

HISTAMINE FOOD CHART

A simplified map for navigating HIT

Histamine in foods is not fixed, and while some foods may be low in histamine, they may indirectly increase histamine levels by other means. The following chart includes foods that directly and indirectly influence histamine. This chart is for educational purposes only and is not intended to diagnose or replace professional health advice.

Traditionally, high histamine foods, such as fermented, pickled or preserved foods, tomato, spinach, eggplant, and avocado, directly influence histamine levels.

Histamine liberators such as strawberries, passionfruit, walnuts, cashews, shellfish, chocolate, citrus, tomato sauce and alcohol release endogenous histamine from mast cells.

Other biogenic amines in foods such as pineapple, grapefruit, banana, kiwifruit, oranges, pawpaw, pears, raspberries and legumes share the same degradation pathway as histamine. These competing substrates utilise Diamine oxidase (DAO) at the expense of histamine breakdown.

Diamine oxidase inhibitor foods such as tea, chocolate, and alcohol block the breakdown of histamine through DAO.

Increased intestinal permeability from substances such as chillies and alcohol can increase the absorption of histamine through the digestive tract.

Histamine Food Chart

Food	Low Histamine	High Histamine	Additional Notes
Vegetables	All, except pickled or canned veg. (Olives, onions, gherkins ...) And →	Eggplant, English spinach, tomato, chilli, seaweeds and mushrooms.	
Fruit	All except sulphur dioxide dried, preserved or canned fruit and →	Avocado, banana, grapefruit, passionfruit, pawpaw, pears, pineapple, raspberry, rhubarb, strawberries.	Avoid over-ripe fruit
Beans, lentils, legumes	None	All beans and lentils, including all soy products, tofu and peanuts.	
Grains	All gluten-free grains: amaranth, buckwheat, corn, quinoa, rice, sorghum, wild rice	Gluten-containing grains including barley, rye, spelt, khorasan, and wheat.	Avoid yeasted and sourdough leaven breads

Histamine Food Chart

Food	Low Histamine	High Histamine	Additional Notes
Nuts & seeds	Chia seeds, hemp seeds, macadamia, pepitas & pistachio.	All other seeds and nuts, including tahini, nut butter and halva.	
Dairy products	Fresh dairy, cottage cheese, quark, mozzarella cheese, ricotta, whey protein isolate	Aged cheeses, fermented dairy, sour cream, kefir, yoghurt	
Dairy alternatives	Plant-based milk can be tolerated by some ...	Cheeses, yoghurt and any fermented dairy alternatives	Caution - many are overly processed with preservatives and artificial ingredients
Fats and oils	Most plant oil and butter are well-tolerated, except →	Cultured butter, heavily processed oils - margarine.	

Histamine Food Chart

Food	Low Histamine	High Histamine	Additional Notes
Meat, poultry and eggs	All meat, poultry and eggs, when fresh	Canned, cured, preserved or pickled meats, and poultry. Salami, minced meat and hotdogs.	Aged fresh meat is high histamine - avoid leftovers
Seafood	All when fresh, except →	Sardines, tuna, mackerel, herring, shellfish, crustaceans, molluscs and smoked or pickled fish. Canned fish - anchovies, tuna, salmon, sardines	
Condiments	Fresh and dried herbs, apple cider vinegar, home-made stocks	Capers, soy sauce, tomato sauce, miso, pickles, other vinegars, mayonnaise, tamari, vegemite, yeast extracts, stock cubes, MSM/flavour enhancers, garlic powder, mustard	Avoid processed condiments containing thickeners, preservatives and additives.

Histamine Food Chart

Food	Low Histamine	High Histamine	Additional Notes
Confectionary	Honey, maple syrup, xylitol	Chocolate, cocoa, sulphur-dioxide dried fruits, malt extract, confectionary with artificial colours, flavours, sweeteners, preservatives.	Limit all sugars, including honey
Drinks	Herbal teas and mineral water	Alcohol, black tea, coffee, yerba mate, fermented drinks - kombucha, kefir, pickle juice, tomato juice, tropical fruit juice, energy drinks	Avoid fruit juices in excess. and drinks with artificial flavours and additives

References and resources:

[SINGHI Leaflet Histamine Elimination Diet](#)

[SINGHI Food Compatability List: Histamine](#)

[Food is Good FIG phone application](#)