

Holistic treatment aims

Short term

Following the low histamine diet (2 to 4 weeks) helps symptoms by:

- Minimising the overall amount of histamine provided by foods
- Eliminating foods that block the action of the DAO enzyme.

Long term

After eliminating or reducing histamine in the diet for 2 to 4 weeks, it may be possible to re-introduce histamine foods one at a time under the care of a health practitioner.

Long term goals include:

- Improving digestive health by addressing dysbiosis, inflammation and intestinal permeability



Low histamine list

Food group	Avoid (histamine-releasing, high histamine, or DAO blocking)	Include (low histamine)
Fruit	Strawberries, raspberries, lemons, oranges and other citrus fruits, banana, pineapple, kiwi fruit, pears, papaya, guava, fermented or dried fruits	All other fruits including blueberries, apricots, cranberries, apples, mango, peaches (fresh or frozen)
Vegetables	Spinach, tomatoes (including ketchup, tomato juice, etc.), eggplant, avocado, olives, pumpkin, fermented and pickled vegetables, mushrooms	All other vegetables (fresh or frozen)
Cereals, grains, legumes	Malt, wheat germ, wheat, foods with yeasts (fresh bread, sourdough), chickpeas, lentils, dried beans, soy, and soy products	Gluten free grains (e.g. buckwheat, brown rice and quinoa)
Nuts and seeds	Walnuts, cashews, peanuts, pistachios	Macadamias, chestnuts, hemp, chia, flax seeds, pumpkin, and sunflower seeds (sprouted is ideal)
Meat and poultry	Cured, canned, smoked, marinated, and processed meat, bone broths, sausages	Fresh or frozen meat (thawed rapidly)
Seafood	Canned fish, marinated, salted, dried, smoked, or pickled fish and seafood, fish sauces, tuna, mackerel, herring, sardines, anchovies, shellfish (mussels, lobsters, crabs, shrimps, prawns)	Fresh or frozen fish
Dairy products and eggs	Matured, aged and processed cheese, blue cheese	Fresh dairy products (goat and sheep) (pasteurised milk, butter, cream), nut milks. Eggs (yolks are safe; egg whites may release histamine)
Herbs and spices, sauces	Vinegar (wine vinegar and balsamic vinegar), yeast extract, broth, soy sauce, additives (colourants, stabilisers, taste enhancers such as MSG), bouillon, spices (cinnamon, cloves, chilli powder, curry powder, anise, nutmeg), vanilla	White vinegar, apple cider vinegar, fresh herbs, other spices, salt, garlic (fresh or powdered)
Oils and fats	Margarine, vegetable oil, walnut oil, peanut oil	Coconut oil, olive oil
Sweeteners	Cocoa, dark chocolate, carob	Agave syrup, honey, stevia, rice syrup
Beverages	Alcoholic beverages, black and green tea, coffee, kombucha, cocoa, soy milk, fruit juices, soft drinks, energy drinks, mate tea	Water, coconut water, herbal teas, almond milk, coconut milk