

HIGH-HISTAMINE FOODS

MEAT AND POULTRY



Pork | Smoked, salted, pickled, dried, and canned meats | Packaged ground meat | Ham and processed meats | Sausages | All organ meats

FISH AND SEAFOOD



Smoked, salted, pickled, and canned fish | Chilled fish displayed on ice in stores | Anchovies | Pacific saury | Sardines | Herring | Mackerel | Tuna | All types of seafood and shellfish: Mussels | Oysters | Crabs | Shrimp | Langoustines

OILS

Sunflower oil | Sesame oil | Vegetable oil | Margarine | Refined olive oil



EGGS

Egg white

BREAD AND GRAINS



Wheat | Rye | Barley | Couscous | Malt | Sourdough and yeast-based bread | Lupin | All baked goods made from wheat flour with yeast

DAIRY PRODUCTS

Cheese | Yogurt | Milk | Cream | Kefir | Sour cream | Parmesan | Cultured butter



SPICES

Iodized salt | Cumin | Caraway | Paprika | Black, white, and cayenne pepper | Anise | Curry | Vinegar | Fish sauce | Monosodium glutamate (MSG) | Yeast extracts | Flavor enhancers | Cinnamon | Mustard seeds



VEGETABLES

Eggplant | Bell pepper | Tomatoes | Arugula | All types of mushrooms | Spinach | Chili peppers | Fermented and pickled vegetables: Kimchi | Pickles | Olives | Sauerkraut

FRUITS AND BERRIES

Ripe banana | All citrus fruits | Guava | Kiwi | Strawberries | Raspberries | Pineapple | Avocado | All dried fruits



BEVERAGES

Black tea | Green tea | Rooibos tea | Kombucha | Tomato juice | Orange juice | Soy milk | Chocolate drinks | All carbonated beverages | All alcoholic beverages

NUTS, SEEDS, LEGUMES

Peanuts | Walnuts | Cashews | Pine nuts | Almonds | Sunflower seeds | Soybeans | Peas | Beans

ALSO Frozen food products | Seaweed