

The Insider's Guide To The  
**HISTAMINE  
INTOLERANCE  
FOOD LIST**

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Now Includes An Optional Auto-Immune Paleo List



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# 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.

## **Beyond An Elimination Diet**

If an elimination diet confirms histamine intolerance then the next step is to determine your threshold of tolerance.

This threshold will be unique to you depending upon your health status. As your health status improves it is typical for your histamine threshold to rise.

If you have histamine intolerance then a histamine-restricted diet is important to not only managing symptoms but also optimizing wellness.

If you need help figuring this out I am now working jointly with a leading naturopath, and a functional doctor, to provide evidenced based solutions. If you want to find out more about the [Living Health Clinic](#), you can [schedule a FREE appointment](#) to find out about working with us.

# 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  <b>Root Vegetables:</b> Beetroot Chestnuts Garlic Jicama Parsnip Sweet Potato Swede (Rutabagas) Turnip Water Chestnuts Yam  <b>Starchy Vegetables:</b> 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)  <b>Root Vegetables:</b> 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  <b>Starchy Vegetables:</b> Pumpkin	<b>Pickled &amp; Preserved Vegetables:</b> Gherkin Olives Onions Pickles Sauerkraut Truffles Beet Kvass Kimchi Pickles  <b>Sea Vegetables &amp; Algae:</b> Chlorella Spirulina Seaweed Dulce Irish Moss Nori Bladderwack Kelp Kombu Wakame Sea Lettuce  <b>Nightshades:*</b> <u><b>Not on AIP Protocol</b></u> Capsicum (Bell Pepper) Cayenne Chili Pepper Eggplant Goji (Wolf) Berry Habanero Jalapeno Paprika Poblano Potatoes Sweet Peppers Tobacco Tomatillo Tomato	<b>All Processed Foods:</b> <u><b>Not on AIP Protocol</b></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  <b>Fruit Flours:</b> Banana Flour Plantain Flour	Avocado (Firm) Banana (Firm) Coconut Flesh (Fresh) Cranberry Currants	Avocado (Ripe) Banana (Ripe) Figs (Fresh) Raspberry Strawberry  <b>Citrus:</b> Grapefruit Kumquats Orange Lemon Lime Mandarin  <b>Tropical Fruits:</b> 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	<b>All Processed                      Foods:  <u>Not on AIP Protocol!</u></b>
ELIMINATION DIET	AVOID			
LOW HISTAMINE DIET	AVOID			
MODERATE HISTAMINE DIET	AVOID			

**PROTEIN**  
\* Not on AIP Protocol

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



**GRAINS**  
\* Not on AIP Protocol

Low	Medium	High	Very High	Avoid
<p><b>Rice:*</b> <u>Not on AIP Protocol</u></p> <p>Brown Rice Rice Noodles Rice Flour Rice Cakes Rice Crispies White Rice</p> <p><b>Gluten:*</b> <u>Not on AIP Protocol</u></p> <p>Barley Egg Pasta Couscous Farro Durum Bulgar Kamut Noodles Oats Pastry Puff Pastry Rye Semolina Wheat Spelt Wheat Bran</p> <p><b>Gluten Free Grains:</b> <u>Not on AIP Protocol</u></p> <p>Amaranth Corn Potato Starch Millet Polenta Quinoa Sago Sorghum Tapioca Teff</p>	<p><b>Baking Powder Leaven Products (also check for preservatives and additives):</b> <u>Not on AIP Protocol</u></p> <p>Biscuits Flatbread Matzo Scones Crackers</p>	<p><b>Yeast-Risen (and/or with preservatives and artificial additives)*:</b> <u>Not on AIP Protocol</u></p> <p>Bagel Baguette Bread Croissants Crumpets English Muffins Focaccia Pumpernickel Pita Bread Pizza Dough Sour-dough Toast</p>	<p><u>Not on AIP Protocol</u></p> <p>Baker's Yeast Breadcrumbs Carob Wheat Germ*</p>	
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  <b>Dairy Fats*:</b> <u>Not on AIP Protocol</u> Butter Ghee  <b>Nut &amp; Seed Oils*:</b> <u>Not on AIP Protocol</u> Hemp Oil Flax Oil Macadamia Oil	<b>Coconut Products:</b> Coconut Cream Coconut Butter Coconut Milk	<b>Animal Fat:</b> Chicken Fat Duck Fat Lard Suet Tallow	Almond Oil  <b>Nut &amp; Seed Oils*:</b> <u>Not on AIP Protocol</u> Avocado Oil Sesame Oil Walnut Oil	<b>Refined Oils:</b> <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
<b>Seeds:*</b> <u>Not on AIP Protocol</u> Chia Flax Hemp Linseed Poppy Sesame All Other Spices	<b>Nuts:*</b> <u>Not on AIP Protocol</u> Cashew Nut Coconut Flesh (Fresh)	<b>Nuts:*</b> <u>Not on AIP Protocol</u> Almond Brazil Hazel Macadamia Pecan Pine Pistachio  <b>Seeds:*</b> <u>Not on AIP Protocol</u> Anise Cinnamon Cloves Cocoa Coffee Coriander Mustard Nutmeg Paprika Pumpkin Sunflower	<b>Nuts:</b> <u>Not on AIP Protocol</u> All Nut Butters, Roasted Nuts, Meals, and Flours Mixed Nuts Peanuts Walnuts  <b>Seeds:*</b> <u>Not on AIP Protocol</u> All Seed Butters, Roasted Seeds, Meals, and Flours. Buckwheat Tahini  <b>Legumes, Peas, &amp;                      Beans:*</b> <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
<p><b><u>Not on AIP Protocol</u></b></p> <p>Butter Colostrum Cows Milk Ghee Whey Protein Concentrate Whey Protein Isolate</p>	<p><b>Fresh Cheeses:*</b></p> <p><b><u>Not on AIP Protocol</u></b></p> <p>Cottage Cheese Quark Ricotta Yoghurt Cheese</p> <p><b>Milks:*</b></p> <p><b><u>Not on AIP Protocol</u></b></p> <p>Butter Milk Goats Milk Raw Milk</p> <p><b>Bi-products:*</b></p> <p><b><u>Not on AIP Protocol</u></b></p> <p>Cream Sour Cream Yoghurt (H/made) including milk, almond, &amp; coconut</p>	<p><b>Young Cheeses:*</b></p> <p><b><u>Not on AIP Protocol</u></b></p> <p>Cheddar Gruyere Goats Mozzarella</p>	<p><b><u>Not on AIP Protocol</u></b></p> <p>All Other Cheeses Commercial Yoghurt Raw Milk Cheese</p>	<p><b>Processed Foods:</b></p> <p><b><u>Not on AIP Protocol</u></b></p> <p>Condensed Milk Milk Powder Processed Cheese UHT Milk Soy Milk</p>
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  <b>Dried Tea &amp; Coffee:</b> Black Tea Chai Green Tea Lemon Myrtle Peppermint Rosehip Yerbe Matte  <b>Seeds:*</b> <u>Not on AIP Protocol</u> Coffee Cocoa  <b>Spirits (Colourless):</b> <u>Not on AIP Protocol</u> Gin Rum Sake Vodka	<b>Alcohol:</b> <u>Not on AIP Protocol</u> Beer, Lager, Ale, Stout Champagne Cider Wine (White, Red, Fruit, Sparkling)  <b>Spirits (Coloured):</b> <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
<b><u>Sparse Use Only:</u></b> Raw Honey Maple Syrup			<b><u>Not on AIP Protocol</u></b> Cacao Carob Chocolate Cocoa Powder Licorice Malt Extract Marzipan White Chocolate	<b><u>All Refined Sugar:</u></b> <b><u>Not on AIP Protocol</u></b> 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  <b>Commercial            Sauces:</b> Coconut Aminos Fish Maggi Mustard Oyster Soy Tamari Tandoori Teriyaki Wasabi Worcestershire	<u><b>Not on AIP Protocol</b></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			



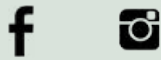
# Alison Vickery

is a board certified Holistic Health Coach who specializes in helping women with histamine imbalance, chronic food intolerance, drug inflammation and chronic fatigue syndrome to live better lives.

As a life-long sufferer of histamine intolerance, Alison has made it her mission to seek out the world's leading experts on histamine intolerance and apply the results of the research in an integrative way that brings about real and lasting change in the lives of those affected by the condition.

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## Other Books By Me

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