

♥♥♥♥♥♥♥♥♥♥ Allowed (and Ø Restricted) Foods for Histamine Intolerance ♥♥♥♥♥♥♥♥♥♥

- Meats: ♥ Any freshly cooked meat or poultry
- Dairy: ♥ Milk, cream, butter, ricotta or other cheese made with rennet (not cultured).
- Eggs: ♥ Cooked eggs, raw yolks
- Veggies: ♥ All veggies (including potatoes) except:
Ø No tomatoes, tomatillos, peppers, spinach, eggplant, pumpkin (and no tomato products)
- Fruits: ♥ Apple, Banana, Cantaloupe, Figs, Grapefruit, Grapes, Honeydew, Kiwi, Lemon, Lime, Mango, Pear,
♥ Rhubarb, Watermelon
SEEMS OK? Apricot, Currant, Date, Loganberry, Nectarine, Orange, Papaya, Pineapple, Prunes, Plums,
SEEMS OK? Raisins, Raspberries, Strawberries
- Grains: ♥ Grains, rice, pasta
- Nuts/Seeds: ♥ all
- Beans: ♥ all except: Ø Soy beans, red beans
- Fats/oils: ♥ butter, vegetable oil, pure oils, lard and meat drippings, homemade gravies
- Spices: ♥ Herbs, spices except:
Ø Anise, Cinnamon, Cloves, Curry powder, Paprika, Chili, Red Pepper, Nutmeg, foods labeled “with spices”
- Sweeteners: ♥ Sugar, honey, molasses, maple syrup, corn syrup, icing sugar
- Beverages: ♥ Milk, juices of ♥ fruits & veggies, carbonated mineral water, plain vodka, gin, white rum
- Miscellaneous: ♥ Baking powder, baking soda, cream of tartar, plain gelatin, white vinegar
SEEMS OK? prepared mustard

Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Restricted Foods for Histamine Intolerance Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø

- Meats: Ø No fish or seafood
Ø No meat that is refrigerated more than a couple hours after it is cooked (not overnight!)
- Dairy: Ø No aged/preserved/canned/smoked meats (lunch meats, salami, pepperoni, corned beef)
- Eggs: Ø Yogurt, sour cream, buttermilk, kefir, processed or aged cheese, cream cheese, cottage cheese
- Veggies: Ø Raw egg white (in protein powders/shakes)
- Fruits: Ø No tomatoes, tomatillos, peppers, spinach, eggplant, pumpkin (and no tomato products)
- Fruits: Ø Cherry, Cranberry, Peach
- Grains: Ø Packaged pasta and rice meals
- Nuts/Seeds: ♥ all are allowed
- Beans: Ø Soy beans, red beans
- Fats/oils: Ø Margarine, Hydrolyzed lecithin, oils with colors or preservatives
- Spices: Ø Anise, Cinnamon, Cloves, Curry powder, Paprika, Chili, Red Pepper, Nutmeg, foods labeled “with spices”
- Sweeteners: Ø Flavored syrups, prepared desert fillings, prepared icings, frostings
- Beverages: Ø Tea, Flavored milks, carbonated drinks, beer, wine, cider, other alcoholic drinks, anything flavored/spiced
- Miscellaneous: Ø fermented food, wine vinegar, apple cider vinegar
Ø ketchup, soy sauce, miso, most commercial salad dressing, all prepared BBQ sauces
Ø prepared relishes and olives, gherkin pickles, mincemeat
Ø artificial food coloring, especially tartrazine
Ø Benzoates including food sources of benzoates, benzoic acid and sodium benzoate
Ø Butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT), and sulfites
- Small amounts only can be tolerated: Ø chocolate and cocoa, flavored gelatin