

# Histamine-Conscious FOOD LIST



DR. *Kelly* MCCANN 



Hi! Sarah here, Functional Nutritionist with Dr. Kelly's team.

I'm guessing you're here because you are having symptoms that seem food-related, but you aren't sure what foods are the culprit?

Maybe you know that you have trouble with certain foods, but you don't know why and you can't seem to get relief?

Maybe you already know you have MCAS or histamine-intolerance, and you need some support?

I speak with a lot of people who have food sensitivities, sometimes so many that they only tolerate a handful of foods. If you suspect that you are dealing with histamine intolerance, this Histamine-Conscious Food List can be an invaluable tool. You can use this list to plan your meals and grocery shop, but it can also serve as a guide when it comes to figuring out what foods you tolerate and which ones trigger symptoms.

Navigating food sensitivities of any kind is tricky, sometimes confusing, and often frustrating. I hope this Histamine-Conscious Food List is helpful, and if you need some extra support I am available for one-on-one nutrition consultations.

Be well (nourished),

Sarah

The Dr. Kelly K. McCann Team





Foods in the Generally Safe column will be lower histamine, or histamine-lowering (containing compounds that are antihistamine). Foods in the Highly Individual column may also be lower histamine, but these foods are problematic for more people than the Generally Safe foods. Foods in the Best Avoided column are high histamine-producing or histamine-releasing and should generally be avoided.

Food tolerance varies by individual. All foods in all columns have the potential to cause problems in those dealing with MCAS -- foods that are high in oxalates and lectins can trigger symptoms in these individuals, and there are other compounds in foods that can promote histamine build-up. It is strongly recommended that a food and symptom log be kept, so you know exactly what foods you tolerate and what foods are problematic for you. It may also be that very small amounts of foods in the Best Avoided column are fine for you; keep in mind that histamine intolerance is somewhat dose-dependent, meaning that one bite may be okay but two bites might push your system over the edge.

Always choose organic (or wild-caught, farm-fresh, free-range, and/or grass-fed meat/fish). Even foods listed on the Environmental Working Group Clean Fifteen list should be purchased organic. Any chemical pesticides or fertilizer residues could trigger mast cell activation and if you react to a food that is conventionally grown, it may be difficult to determine whether the food or the residues are causing your symptoms.



# Meats

*organic, free-range, freshly cooked, freeze leftovers immediately*

Generally Safe	Highly Individual	Best Avoided
<ul style="list-style-type: none"><li>• Unaged beef</li><li>• Unaged bison</li><li>• Lamb</li><li>• Chicken</li><li>• Turkey</li><li>• Goose</li><li>• Duck</li><li>• Flash-frozen wild salmon</li></ul>	<ul style="list-style-type: none"><li>• Pork</li><li>• Liver</li><li>• Fresh and frozen stock (from meats in the left column)</li></ul>	<ul style="list-style-type: none"><li>• Any aged meat</li><li>• Ground meat</li><li>• Cured/processed meat</li><li>• Most fish and shellfish</li><li>• Leftover cooked meat that has not been immediately frozen</li><li>• Bone broth</li></ul>



## Dairy & Eggs

*Most often eliminated entirely, ONLY use organic, grass-fed, all milk should be pasteurized*

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"><li>• Organic, pasture-raised eggs</li><li>• Ghee</li><li>• A2 milk</li><li>• Butter</li><li>• Cream</li><li>• Fresh cheese (cream cheese, ricotta, cottage, farmer's, mascarpone, fresh mozzarella, quark)</li><li>• Goat milk</li><li>• Sheep milk</li><li>• Whey, fresh (not powdered)</li></ul>	<ul style="list-style-type: none"><li>• Any dairy products with additives, flavorings, sweeteners, coloring, etc</li><li>• Raw milk</li><li>• Buttermilk</li><li>• Cheese</li><li>• Whey, powdered</li><li>• Fermented dairy products (yogurt, kefir, lassi)</li></ul>



# Vegetables

Generally Safe	Highly Individual	Best Avoided
<p><u>Greens:</u></p> <ul style="list-style-type: none"> <li>• Arugula</li> <li>• Bok choy</li> <li>• Cabbage</li> <li>• Collards</li> <li>• Mustard greens</li> <li>• Watercress</li> </ul> <p><u>Non-starchy:</u></p> <ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cauliflower</li> <li>• Onions (bulb, green/scallion)</li> <li>• Garlic</li> </ul> <p><u>Starchy:</u></p> <ul style="list-style-type: none"> <li>• Radish</li> <li>• Squash (summer or winter, excludes pumpkin)</li> </ul>	<p><u>Greens:</u></p> <ul style="list-style-type: none"> <li>• Beet greens</li> <li>• Chard</li> <li>• Dandelion greens</li> <li>• Escarole</li> <li>• Kale</li> <li>• Lettuce</li> <li>• Mesclun</li> </ul> <p><u>Non-starchy:</u></p> <ul style="list-style-type: none"> <li>• Celery</li> <li>• Cucumber</li> <li>• Fennel</li> <li>• Leeks</li> <li>• Rhubarb</li> <li>• Shallots</li> </ul> <p><u>Starchy:</u></p> <ul style="list-style-type: none"> <li>• Beets</li> <li>• Carrots</li> <li>• Cassava</li> <li>• Celery Root</li> <li>• Horseradish, fresh/whole</li> <li>• Jicama</li> <li>• Parsnips</li> <li>• Potatoes</li> <li>• Rutabaga</li> <li>• Sweet potato</li> <li>• Tiger nut, unroasted (root)</li> <li>• Turnip</li> </ul>	<ul style="list-style-type: none"> <li>• Eggplant</li> <li>• Eggplant</li> <li>• Mushrooms</li> <li>• Pumpkin</li> <li>• Spinach</li> <li>• Tomato (a fruit, but is often treated like a vegetable)</li> <li>• Pickles</li> <li>• Fermented vegetables (kimchee, sauerkraut)</li> </ul>



# Fruit

Generally Safe	Highly Individual	Best Avoided
<ul style="list-style-type: none"> <li>• Apple</li> <li>• Blueberry</li> <li>• Cherry</li> <li>• Cranberry, fresh</li> <li>• Mango</li> </ul>	<ul style="list-style-type: none"> <li>• Apricot, fresh</li> <li>• Blackberry</li> <li>• Melons</li> <li>• Dragon fruit</li> <li>• Fig, fresh</li> <li>• Guava</li> <li>• Kiwi</li> <li>• Lemon or lime juice— • very small amount</li> <li>• Nectarine</li> <li>• Passionfruit</li> <li>• Peach</li> <li>• Pear</li> <li>• Persimmon</li> <li>• Plantain</li> <li>• Pomegranate</li> <li>• Raspberry</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Banana</li> <li>• Citrus fruit (other than • very small amounts of • lemon/lime juice)</li> <li>• Grapes</li> <li>• Papaya</li> <li>• Pineapple</li> <li>• Plum</li> <li>• Strawberry</li> <li>• Dried fruit</li> <li>• Jams, jellies, preserves</li> </ul>



# Grains

starches, flours – includes products made with these, such as pasta

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"> <li>• Gluten-free grains (amaranth, buckwheat, millet, quinoa, rice, sorghum, teff)</li> <li>• Corn (organic, non-GMO)</li> <li>• Oats (certified gluten-free)</li> <li>• Starches/flours:</li> <li>• Arrowroot starch</li> <li>• Almond flour (blanched)</li> <li>• Cassava flour</li> <li>• Potato starch</li> <li>• Rice flour (white rice flour is lower-oxalate than brown)</li> <li>• Tapioca starch/flour</li> <li>• Tiger nut flour</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten-containing grains, flours, or baking mixes (wheat, spelt, rye, farro, bulgar, semolina, barley)</li> <li>• Coconut flour</li> <li>• Gluten-containing pasta (made from grains listed above- orzo, couscous)</li> <li>• Packaged rice or pasta meals, even if certified gluten-free (such as macaroni and cheese or rice pilaf)</li> <li>• Commercially baked goods, even if labelled gluten-free</li> </ul>





# Legumes/Beans

*pressure cooking reduces lectin*

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"><li>• Bean sprouts</li><li>• Dry beans (soaked, rinsed, pressure cooked)</li><li>• Lentils (soaked, rinsed, pressure cooked)</li><li>• Split peas (green, yellow)</li></ul>	<ul style="list-style-type: none"><li>• Green beans / string beans</li><li>• Canned beans/lentils</li><li>• Peas</li><li>• Peanuts</li><li>• Soybeans / edamame / tofu / tempeh</li></ul>



## Nuts & Seeds

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"><li>• Almonds</li><li>• Brazil nuts (max 4/day)</li><li>• Chia seeds</li><li>• Chestnuts, fresh</li><li>• Coconut, fresh/unsweetened flakes/cream/milk</li><li>• Flax seeds and meal</li><li>• Hazelnuts</li><li>• Hemp seeds and powder</li><li>• Macadamias</li><li>• Pecans</li><li>• Pine Nuts</li><li>• Pistachios</li><li>• Poppy seeds</li><li>• Pumpkin seeds</li><li>• Sesame</li><li>• Sunflower seeds</li></ul>	<ul style="list-style-type: none"><li>• Cashews</li><li>• Coconut flour/butter</li><li>• Peanuts</li><li>• Walnuts</li></ul>



## Oils and Fats [plant based]

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"><li>• Avocado oil</li><li>• Coconut oil, extra virgin or MCT</li><li>• Flax oil, cold-pressed</li><li>• Macadamia oil</li><li>• Olive oil, extra virgin</li><li>• Sesame oil</li></ul>	<ul style="list-style-type: none"><li>• All other vegetable oils</li><li>• Margarine/ hydrogenated oils</li></ul>



## Herbs / Spices / Flavorings

Generally Safe	Highly Individual	Best Avoided
<p><u>Herbs:</u></p> <ul style="list-style-type: none"> <li>• Basil</li> <li>• Chives</li> <li>• Cilantro</li> <li>• Juniper berries</li> <li>• Lemongrass</li> <li>• Mint, fresh</li> <li>• Nettles</li> <li>• Oregano</li> <li>• Parsley, fresh</li> <li>• Rosemary</li> <li>• Sage</li> <li>• Thyme</li> </ul> <p><u>Spices:</u></p> <ul style="list-style-type: none"> <li>• Cardamom</li> <li>• Caraway</li> <li>• Ginger, dried</li> <li>• Nutmeg flower (Nigella sativa)</li> <li>• Paprika (sweet only)</li> <li>• Saffron</li> </ul> <p><u>Salt, unrefined:</u> sea salt Himalayan salt</p>	<p><u>Herbs:</u></p> <ul style="list-style-type: none"> <li>• Bay leaves</li> <li>• Dill</li> <li>• Fennel</li> <li>• Mint, dried</li> <li>• Parsley, dried</li> </ul> <p><u>Spices:</u></p> <ul style="list-style-type: none"> <li>• Coriander</li> <li>• Curcumin (lower oxalate than turmeric)</li> <li>• Curry leaves</li> <li>• Ginger, fresh</li> <li>• Turmeric</li> </ul>	<p>Allspice</p> <p>Anise</p> <p>Cinnamon</p> <p>Chili powders, including cayenne</p> <p>Cloves</p> <p>Cumin</p> <p>Curry powder</p> <p>Licorice root</p> <p>Mace</p> <p>Mustard</p> <p>Nutmeg</p> <p>Paprika (hot)</p> <p>Peppercorns</p> <p>MSG</p> <p>Natural or artificial flavors</p>



# Sweeteners

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"><li>• 100% monk fruit</li><li>• Agave in small amounts</li><li>• Inulin</li><li>• Maple syrup in small amounts</li><li>• Pasteurized honey</li><li>• Stevia</li><li>• Sugar alcohols (xylitol, sorbitol)</li></ul>	<ul style="list-style-type: none"><li>• Artificial sweeteners</li><li>• Corn syrup</li><li>• Granulated or brown sugar</li><li>• Raw honey</li><li>• Icing/powdered sugar</li><li>• Molasses</li><li>• Syrups or other prepared sweets</li></ul>



## Condiments and Additives

Generally Safe	Highly Individual	Best Avoided
	<ul style="list-style-type: none"> <li>• Agar agar</li> <li>• Apple cider vinegar (use sparingly)</li> <li>• Ascorbic acid</li> <li>• Baking powder</li> <li>• Baking soda</li> <li>• Carob</li> <li>• Cocoa butter</li> <li>• Cream of tartar</li> <li>• Distilled white vinegar (use sparingly)</li> <li>• Gums (Arabic, guar, xanthan)</li> <li>• Lecithin</li> <li>• Pectin</li> <li>• Sodium nitrite</li> </ul>	<ul style="list-style-type: none"> <li>• Bragg's Liquid Aminos</li> <li>• carageenan</li> <li>• Chocolate/cocoa</li> <li>• Coconut aminos</li> <li>• Collagen</li> <li>• Food coloring</li> <li>• Gelatin</li> <li>• Ketchup</li> <li>• Locust bean</li> <li>• Malt extract</li> <li>• Maltodextrin</li> <li>• Miso</li> <li>• MSG</li> <li>• Mustard</li> <li>• Nutritional yeast</li> <li>• Olives</li> <li>• Potassium sorbate/triphosphate</li> <li>• Relishes/compotes</li> <li>• Smoke flavor</li> <li>• Sodium benzoate/triphosphate</li> <li>• Soy sauce/tamari</li> <li>• Vinegar</li> <li>• Yeast extract</li> </ul>



# Beverages

Generally Safe	Highly Individual	Best Avoided
<ul style="list-style-type: none"> <li>• Water – still, filtered, may add fresh-squeezed lemon or lime if tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Carbonated water, plain or with fresh-squeezed juice</li> <li>• Coconut water</li> <li>• Coffee (choose mold-free brands, best to avoid caffeine altogether)</li> <li>• Herbal tea (pure rooibos okay)</li> <li>• Juice, freshly squeezed from allowed fruits/vegetables</li> <li>• Mineral water</li> <li>• Alcohol: plain white distilled alcohols, best quality. Preferably avoided</li> </ul>	<ul style="list-style-type: none"> <li>• Carbonated water with flavoring</li> <li>• Soda or other carbonated beverages</li> <li>• Fermented beverages (kombucha, beer, cider, wine)</li> <li>• Flavored drinks</li> <li>• Rooibos blends</li> <li>• Tea – black, green, white, mate</li> <li>• Alcohol: low quality or brown distilled alcohols</li> </ul>



## References

- <https://healinghistamine.com/what-is-histamine/histamine-in-food-lists/>
  - [https://www.mastzellaktivierung.info/downloads/foodlist/21\\_FoodList\\_EN\\_alphabetic\\_withCateg.pdf](https://www.mastzellaktivierung.info/downloads/foodlist/21_FoodList_EN_alphabetic_withCateg.pdf)
  - <https://mastcell360.com/low-histamine-foods-list/>
  - <https://www.jillcarnahan.com/downloads/HistamineRestrictedDiet.pdf>
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