

LOW HISTAMINE FOOD EXCHANGE GUIDE

A lower histamine approach may be appropriate for individuals experiencing histamine intolerance, mast cell activation, unexplained food reactions, flushing, headaches, itching, congestion, or other symptoms associated with impaired histamine metabolism. This approach is typically temporary and should be individualized based on practitioner recommendations.

CATEGORY	PREFERRED OPTIONS	OFTEN LIMITED
Proteins	Freshly cooked chicken, turkey, fresh fish, lamb, eggs (if tolerated)	Processed meats, cured meats, smoked meats, canned fish, leftovers, meal-prepped meats stored for several days
Vegetables	Zucchini, carrots, cucumbers, lettuce, cabbage, green beans, cauliflower, bok choy, asparagus, peppers, turnips, garlic, greens, celery	Tomatoes, spinach, eggplant, avocado, mushrooms, peas, pumpkin, squash
Fruits	Apples, pears, blueberries, mango, melons, grapes, cherries	Strawberries, citrus fruits, dried fruit, banana, figs, dates
Dairy Alternatives	Coconut milk, almond milk	Most dairy, Aged cheeses, fermented dairy products
Fats	Olive oil, avocado oil, coconut oil	Cashews, walnuts, flax, sesame, sunflower seed/oils
Condiments / Seasonings	Sea salt, leafy herbs, olive oil	Vinegar, apple cider vinegar, fermented sauces, soy sauce, cinnamon, cloves, nutmeg, paprika, curry powder
Beverages	Water, herbal tea	Alcohol, kombucha, fermented beverages
Other Considerations	Freshly prepared meals	Bone broth, fermented foods, leftovers, aged foods, collagen, ALL gluten/grains

Practitioner Note

Histamine tolerance varies considerably between individuals. Freshness often matters as much as food selection, as histamine levels can increase in foods as they age or are stored. The goal is not lifelong restriction but identifying triggers while supporting improved tolerance and resilience over time.