled rosemary lamb, sweet potato oven fries and green beans tossed with sesame seeds	Corn chips, handful of nuts	Apple cider vinegar in warm water, water

PLEASE NOTE: This dietary plan is intended as a temporary solution and is to be used in combination with the Gastrointestinal Restoration Protocol.