**Foods to Avoid If You Have A Histamine Intolerance**

**Histamine-Rich Foods**

* Fermented **alcoholic** beverages, especially wine, champagne and beer
* **Fermented foods**: sauerkraut, vinegar, soy sauce, kefir, yogurt, kombucha, etc
* **Vinegar-containing** foods: pickles, mayonnaise, olives
* **Cured meats**: bacon, salami, pepperoni, luncheon meats and hot dogs
* **Soured foods**: sour cream, sour milk, buttermilk, soured bread, etc
* **Dried fruit**: apricots, prunes, dates, figs, raisins
* Most **citrus** fruits
* **Aged cheese** including goat cheese
* **Nuts**: walnuts, cashews, and peanuts
* Vegetables: **avocados, eggplant, spinach, and tomatoes**
* Smoked fish and certain species of fish: mackerel, mahi-mahi, tuna, anchovies, **sardines ##**

**Histamine-Releasing Foods**

* Alcohol
* Bananas
* Chocolate
* Cow’s Milk
* Nuts
* Papaya
* Pineapple
* Shellfish
* Strawberries
* Tomatoes
* Wheat Germ
* Many artificial preservatives and dyes ##

**DAO-Blocking Foods**

* Alcohol
* Energy drinks
* Black tea
* Mate tea
* Green tea ##

**Foods to Enjoy If You Have A Histamine Intolerance**

**Low-Histamine Foods**

* Freshly cooked meat or poultry
* Freshly caught fish
* Cooked eggs
* Gluten-free grains\*: rice, quinoa, corn, millet, amaranth, teff
* Pure peanut butter\*
* Fresh fruits: mango, pear, watermelon, ~~apple~~, kiwi, cantaloupe, grapes
* Fresh vegetables (except tomatoes, spinach, avocado, and eggplant)
* Dairy substitutes: coconut milk, rice milk, hemp milk, almond milk\*
* Cooking oils: olive oil, coconut oil
* Leafy herbs
* Herbal teas

**Anti-inflammatory foods**

* **olive oil**
* **green leafy vegetables**, such as spinach, kale, and collards
* **fatty fish** like salmon, mackerel, tuna, and sardines
* **fruits such as** ~~strawberries~~, blueberries, cherries, and oranges
* **ginger**
* chia seeds
* beets
* onion, garlic

**Anti-histamine foods**

* **Thyme** - This herb has been shown to inhibit anaphylaxis, a histamine response in the body, as well as displaying anti-inflammatory and anti-bacterial properties.
* **Watercress -** Considered one of the most nutrient-dense plants, watercress was shown in one study to inhibit 60% of all histamines released from mast cells.
* **Onions –** Incredibly nutritious and an important prebiotic, onions have been shown to release and stabilize mast cells, and even lower histamine levels in blood plasma.
* **Parsley --** This popular food garnish can repair damage to the mucosal lining of the stomach, is anti-inflammatory, and can repair liver damage. It also prevents histamine release when the body feels under a histamine attack.
* **Broccoli –** A good source of vitamin C, broccoli is an easy-to-find antihistamine and is a perfect solution for treating stuffy nose and other symptoms of allergies brought on by inflammation. It is a true superfood and is a particularly rich source of the flavonoid kaempferol, which is why it is such a potent anti-inflammatory.
* **10. Turmeric -- A powerful spice that inhibits anaphylactic shock histamine response, prevents histamine release, and stabilizes mast cells. It is known as an anti-inflammatory and anti-tumor wonder spice.**
* **11. Fennel -- This natural antihistamine for allergies is also anti-inflammatory and works as an antioxidant. It is an all-around fighter in keeping a body healthy and free of histamine overreaction.**
* **12. Fish -- Fish is a great food to fight inflammation. That being said, it must be fresh. Fish contain high amounts of histamine unless they are freshly caught because they are naturally higher in the amino acid histidine, which bacteria can turn into histamine.**
* **13. Pomegranate -- These deep red fruits contain polyphenols that are higher in antioxidants than many other foods. Studies show that pomegranates act as mast cell stabilizers and lower inflammation.**
* **Related:**[**10 Benefits of Pomegranate Juice**](https://www.foodsforbetterhealth.com/10-benefits-of-pomegranate-juice-28316)
* **14. Ginger -- This delicious root has the ability to substantially reduce inflammation and inhibits allergic reactions. Studies show that ginger also acts as a mast cell stabilizer.**
* **15. Holy Basil -- A member of the mint family, this herb has powerful healing leaves that significantly lower inflammation in the body.**
* **16. Sweet Potato -- This tasty, highly nutritious food has been shown to be one of the highest antihistamine type foods. The root vegetable contains a diverse range of vitamins, minerals, phytonutrients, and antioxidants that stop the histamine response in cells.**
* **17. Amaranth-- This grain substitute is very high in phytosterols, which makes it both anti-inflammatory and heart protective. Consume this food to avoid inflammation caused by a histamine response in the body.**
* **18. Peppermint-- A natural antihistamine for allergies, the flavonoids in peppermint have been found to have a potent effect on histamine intolerance from mast cells.**
* **19. Nettle --Typically consumed as tea, nettle has been shown to be a powerful antihistamine food and mast cell stabilizer. Drink this tea when a histamine response is first felt.**
* **20. Tarragon --** stabilizes mast cells and that the herb is an antihistamine.