High Histamine Foods to Avoid

Follow Diet for at least 4- 6 weeks

DAIRY

Fermented dairy products (e.g., aged cheese, yogurt, kefir)

VEGETABLES

Tomatoes
Eggplant
Spinach
Mushrooms
Kelp
Seaweed

FRUIT

Bananas
Strawberries
Citrus (e.g. oranges, grapefruit)
Papaya
Pineapple
Pears
Raspberries
Kiwi
Avocado
Dried fruit

GRAINS

Wheat germ

PROTEIN / MEAT / FISH

Cured meats
Shellfish
Fish (unless freshly caught, gutted & immediately frozen)
Raw eggs (some cooked eggs, especially yolks, may be tolerated)
Beans
Lentils
Soy products (including fermented soy)

NUTS & LEGUMES

Nuts (especially peanuts, cashews, walnuts)
Peanuts

OTHER

Chocolate
Alcohol
Coffee
Green tea
Black tea
Energy drinks
Fermented foods
Canned foods
Bone broth/bouillon

SPICES & CONDIMENTS

Black pepper
Cumin
Curry
Vinegar
Yeast products

THE HISTAMINE CODE

thehistaminecode.com