



**INFINITE**  
ALLERGY LABS

## DOES YOUR PRACTITIONER RECOMMEND A HISTAMINE RESTRICTIVE DIET?

Based on your symptoms and test results, your healthcare provider may recommend that you follow a Low Histamine Diet. The diet lists foods that are high in histamine which may trigger inflammatory reactions or histamine release in the body. Additionally, there are supplements and medications listed below that may assist or inhibit your body's natural response to histamine and histamine degrading enzymes.



\*Please always check with your practitioner before making any diet changes or following any supplement and dosage recommendations

## HISTAMINE RESTRICTIVE DIET

### ALLOWED - FOODS WITH LOWER LEVELS OF HISTAMINE:

- skinned fresh chicken
- coconut and rice milk
- cooked egg yolk
- cream cheese
- fresh or flash-frozen meat and fish
- butter
- most fresh vegetables except tomatoes and eggplants
- most non-citrus based juices and smoothies
- most fresh fruits and berries besides citrus fruits, strawberries, and cherries
- most herbal teas except black, green, and mate tea
- fresh, pasteurized milk and milk products
- most leafy greens except spinach
- whole-grain noodles, breads, crackers, and pastas (Preferably Gluten free)
- most cooking oils

## AVOID - FOODS HIGHER IN HISTAMINE:

- alcohol
- aged cheeses
- canned, pickled, and fermented foods
- smoked products, such as sausage, ham, bacon, or salami
- legumes, such as chickpeas, soybeans, and lentils
- vinegar
- packaged foods
- yogurt
- chocolate and cocoa
- green tea
- most citrus fruits
- pineapple
- canned fish, such as mackerel and tuna
- peanuts
- spinach
- tomatoes
- bananas
- eggplant
- strawberries
- cherries
- chili powder, cinnamon, cloves

## SUPPLEMENTS THAT MAY HELP HISTAMINE INTOLERANCE: \*

- vitamin B-6, which helps DAO break down histamine
- vitamin C to help lower histamine blood levels and help DAO break down histamine
- magnesium that can raise the allergic response threshold
- manganese that can enhance DAO activity
- zinc to help DAO break down histamine
- calcium to help reduce hives and skin flushing
- vitamin B-1
- vitamin B-12
- folic acid

## OTHER INFLUENCING FACTORS MAY INCLUDE:

- alcohol
- intestinal conditions or injuries that compromise the gut lining and affect digestion
- liver conditions
- vitamin B-6, vitamin C, copper, or zinc deficiencies
- extreme or chronic stress
- low oxygen states
- temperature extremes
- injury or trauma

## MEDICATIONS THAT MAY INTERFERE WITH DAO AND HMNT:

- asthma medications
- cardiac medications
- antibiotics
- antidepressants
- antipsychotics
- diuretics
- muscle relaxants
- pain medications including aspirin
- gastrointestinal medicines
- nausea and gastroesophageal reflux disease, GERD
- malaria and tuberculosis drugs
- indomethacin (Indocin)
- diclofenac (Voltaren) naproxen