

INTRODUCTION

About this Food List

This list has been compiled by categorizing foods by degree using:

- Scientific Test Results – from a paid scientific database,
- Clinical Experience – specifically the SIGHI and RPAH Allergy Unit published data has been used to verify these results, and
- Differences – where there were differences between the scientific data, and the clinical experience, an underlying cause was identified and resolved, with reference to the scientific literature.

An optional auto-immune protocol list has been provided. This recognizes that the auto-immune paleo diet excludes many common food intolerances.

Other food intolerances have not been considered. These typically relate to the underlying health status of the individual and can vary considerably from person to person.

Bio-individuality

The list is an editable pdf to assist you in customizing your diet.

The reason that any list will still need to be customized is because of the two biggest impacts on histamine tolerance; food quality and your health status.

Elimination Diet

An elimination diet is a diagnostic tool. It should only be used for 2 - 4 weeks. Blood tests and/or food challenges are also required.

An elimination diet, done in a structured systematic way, only needs to be done once. Please consider working with a health professional.

When An Elimination Diet Fails

If an elimination diet fails to significantly relieve symptoms then it is important to consider that it may not be histamine intolerance.

Most people with histamine intolerance can eat most low histamine foods, 1 serve (1/2 cup) of moderate histamine foods or 1/10 serve of high foods daily. Very high histamine foods are rarely tolerated.

FOOD QUALITY

Most whole foods are low in histamine.

Foods increase in histamine during harvesting, processing, transport, and storage as a result of microorganisms.

So before you eliminate a food it is important to consider the quality and source of your food supply. Here are a few guidelines:

Avoid Artificial Ingredients:

- Processed foods
- Sprayed (Non-organic) foods
- GMO foods

Eat Fresh Wholefoods:

- Local and in-season
- Just ripe (as amines increase with age) fruit and vegetables
- Fish less than 12 hours from the catch
- Meat hung for less than 1 – 2 weeks from processing

If Cooking:

- Steaming, boiling, poaching, marinated, or oven-baked
- Cook under 200 degrees Celsius
- Do not eat browned, barbequed, or charred foods

If Storing Food:

- Freeze on the day of purchase (as freezing halts histamine formation) other than raw fruit and vegetables.
- Use within 1 month of freezing.

By adopting a basic approach of “buying fresh, cooking fresh, and eating fresh” you can keep a lot of foods in your diet.

If you react to a food meticulously check the ingredients with the supplier. It is common practice for additive to products as diverse as coconut milk, olive oil, and meat products.

VEGETABLES				
* Not On AIP Protocol				
Low	Medium	High	Very High	Avoid
Alfalfa Artichoke Asparagus Beet Greens Bok Choy Brussel Sprouts Celery Chicory Choko Cucumber Dandelion Leaves Fennel Green Beans Lettuce (Unpackaged) Snow Peas Sugar Snap Peas Tatsoi Turnip Greens Watercress Zucchini (Courgettes) All Fresh Herbs All Sprouts Root Vegetables: Beetroot Chestnuts Garlic Jicama Parsnip Sweet Potato Swede (Rutabagas) Turnip Water Chestnuts Yam Starchy Vegetables: Butternut Squash Jerusalem Artichoke Okra Spaghetti Squash Sweet Corn Taro	Avocado (Firm) Bamboo Shoots Cabbage Cauliflower Chinese Broccoli Chives Endive Kale Radish Leaves Mizuna Spring Onion (Shallot) Root Vegetables: Carrots Celeriac Daikon Eshallot Onion Radish	Avocado (Soft) Broccoflower Broccoli Broccolini (Rapini) Chard Collard Greens Kang Kong Kohlrabi Leek Lettuce (Prepack) Mushrooms Mustard Greens Radicchio Rocket (Arugula) Silver Beet Spinach Starchy Vegetables: Pumpkin	Pickled & Preserved Vegetables: Gherkin Olives Onions Pickles Sauerkraut Truffles Beet Kvass Kimchi Pickles Sea Vegetables & Algae: Chlorella Spirulina Seaweed Dulce Irish Moss Nori Bladderwack Kelp Kombu Wakame Sea Lettuce Nightshades:* <u>Not on AIP Protocol</u> Capsicum (Bell Pepper) Cayenne Chili Pepper Eggplant Goji (Wolf) Berry Habanero Jalapeno Paprika Poblano Potatoes Sweet Peppers Tobacco Tomatillo Tomato	All Processed Foods: <u>Not on AIP Protocol</u>
ELIMINATION DIET	AVOID			
LOW HISTAMINE DIET	AVOID			
MODERATE HISTAMINE DIET	AVOID			

FRUIT				
* LIMITED TO 2 PIECES A DAY ON AIP PROTOCOL				
Low	Medium	High	Very High	Avoid
Apple Apricot Blackberries Blueberries Boysenberries Cantaloupe Cherry Elderberries Honeydew Melon Loquat Lychee Mulberries Nashi Pear (Asian) Nectarine Peach Pear Persimmon Plantain Pomegranate Rhubarb Star Fruit Fruit Flours: Banana Flour Plantain Flour	Avocado (Firm) Banana (Firm) Coconut Flesh (Fresh) Cranberry Currants	Avocado (Ripe) Banana (Ripe) Figs (Fresh) Raspberry Strawberry Citrus: Grapefruit Kumquats Orange Lemon Lime Mandarin Tropical Fruits: Custard Apple Dragon-fruit Fejoa Guava Jackfruit Kiwifruit Mango Papaya (Pawpaw) Passion Fruit Pineapple Watermelon	Coconut, Desiccated, Shredded Dates Grape Plum Prune Raisin Sultana ALL Dried Fruit	All Processed Foods: <u>Not on AIP Protocol</u>
ELIMINATION DIET			AVOID	
LOW HISTAMINE DIET			AVOID	
MODERATE HISTAMINE DIET				AVOID

PROTEIN				
* Not on AIP Protocol				
Low	Medium	High	Very High	Avoid
Poultry (Without Skin): Chicken Goose Quail Turkey Beef (Unhung) Lamb Rabbit Veal Protein Powder:* <u>Not on AIP Protocol</u> Colostrum Hemp Protein Whey Protein Isolate Whey Protein Concentrate	Duck White Fish (Fresh) Eggs:* <u>Not on AIP Protocol</u> Duck Eggs Chicken Egg (Yolks)	Beef (Aged) Pork Eggs:* <u>Not on AIP Protocol</u> Chicken Eggs Goose Eggs Non-White Fish (Fresh): Tuna Cod Salmon Trout Marlin Sashimi Shellfish: Clam Scallops Crayfish Mussel Oyster Squid Prawns Crab Lobster Offal: Brain Liver Heart Kidneys Sweetbreads Tongue Other: Game Kangaroo Minced Meat Roasted Chicken Gravy Poultry Skin	Fish (Not Fresh) Anchovy Herring Mackerel Sardines Preserved Fish & Meat: Bacon Caviar Dried (Jerky) Ham Pastes Salami Sauces Smoked Supermarket Meat Tinned Vacuum Packed	All Processed Foods: Cold Cuts Fish Fingers Hydrolyzed Vegetable Protein (HVP) Textures Vegetable Protein (TVP) All Soy: Tempeh Tofu
ELIMINATION DIET	AVOID			
LOW HISTAMINE DIET	AVOID			
MODERATE HISTAMINE DIET	AVOID			

GRAINS
* Not on AIP Protocol

Low	Medium	High	Very High	Avoid
Rice:* <u>Not on AIP Protocol</u> Brown Rice Rice Noodles Rice Flour Rice Cakes Rice Crispies White Rice Gluten:* <u>Not on AIP Protocol</u> Barley Egg Pasta Couscous Farro Durum Bulgar Kamut Noodles Oats Pastry Puff Pastry Rye Semolina Wheat Spelt Wheat Bran Gluten Free Grains: <u>Not on AIP Protocol</u> Amaranth Corn Potato Starch Millet Polenta Quinoa Sago Sorghum Tapioca Teff	Baking Powder Leaven Products (also check for preservatives and additives): <u>Not on AIP Protocol</u> Biscuits Flatbread Matzo Scones Crackers	Yeast-Risen (and/or with preservatives and artificial additives)*: <u>Not on AIP Protocol</u> Bagel Baguette Bread Croissants Crumpets English Muffins Focaccia Pumpernickel Pita Bread Pizza Dough Sour-dough Toast	<u>Not on AIP Protocol</u> Baker's Yeast Breadcrumbs Carob Wheat Germ*	
ELIMINATION DIET	AVOID			
LOW HISTAMINE DIET	AVOID			
MODERATE HISTAMINE DIET	AVOID			

FATS
* Not On AIP Protocol

Low	Medium	High	Very High	Avoid
Coconut Oil Olive Oil Red Palm Oil Dairy Fats*: <u>Not on AIP Protocol</u> Butter Ghee Nut & Seed Oils*: <u>Not on AIP Protocol</u> Hemp Oil Flax Oil Macadamia Oil	Coconut Products: Coconut Cream Coconut Butter Coconut Milk	Animal Fat: Chicken Fat Duck Fat Lard Suet Tallow	Almond Oil Nut & Seed Oils*: <u>Not on AIP Protocol</u> Avocado Oil Sesame Oil Walnut Oil	Refined Oils: <u>Not on AIP Protocol</u> Canola Commercial Mayonnaise & Salad Dressings Grape-seed Margarine Nutlex Oils with Anti-oxidants or Flavors Peanut Oil Safflower Soybean Sunflower
ELIMINATION DIET	AVOID			
LOW HISTAMINE DIET	AVOID			
MODERATE HISTAMINE DIET	AVOID			

NUTS, SEEDS, BEANS, PEAS, LEGUMES

* Not On AIP Protocol

Low	Medium	High	Very High	Avoid
Seeds:* <u>Not on AIP Protocol</u> Chia Flax Hemp Linseed Poppy Sesame All Other Spices	Nuts:* <u>Not on AIP Protocol</u> Cashew Nut Coconut Flesh (Fresh)	Nuts:* <u>Not on AIP Protocol</u> Almond Brazil Hazel Macadamia Pecan Pine Pistachio Seeds:* <u>Not on AIP Protocol</u> Anise Cinnamon Cloves Cocoa Coffee Coriander Mustard Nutmeg Paprika Pumpkin Sunflower	Nuts: <u>Not on AIP Protocol</u> All Nut Butters, Roasted Nuts, Meals, and Flours Mixed Nuts Peanuts Walnuts Seeds:* <u>Not on AIP Protocol</u> All Seed Butters, Roasted Seeds, Meals, and Flours. Buckwheat Tahini Legumes, Peas, & Beans:* <u>Not on AIP Protocol</u> Adzuki Beans Black Beans Borlotti Beans Broad Beans Fava Beans Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Soybeans White Navy Beans Green Peas	Peanuts Wheat Germ
ELIMINATION DIET		AVOID		
LOW HISTAMINE DIET		AVOID		
MODERATE HISTAMINE DIET		AVOID		

DAIRY & MILK*
* Not On AIP Protocol

Low	Medium	High	Very High	Avoid
Not on AIP Protocol Butter Colostrum Cows Milk Ghee Whey Protein Concentrate Whey Protein Isolate	Fresh Cheeses:* Not on AIP Protocol Cottage Cheese Quark Ricotta Yoghurt Cheese Milks:* Not on AIP Protocol Butter Milk Goats Milk Raw Milk Bi-products:* Not on AIP Protocol Cream Sour Cream Yoghurt (H/made) including milk, almond, & coconut	Young Cheeses:* Not on AIP Protocol Cheddar Gruyere Goats Mozzarella	Not on AIP Protocol All Other Cheeses Commercial Yoghurt Raw Milk Cheese	Processed Foods:* Not on AIP Protocol Condensed Milk Milk Powder Processed Cheese UHT Milk Soy Milk
ELIMINATION DIET	AVOID			
LOW HISTAMINE DIET	AVOID			
MODERATE HISTAMINE DIET	AVOID			

BEVERAGES
* Not On AIP Protocol

Low	Medium	High	Very High	Avoid
Ginger Tea Fresh Herb Tea Spring Water Tap Water	Club Soda (Soda Water) Fruit Juice Spring Water (Sparkling)	Tonic Water Dried Tea & Coffee: Black Tea Chai Green Tea Lemon Myrtle Peppermint Rosehip Yerbe Matte Seeds:* <u>Not on AIP Protocol</u> Coffee Cocoa Spirits (Colourless): <u>Not on AIP Protocol</u> Gin Rum Sake Vodka	Alcohol: <u>Not on AIP Protocol</u> Beer, Lager, Ale, Stout Champagne Cider Wine (White, Red, Fruit, Sparkling) Spirits (Coloured): <u>Not on AIP Protocol</u> Brandy Liquers Port Scotch Sherry	<u>Not on AIP Protocol</u> Cola Drinks Energy Drinks Flavored Drinks Fruit Juices Lemonade
ELIMINATION DIET			AVOID	
LOW HISTAMINE DIET			AVOID	
MODERATE HISTAMINE DIET				AVOID

SWEETENERS				
*COMMON ALLERGEN NOT ON AIP PROTOCOL				
Low	Medium	High	Very High	Avoid
<u>Sparse Use Only:</u> Raw Honey Maple Syrup			<u>Not on AIP Protocol</u> Cacao Carob Chocolate Cocoa Powder Licorice Malt Extract Marzipan White Chocolate	<u>All Refined Sugar:</u> <u>Not on AIP Protocol</u> Agarve Nectar Aspartame Brown Rice Syrup Cane Sugar Caramel Coconut Sugar Corn Syrup Equal Golden Syrup Icing Sugar Malt Syrup Molasses Processed Honey Splenda Stevia White Sugar
ELIMINATION DIET			AVOID	
LOW HISTAMINE DIET			AVOID	
MODERATE HISTAMINE DIET				AVOID

OTHER				
Low	Medium	High	Very High	Avoid
Baking Soda Citric Acid Cream of Tartar Himalayan Salt Horseradish Lemongrass Pectin Saffron (Threads) Sea Salt	Baking Powder Galangal Gelatin Ginger Green Pepper (Fresh) Tamarind Turmeric Vanilla (Extract)	White and Black Pepper	Vinegar Nutritional Yeast Brewer's Yeast Commercial Sauces: Coconut Aminos Fish Maggi Mustard Oyster Soy Tamari Tandoori Teriyaki Wasabi Worcestershire	<u>Not on AIP Protocol</u> Additives Carrageenan Folic Acid Gar Gum Iodine Meat Extracts NSAIDs Preservatives Stock Cubes Table Salt (Iodonized) Tomato Paste Vegetable Stock (Carton) Yeast Extracts
ELIMINATION DIET			AVOID	
LOW HISTAMINE DIET			AVOID	
MODERATE HISTAMINE DIET			AVOID	