

| Food Group | AVOID High Histamine Foods |
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| Protein | All canned meat/fish All shellfish and oily fish Slow cooked or leftover meats Processed meats: bacon, prosciutto, sausage, deli mat, etc Cured or smoked: ham, salami, pastrami, smoked fish NOTE: all meat and fish must be fresh otherwise histamine levels can rise |
| Dairy & Eggs | Fermented dairy products eg. Yoghurt, Kefir Aged cheeses (cured and semicured cheese) Grated cheese Raw or undercooked egg whites |
| Fruit | Generally, any overripe fruit All citrus fruits (grapefruit lemon, lime, oranges, tangerines) Bananas Kiwifruit Plum Pineapple Strawberries Limit: dried fruit |
| Vegetables | Pickled, fermented and canned vegetables Sauerkraut Spinach Tomato (fresh, canned and processed) Eggplant Avocado |
| Nuts and seeds | Walnuts Cashews |
| Beverages | Wine Beer Kombucha Broth |
| Other | Fermented soy derivatives: eg soya sauce, soy paste, miso, tempeh, japanese natto, douchi Vinegar All chocolate, cocoa and carob |

Avoid eating any leftover foods as histamine levels can increase with spoiling.