

Histamine Avoidance Diet

The most allergenic foods tend to be eggs, gluten, milk, shellfish, fish, strawberries, pineapple, tomatoes, chocolate or alcohol, especially wine and beer. When nutrients are recognized as allergens when absorbed, these foods will illicit an allergic reaction by releasing Histamine from macrophages and immune cells.

The histamine load is what we call an allergic reaction which can be countered with an anti-histamine.

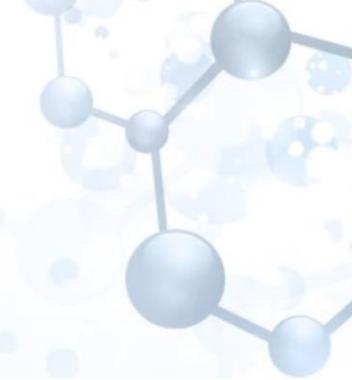
Some foods that contain large amounts of histamine or release histamine can cause bad allergic symptoms. Tolerance to histamine varies from person to person.

When food is fermented, histamine is produced. Fermented food such as cheese, vinegar, alcoholic drinks contain histamine. Other foods naturally have large amounts of histamine naturally such as tomato, eggplant and spinach. Food additives such as dyes, tartrazine and preservatives cause histamine to be released. Some foods naturally have benzoates which also cause histamine to be released. By avoiding these histamine-laden foods, we can help reduce allergic symptoms.

Foods listed below have the potential to be Histamine triggers.

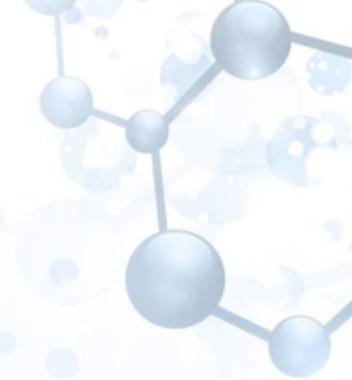
	Avoid	Allowed
Meat, Poultry, Fish, Eggs	<p>Fish, shellfish, seafood. Smoked and canned fish, fish sauces - tuna, mackerel, sardines, anchovy, herring, salmon. (Note that when fish and shellfish spoil they can produce high concentrations of histamine)</p> <p>Eggs, except when in baked goods eg. pancakes, bread, cake etc.</p> <p>Processed, smoked or fermented meats eg. sandwich meat, sausage, salami, pepperoni, smoked ham, bacon.</p> <p>Leftovers - Histamine is produced from bacterial action in leftover protein-based food at room or refrigerator temperatures. Freeze leftovers to avoid histamine production</p>	<p>Fresh, cooked meat or poultry</p> <p>Egg yolk</p>
Milk products	<p>Fermented milk products eg. yoghurt, buttermilk, kefir, sour cream.</p> <p>Cheese including processed, slices, spreads.</p>	<p>Plain milk, permeate-free</p> <p>Ricotta cheese</p> <p>Cottage cheese</p>

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Fruit	Apricot, Avocado, Banana, Cherries, Cranberries, Currants (fresh or dried), Dates, Grapes, Grapefruit, Kiwi fruit, Lemon, Lime, Loganberries, Mango, Orange, Papaya, Pineapple, Prune, Raisins, Raspberries, Strawberries, Tangerine, Tomato	Apple, Cantaloupe, Figs, Honeydew melon, Pear, Watermelon; fresh food NOT on AVOID list
Vegetables	Eggplant, Pumpkin, Red beans, Soy and soy products, Spinach; Tomato and tomato products eg. tomato sauce, pasta sauce Olives, Pickles, Relish and other foods packed in vinegar or brine; Fermented veges eg. sauerkraut; Canned vegetables	Fresh vegetables not on avoid list
Cereals & Grains	Packaged rice or pasta meals	Breakfast cereals made from plain grains, oats, puffed rice. Plain pasta, rice noodles
Nuts Seeds, Legumes	Sunflower seeds; Cashews, Peanuts, Walnuts Chickpeas, soybeans, peanuts	
Beverages	Tea (regular and green), chocolate, cocoa, cola; flavored milk	Water, soda water, plain mineral water, fresh fruit juice (of allowed fruits); herbal teas
Alcoholic beverages	All alcohol, especially beer, wine, cider, champagne/sparkling wine	Occasional plain vodka, gin, white rum with plain or soda water
Seasonings	Anise, Chili powder, Cinnamon, Cloves, Curry powder, Nutmeg, Soy sauce, Vinegar	Fresh herbs
Miscellaneous	Fermented soy products eg. Soy sauce, miso. Fermented foods eg. sauerkraut. Pizza	

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	Avoid	Allowed
Food/Medication additives	Tartrazine [102] and other food colors Preservatives especially benzoates [210-213] and sulphites [220-228] Yeast extract, Vegemite	

Ref: Dietary Management of Food Allergies and Intolerances, J. Vickerstaff Joneja;

<http://allergies.about.com/cs/histamine/a/aa071000a.htm>