Low histamine food list

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● Low: Usually fine ▲ Medium: Go easy ■ High: Avoid during the low-histamine phase

	● Usually fine	▲ Go easy	■ Avoid during the low-histamine phase
Vegetables	Asparagus, Beetroot, Bell pepper, Broccoli, Brussels sprouts, Canned corn, Carrot, Cassava, Cauliflower, Chayote, Collard greens, Cucumber, Green beans, Green onion, Hearts of palm, Kale, Lettuce, Olives, Onion, Oyster mushroom, Potato, Seaweed (dried), Shiitake mushroom, Sweet corn, Sweet potato, Swiss chard, Zucchini	Bean sprouts, Canned tomatoes, Cherry tomato, Chinese pickled radish, Eggplant, Mushroom, Pumpkin, Spinach, Tomato	Chinese pickled cabbage, Fermented bamboo shoots, Kimchi, Pickles (fermented), Radish kimchi, Sauerkraut, Zha cai
Fruit	Açaí, Apple, Apricot, Avocado, Cherry, Grapes, Guava, Kiwi, Mango, Melon, Passion fruit, Peach, Persimmon, Plum, Star fruit, Watermelon	Banana, Grapefruit, Lemon, Mandarin, Orange, Papaya, Pear, Pineapple, Strawberry	–
Herbs & spices	Parsley	–	–
Grains & bakery	Barley, Corn starch, Cornmeal, Oats, Pasta, Rice, Sorghum, Starch, Wheat flour, Wheat germ, White bread, Whole wheat bread	–	–
Legumes	Black-eyed peas, Peanuts, Peas, Tofu, White beans	Chickpeas, Lentils, Soybeans	Fermented black beans, Fermented tofu, Natto, Tempeh
Nuts & seeds	Chestnuts, Chia seeds, Peanut butter, Sunflower seeds	Almond butter, Almonds, Brazil nuts, Cashews, Hazelnuts, Pistachios, Walnuts	–
Dairy	Butter, Fresh cream, Goat milk, Greek yogurt, Kefir, Milk, Milk powder, Sheep milk, Sheep's milk yogurt, Whey, Yogurt	–	–
Cheese	Goat cheese, Halloumi, Processed cheese, Quark	Asiago, Brie, Camembert, Comté, Emmental, Gruyère, Limburger, Mozzarella	Appenzeller, Blue cheese, Cheddar, Edam, Feta, Gorgonzola, Gouda, Grana Padano, Harzer cheese, Monterey Jack, Muenster, Parmesan, Pecorino, Provolone, Raclette cheese, Roquefort, Tilsit cheese
Eggs	Egg, Egg white, Egg yolk	–	–
Meat & poultry	Beef, Beef liver, Chicken, Lamb, Pork, Turkey	–	–
Processed meat	–	Bacon, Beef jerky, Chinese bacon, Chinese sausage, Pepperoni	Cured meat, Salami
Fish & seafood	Carp, Catfish, Cod, Crayfish, Croaker, Eel, Flounder, Hake, Shark, Tilapia, Trout	Fresh salmon, Fresh sardines, Fresh tuna, Herring, Mackerel, Shrimp	Crab, Mullet
Processed fish	–	Anchovies, Canned mackerel, Canned sardines, Canned tuna, Dried fish, Fish sticks, Smoked salmon	–
Oils & fats	Canola oil, Cocoa butter, Coconut oil, Olive oil, Palm oil, Sesame oil, Soybean oil, Sunflower oil	–	–
Condiments & sauces	Capers, Salt	Ketchup, Shrimp paste, Tomato paste, Tomato sauce	Doenjang, Fish sauce, Gochujang, Miso, Soy sauce

	● Usually fine	▲ Go easy	■ Avoid during the low-histamine phase
Sweets & snacks	Agave syrup, Brown sugar, Glucose syrup, Maple syrup, Popcorn, Sugar	Chocolate hazelnut spread, Chocolate syrup, Cocoa mass, Cocoa powder, Dark chocolate, Gianduja chocolate, Honey, Milk chocolate, White chocolate	–
Drinks	Apple juice, Barley drink, Coffee, Grape juice, Green tea, Millet drink, Oat milk, Pineapple juice, Quinoa drink, Rice milk, Soy milk, Sparkling water, Spelt drink, Tea, Water	Alcohol-free beer, Grapefruit juice, Orange juice, Tomato juice	–
Alcohol	–	–	Beer, Chinese rice wine, Hard cider, Liqueur, Red wine, Rosé wine, Sparkling wine, White wine

Sources for every rating, and 254 more foods: histawise.com/foods

Use this list as a starting point for 2–4 weeks. Freshness matters as much as the food. Your own tolerance decides.

General information, not medical advice. Tolerance is personal. Talk to your doctor or dietitian before changing your diet.