

Histamine Food Lists

Histamine sensitivity can be due to a lack of the methylated, active form, of folate. When there are genetic differences or malfunction the folic acid form may not be helpful to the body. It may even add to a lack of the active methyl folate form finding the chemical reactions where it is needed because the spot is being filled by an inactive folic acid form. Green peas or black-eyed peas, asparagus, orange juice with the pulp, are all very good sources of methyl folate. Whole grains, beans, nuts and seeds tend to be good sources.

Other phytonutrients & the foods in which they are found, may help calm symptoms by inhibiting mast cells.

“On the other hand, some flavonoids such as (Fisetin, [Kaempferol](#), [Myricetin](#), [Quercetin](#), [Rutin](#)) inhibit [histamine release](#) from mast cells [61].”
<https://www.sciencedirect.com/science/article/pii/S2405844022005424> *and luteolin and [baicalein](#). <https://pubmed.ncbi.nlm.nih.gov/10718847/>.

Other foods can be a source of histamine or lead to histamine production within our digestive tract. Avoiding the worst sources can be very helpful to physical and mental health. Histamine is a modulator within the brain and in normal amounts helps us stay balanced. In excess it causes hyperexcitability of whatever mood may be present - mania with grandiose thinking, or severe fear and anxiety, may be constant thoughts leading to reckless behavior, or what seems to be angry or scared outbursts. Calming down in an unstimulating environment is needed. It is an irrational meltdown rather than an angry outburst. Not remembering full details of the hyper-excited episode may be typical as so much brain activity is occurring that memory formation doesn't have time to occur.

If histamine excess remains undiagnosed and the meltdowns continue regularly, daily, then brain damage is likely occurring also - within the hippocampus in particular. Later stages of the symptoms may be diagnosed as schizophrenia or Alzheimer's dementia and the patient may never be provided a low histamine diet and extra methyl folate supplements or the enzyme which helps breakdown histamine (some people may genetically or for other reasons not be making the enzyme).

Histamine Foods to Avoid

Histamine Foods to avoid include foods that contain histamine, or contain other chemicals that activate mast cells to cause histamine release. Excess histamine can cause typical allergy symptoms such as congestion and itchiness of skin or eyes, like in seasonal allergy reactions to pollen - or it can also cause odd mental changes that are diagnosed as a mental condition rather than a food sensitivity.

Standard views of food allergies as causing hives or anaphylactic shock are not the same type of food sensitivity as the histamine problem. Typical allergy tests would not necessarily identify the problem foods as part of the problem.

Some people may have the problem because they can't make the enzyme needed to break down histamine, and taking a supplement of the enzyme can help reduce the symptoms, while allowing more freedom in food choices. *The diamine oxidase enzyme, (DOE), is available as a supplement that can be taken with meals. (1)* For more background info and reference list see: jenniferdepew.com/MCAS-Histamine.

For additional groups of foods that may cause inflammation or other symptoms see [Alkaline Foods](#).

Foods that may help reduce a histamine reaction:

- Apples
- Pomegranate, pomegranate peel
- Fennel
- Celery
- Greens of onions, - scallion, leeks, chives
- Luteolin / food sources
- Quercetin / food sources
- Foods or herbs suggested include: *Apple, Fennel, Watercress, Parsley, Broccoli, Cauliflower, Ginger, Thyme, Rosemary, Turmeric*, and the phytonutrient *quercetin*. Healinghistamine.com.
- Prep information for using whole pomegranate and the peel; benefits, history, and a few recipes for the fruit and the peel. [G13. Pomegranate](#)

Histamine Foods to avoid include some major groups and it can be easier to remember those larger factors. An excerpt from an article by Dr Ronald Hoffman goes into more detail, see below.

- Fermented foods have histamine as a side product of the fermentation process. Pickles, kimchi, sauerkraut, pickled beets or other vegetables, olives, kombucha, alcohol, kefir, yogurt, cheese (aged particularly), vinegar, miso, natto, tempeh, tofu, soy sauce.
- Leftover foods stored in the refrigerator can be a similar problem because bacteria can grow at refrigerator temperatures, just more slowly. Cook a large batch and freeze in single meal amounts to cut down on food prep time while having fresh food available.
- *“Aged cheeses such as Parmesan, Gouda, Swiss and cheddar are generally considered to be higher in histamine, while mozzarella, ricotta, cottage cheese and cream cheese have lower amounts of histamine.”*

- *“Umbrellux DAO is the original food-grade DAO enzyme available in the United States. The patented designed-release formula ensures the delivery of the DAO enzyme to the small intestine where it works with the body’s own DAO to assist in neutralizing histamine. Umbrellux DAO may be taken daily to maintain long-term balance of DAO in the body. Visit www.umbrelluxdao.com to purchase or for more information on DAO deficiencies, visit: www.daodeficiency.org.”*
- <https://www.globenewswire.com/en/news-release/2019/06/04/1864077/0/en/Umbrellux-DAO-Can-Help-You-Survive-This-Cheesy-Holiday.html>
- *I am unaffiliated. Some people may need the enzyme support, while others simply have overactive mast cells that react and release histamine, adding to all the histamine that is common in our average diet.
- Leftover foods stored in the refrigerator can be a similar problem because bacteria can grow at refrigerator temperatures, just more slowly. Cook a large batch and freeze in single meal amounts to cut down on food prep time while having fresh food available.

There are also foods that might help reduce a histamine excess reaction. A histamine excess may present as itchy, allergy symptoms, or as odd mental anxiety, paranoia, fear, or a full meltdown where rational control is not really present until the episode passes. Feeling flu-ish and ill the next day is then possible, and the long term risks can include brain cell damage similar to that seen in Alzheimer’s dementia - so prevention is best. Avoid the histamine trigger foods that seem to bother you. Reduction in symptoms is possible, but avoiding all of them, even small tastes or as a seasoning may be enough to cause the mast cell over-reaction and release of excess histamine.

In an excerpt below, Dr Hoffman provides a simple (simpler) way to look at the many different dietary factors that can affect histamine levels. This really is complex, I just learned some things I didn’t know and need to change in my own diet.

The symptoms of histamine excess can vary from person to person and affect many different parts of the body and mental health. Anxiety, fear, whirling disorientation is possible or a complete loss of full control - it is not good.

Pomegranate juice or seeds or peel can help very quickly. Apples and the other helpful foods can also but in my personal experience they have less of an obvious and fast impact on reducing the symptoms. Within 20 minutes my whirling anxiety could calm back into a rational norm after eating about 1/3 cup of pomegranate seeds - half of an average one. That was a very welcome discovery, but overall, the problem was also mysterious and frightening, until I learned about the underlying histamine cause.

- *Histamine intolerance: A new way of looking at allergies,*
March 18, 2016, By Dr. Ronald Hoffman

To use a bathtub analogy, there are two ways a tub can overflow: 1) If the faucet is turned on too high, or 2) If there's a stopper in the drain. It's the same with your body. If either occurs, or both simultaneously, your allergy "tub" can overflow, resulting in symptoms of histamine overload.

To summarize—and it gets a little complicated here, so bear with me—there are 6 ways that foods can send your histamine past the threshold where you experience allergic symptoms:

- 1. The old fashioned way—a **direct measurable food allergy**, say to casein from dairy (to return to the bathtub analogy, "faucet").*
 - 2. **Foods that are rich in histamines** ("faucet"). These include alcohol (especially red wine), aged meats; shellfish or spoiled fish; fermented products like sauerkraut, soy sauce, Worcestershire sauce, yeast extracts and vinegar; and beans and pulses.*
 - 3. **Foods that are rich in biogenic amines**, which don't directly trigger allergies, but compete with histamine for degradation by DAO ("stopper"). These include pineapple; bananas; raspberries; peanuts and wheat germ.*
 - 4. **Other foods that don't contain histamine but trigger mast cells to release histamine** ("faucet"). These include fruits like kiwi, lime, lemon, pineapple, papaya and plum; additives like MSG, sulfites, benzoate, nitrites and artificial food dyes; and tomatoes.*
 - 5. **Foods or beverages that inhibit DAO** ("stopper"): Alcohol; black, green and mate tea.*
 - 6. **Foods that can cause "leaky gut"** ("faucet"). They make the intestines leak, allowing passage of histamine or macromolecules from food into the body, triggering IgE or IgG food allergies. These include alcohol and hot spices like chili peppers.*
- <https://drhoffman.com/article/histamine-intolerance-a-new-way-of-looking-at-allergies/>

Fermented foods may be a problem food, but a healthy microbiome is still important for health.

Taking a probiotic supplement and eating resistant starch and other fiber foods can help support a healthy microbiome even if not able to eat live culture fermented foods. Zinc is also important for supporting the growth of the healthier strains. Having a healthy microbiome may be helpful for many chronic conditions, see excerpt below.

"Evidence for complementary combination products has been recently summarized.⁶⁰

[Complementary combination products – providing probiotic bacteria species along with prebiotic fiber type supplement or food to support the growth of the species too, by providing its preferred food.]

Briefly, several blinded, randomized, controlled trials have shown that oral consumptions of substrates (e.g., GOS, FOS, oligofructose, inulin, and polydextrose) in combination with live microorganisms (e.g., strains of Bifidobacterium, lactobacilli, Streptococcus, and Bacillus) provide health benefits.

These benefits include treatment of inflammation; 61,62; metabolic diseases, such as dyslipidemia, 63-67; type 2 diabetes and glycemia, 65,66; overweight, obesity, and metabolic syndrome, 68-70; nonalcoholic fatty liver disease, 71-74; and polycystic ovarian syndrome, 75; gastrointestinal conditions, including IBS, 76,77; and eradication of Helicobacter pylori, 68,78; prevention of sepsis, 79; and surgical infections and complications, 80-85; and treatment of atopic dermatitis. 86”

For probiotics, look for the following on the label:

- *The genus, species, and strain designation for all strains in the product.*
- *CFU at end of shelf life—not at time of manufacture.*
- *Indication of what benefits the product has been shown to confer. However, regulatory requirements limit the types of statements that can be made on foods or dietary supplements.*
- *Storage instructions. Some, but not all, probiotics require refrigeration. Typically, store products under the conditions they were stored when purchased. Follow manufacturers’ storage instructions.*
- *Although not required, it is a good sign if the label indicates that the product has been subjected to a valid, independent third party assessment of quality.*

Words to look for on an ingredient label that are of prebiotic benefit:

Prebiotics: *The word “prebiotic” is seldom used on a product label. Instead you may see **GOS, FOS, oligofructose, chicory fiber, or inulin**, which are accepted prebiotics. You may see **HMOs, trans-GOS, xylo-oligosaccharides, resistant starch, polydextrose, and polyphenols** featured in research publications and some products.*

Some prebiotic ingredients may be included in the grams of fiber that are listed on a food label:

Some prebiotics and candidate prebiotics have been recognized by the FDA as fibers, including **arabinoxylan, alginate, inulin and inulin-type fructans, high amylose starch (resistant starch 2), GOS, polydextrose, and resistant maltodextrin/dextrin.**

- From: *Evidence-Based Use of Probiotics, Prebiotics and Fermented Foods for Digestive Health*, By Hannah D. Holscher, PhD, RD, Robert Hutkins, PhD, and Mary Ellen Sanders, PhD, [a CEU course for dietitians]
<https://www.dropbox.com/s/oitro0cpc8sxi0/Probiotic%20CEU%20Course%20%281%29.pdf?dl=0>

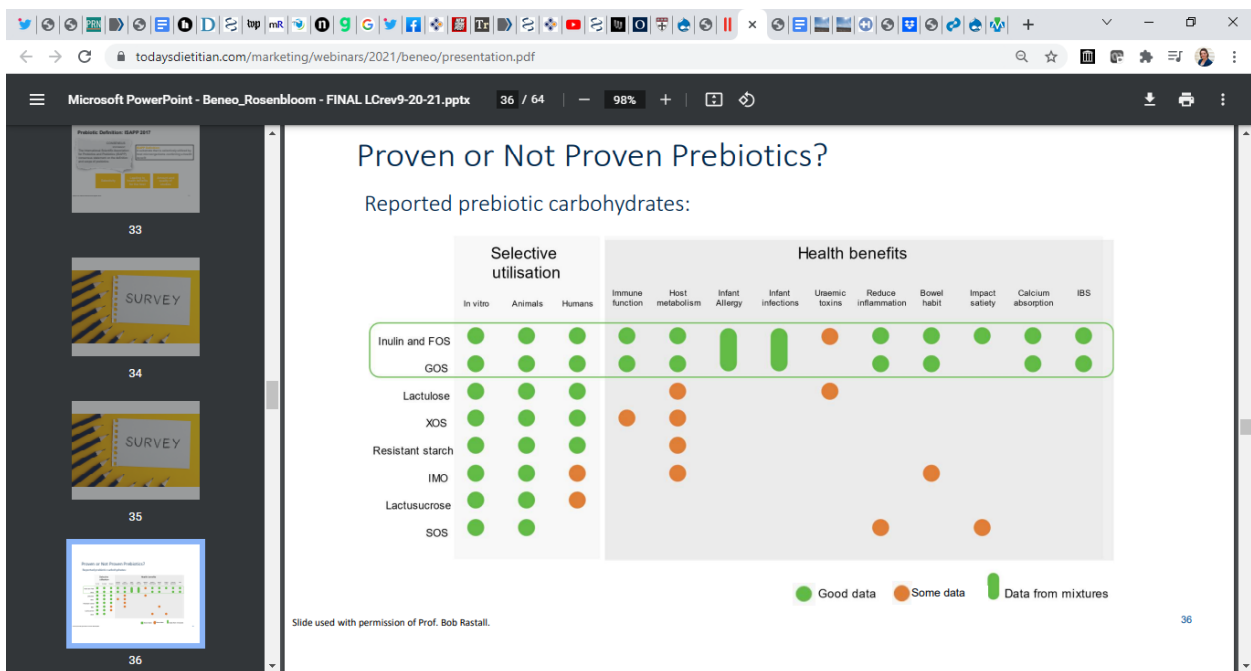


Image from a Power Point CEU course for dietitians about Probiotics and microbiome species.

- Evidence-Based Use of Probiotics, Prebiotics and Fermented Foods for Digestive Health*, By Hannah D. Holscher, PhD, RD, Robert Hutkins, PhD, and Mary Ellen Sanders, PhD,
<https://www.dropbox.com/s/oitro0cpc8sxi0/Probiotic%20CEU%20Course%20%281%29.pdf?dl=0>

Other Inflammatory Categories - Foods & EMF.

Alkalizing vs acid producing foods, Oxalates, and other food sensitivities can also be inflammatory problems in the standard diet.

- These are included in another document: [Alkalizing Foods](#).

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- EMF, radiation, radio waves - electrical fields can negatively affect our health and some electrical plasma field techniques are being used for healing. In modern life however there tends to be too much of a negative from EMF. See:

[☰ Symptoms of EMF / radiation / radio waves:](#)

Protocol links:

- [Nutrients We Need Them All](#), post with the presentation *Solutions for Chimeric Protein*.
- *Protocol Collation & Therapy Goals:*
<https://docs.google.com/document/d/1RmdggbxBUuJa9nFUmcFSoZdnEB8EPc181WOvhGakAKTU/edit?usp=sharing>

Disclaimer: This information is provided for educational purposes within the guidelines of fair use. While I am a Registered Dietitian this information is not intended to provide individual health guidance. Please see a health professional for individual health care purposes.

Nrf2 Promoting Foods & Phytonutrients

J R Depew, RD 2022

Beverages & Spices

Coffee, Green Tea, Chamomile, Sweet Wormwood (Artemisinin), Thyme, Capsaicin (Hot Pepper), Cardamom, Cinnamon, Curcumin (Turmeric), Cumin/Black seed oil, Oregano, Resveratrol (Grapes/Red Wine), Rosemary.

Cruciferous & Green Vegetables - Sulforaphane

Broccoli, Brussel Sprouts, Bok choy, Cabbage, Cauliflower, Chives, Collard greens, Kale, Kohlrabi, Leeks, Lettuce, Mustard greens, Spinach, Swiss Chard, Asparagus, Artichoke, Okra.

Allicin & Organosulfur Compounds

Garlic, Chives, Leeks, Onions, Scallions, Shallots, Horseradish, Radish, Wasabi, Mushrooms, Mustard Seeds. Nasturium Flowers & Seeds, Capers, Watercress.

Lycopene & Carotenoids

Apricots, Carrots, Tomatoes, Guava, Pink Grapefruit, Watermelon, Kale.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5494269/>

<http://jeffreydachmd.com/2016/02/artemisinin-our-ultimate-cancer-weapon-a-gift-from-china/>

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Nrf2 promoting Foods: <https://effectivecare.info/g10%3A-nrf2-promoting-foods>.