
Meat, poultry, fish, Egg

- Fish and shellfish whether fresh, frozen, smoked, or canned, if processing is unknown. (If the fish is freshly caught, gutted and cooked/frozen within 30 min it may be eaten)
- Egg (egg whites uncooked)
- Processed, smoked and fermented meats such as luncheon meat, sausage, wiener, bologna, salami, pepperoni, smoked ham, cured bacon

Milk and milk products

- Matured cheeses, incl.:
- Cheese (any kind of fermented cheese such as Cheddar, Colby, Blue cheese, Brie, Camembert, Feta, Romano, etc.).
 - Cheese products such as processed cheese, cheese slices, cheese spreads.
 - *Raw milk, and raw milk products. (highly perishable)*

Vegetables/Legumes

- Pickles, relishes and other foods containing vinegar
- Tomatoes, tomato sauces, ketchup
- Spinach
- Eggplant
- Avocados
- Mushrooms
- Kohlrabi
- Olives in vinegar or brine
- Seaweed
- Soy and soy (fermented) products
- Pulses: lentils and beans incl. peanuts

Carbohydrates/Grains

- Buckwheat
- *Wheat - wheat germ and gluten (avoid completely or greatly reduce intake)*

Seasonings

- Cumin, cloves, fenugreek
- Curry powder, pepper, chili pepper
- Vinegars, soy sauce, Worcestershire
- Mustard
- Yeast extract, dried Yeast
- *Garlic (note, also an antihistamine)*

Fruits

- Orange/ grapefruit/ lemon/ lime etc.
- Strawberries, Raspberries
- Papaya, Pineapple, kiwi, guava,
- Bananas
- Dried fruits with sulfite

Nuts and seeds

- Walnuts and cashew nuts
- Sunflower seeds
- Peanuts

Miscellaneous

- Margarine and Hydrolyzed lecithin
 - Fermented foods (such as sauerkraut, soy sauce, miso)
 - Tea (regular or green)
 - Cocoa, Chocolate (dark and milk)
 - Carob, licorice
 - Malt (sweetener), artificial sweeteners
 - Cola and soft drinks(carbon dioxide)
 - Alcoholic beverages of all types
 - 'De-alcoholized' beverages
 - Additives, see below.
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Additives

Preservatives:

- Sulfites (E220-E228)
- Benzoic acid, benzoates (E210-E213)
- Sorbic acid and sorbates (E200-E203)
- Parabeen = PHB-esters (E214-E219)

Colors:

Tartrazine (E102) and other artificial food colors (E104, E110, E120, E122-124, E127-128, E131-132 and E151)

Thickeners, stabilizing agents:

- Carrageenans E407
- Johannesbroodpitmeel E410 (also know as locust bean gum, carob gum, carob bean gum, carobin)
- Guar gum, guaran E412

Flavorenhancers:

- Yeast extract, MSG (E620-E625)
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Meat, poultry, fish, Egg

- Fish. If the fish is freshly caught, gutted and cooked/frozen within 30 min it may be eaten
- Egg yolk
- Fresh purchased raw meat, unseasoned and unmarinated.
- *Cooked ham*

Vegetables/legumes

- All other vegetables, fresh or frozen
- *In small amounts: garlic, onion, leeks, wild garlic, chives and savoy cabbage*
- Green beans and peas in small quantities.

Fruits

- All other fruits, fresh or frozen (Leave out overripe and damaged fruit)
- Juices and fruit drinks from tolerated fruit/ingredients
- Dried fruits without sulfite

Milk and milk products

- *Mozzarella and mascarpone (okay in small amounts)*
- Fresh pasteurized milk and the freshest possible ricotta, cottage cheese, quark, butter, cream, and sour cream.
- Yoghurt is tolerated by most people, but it depends on the bacterial culture.

Carbohydrates/Grains

- Rice, corn, oats, potatoes
- *Choose more ancient grains (eg Spelt)*
- *Bake your own bread – yeast free*

Nuts and seeds

- Macadamia nuts
- *All others in small quantities (except for walnuts, cashews and sunflower seeds)*

Seasonings

- Green herbs (be careful with garlic, dill and chives)
- Paprika, turmeric, caraway
- In small amounts; Cinnamon, anise, nutmeg, cardamom
- *Apple vinegar or white vinegar in small quantities (not the same as white wine vinegar or rice vinegar)*

Miscellaneous

- Herbal Teas
 - Cocoa butter, white chocolate
 - Natural sugars, honey, stevia
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Foods high histamine (H), and highly perishable, rapid formation of histamine (H!):	Histamine liberators:	Diamine Oxidase (DAO) inhibitors:
<ul style="list-style-type: none"> • Alcohol (H,A) • Pickled or canned foods – sauerkrauts (H) • Cheese (any kind of fermented cheese such as Cheddar, Colby, Blue cheese, Brie, Camembert, Feta, Romano, etc.) (H,A) • Cheese products such as processed cheese, cheese slices, cheese spreads. (H,A) • Processed meats, dried, smoked, cured meats products – salami, ham, bacon, sausages etc. (H,A) • Innards (H!) • Tuna (H,A) • Fish (H!,A), Shellfish (H!) • Wheat germ (A) • Cashews, walnuts (A) • Aubergine (eggplant), avocado, tomatoes, spinach, olives (H) • Clove, Fenugreek, pepper, chili, curry (H) • Black tea (H) • <i>Raw milk, and raw milk products. (H!)</i> • <i>Fresh meat, and minced meat (H!)</i> • Vinegars (H) • Ready meals (H) 	<ul style="list-style-type: none"> • Alcohol • Egg white – uncooked • Innards • Shell fish • Buckwheat • Sunflower seeds • Wheat germ • Cashews, walnuts • Avocado, tomatoes • Kelp • Pulses (soy, beans, peas, lentils, peanuts) • Kiwi, citrus fruit, papaya, pineapple, plum and strawberry (watermelon) • Cocoa and chocolate • Carob, liquorice • Cumin, mustard • Yeast extract • Additives – benzoate, sulphites, nitrites, glutamate, food dyes, preservatives, flavour enhancers, thickeners. 	<ul style="list-style-type: none"> • Alcohol • Black tea • Energy drinks • Green tea • Mate tea • Chocolate • Various medicines <hr/> <p data-bbox="1327 690 1711 727">Other biogenic amines (A)</p> <ul style="list-style-type: none"> • Banana, citrus fruit, papaya, pineapple, pear, raspberry, and strawberry (A) • Chocolates and other cocoa based products (A)