

Anti-Histamine Safe Foods & Foods to Avoid

Proteins

Safe Options:

- **Freshly cooked meats** (chicken, turkey, beef, lamb, pork) – Low histamine when fresh, avoid aged or processed versions.
- **Freshly caught fish** (cod, haddock, trout) – Must be immediately frozen and consumed fresh.
- **Eggs** – Generally well tolerated, though some individuals may react.
- **Lentils** – Lower in histamine compared to other legumes.
- **Quinoa** – A good plant-based protein source.

Avoid:

- **Processed meats** (sausages, bacon, ham, deli meats) – High in histamine due to curing and aging.
- **Aged cheeses** (cheddar, parmesan, gouda, blue cheese) – Histamine increases with aging.
- **Shellfish** (shrimp, crab, lobster) – Naturally high in histamine.
- **Canned or smoked fish** – Increased histamine levels due to processing.
- **Soy products** (tofu, tempeh, soy sauce) – Can trigger histamine release.

Carbohydrates

Safe Options:

- **White rice and jasmine rice** – Easily digestible, low in histamine.
- **Quinoa and millet** – Low in histamine and nutrient-dense.
- **Oats** – Plain, uncontaminated oats are usually tolerated.
- **Sweet potatoes and yams** – Good sources of complex carbohydrates.
- **Gluten-free grains** (buckwheat, sorghum, teff) – Lower risk of histamine intolerance.

Avoid:

- **Fermented grains** (sourdough bread, sprouted grains) – High in histamine.
- **Whole wheat and rye bread** – Can contain histamine and gluten, which may exacerbate symptoms.
- **Corn and corn-based products** – Can be inflammatory for some with histamine intolerance.

Fruits

Safe Options:

- **Apples** – Low histamine, well tolerated.
- **Pears** – Gentle on digestion, antihistamine properties.
- **Mangoes** – Naturally antihistamine and rich in quercetin.
- **Blueberries** – Contain flavonoids that stabilize mast cells.
- **Cherries** – Anti-inflammatory and antihistamine properties.
- **Watermelon** – Hydrating and histamine-friendly.

Avoid:

- **Citrus fruits** (oranges, lemons, limes, grapefruits) – Trigger histamine release.
- **Strawberries, raspberries, and blackberries** – Naturally high in histamine.
- **Bananas and avocados** – Can trigger histamine release in sensitive individuals.
- **Dried fruits** – Preserved with sulfites, which can worsen histamine reactions.

Vegetables

Safe Options:

- **Zucchini** – Gentle and low histamine.
- **Carrots** – Generally well tolerated.
- **Pumpkin** – Rich in nutrients, antihistamine-friendly.
- **Lettuce (except spinach and chard)** – Mild and well tolerated.
- **Asparagus** – Natural anti-inflammatory properties.
- **Cauliflower and broccoli** – Contain antihistamine compounds but should be cooked to reduce potential irritation.

Avoid:

- **Tomatoes** – High in histamine and inflammatory.
- **Spinach and Swiss chard** – Can release histamine.
- **Eggplant** – Contains histamine-releasing compounds.
- **Fermented vegetables** (sauerkraut, kimchi, pickles) – Very high in histamine.

Dairy

Safe Options:

- **Fresh milk (if tolerated)** – Lower histamine compared to aged dairy.
- **Coconut milk** – A great low-histamine alternative.
- **Almond milk (unsweetened)** – Generally tolerated, but some react.

Avoid:

- **Aged cheeses** – The older the cheese, the higher the histamine.
- **Yogurt and kefir** – Fermented dairy is very high in histamine.
- **Sour cream and buttermilk** – Fermented dairy products should be avoided.

Nuts & Seeds

Safe Options:

- **Macadamia nuts** – Least likely to trigger histamine release.
- **Walnuts and pecans** – Generally tolerated.
- **Chia seeds and flaxseeds** – Good omega-3 sources.

Avoid:

- **Peanuts and cashews** – Can trigger histamine release.
- **Pine nuts** – High in histamine.

Beverages

Safe Options:

- **Herbal teas** (chamomile, rooibos, ginger) – Natural antihistamines.
- **Coconut water** – Hydrating and electrolyte-rich.
- **Plain water** – Best for hydration.

Avoid:

- **Alcohol** (wine, beer, champagne) – Extremely high in histamine.
- **Coffee and black tea** – Can trigger histamine release.
- **Fermented beverages** (kombucha, soda with artificial sweeteners) – High histamine content.

Condiments & Toppings

Safe Options:

- **Olive oil** – Anti-inflammatory and well tolerated.
- **Coconut oil** – Low histamine.
- **Himalayan salt and fresh herbs** (basil, thyme, oregano) – Contain natural antihistamine compounds.

Avoid:

- **Soy sauce and tamari** – High in histamine.
- **Vinegar (except apple cider vinegar in small amounts)** – Most vinegars are high in histamine.
- **Ketchup, mustard, and mayonnaise** – Processed condiments with additives that can trigger histamine release.