

## AOCI Polymorphism Histamine Diet Guide

### Low Histamine Level Foods

- Fresh meat (cooled, frozen or fresh)
- Freshly caught fish
- Chicken (skinned and fresh)
- Egg yolk
- Fresh fruits – with the exception of strawberries, most fresh fruits are considered to have a low histamine level
- Fresh vegetables – with the exception of tomatoes, spinach and eggplant
- Grains – rice noodles, yeast free rye bread, rice crisp bread, oats, puffed rice crackers, millet flour, pasta (spelt and corn based)
- Milk substitutes – coconut milk, rice milk
- Cream cheese, butter (without the histamine generating rancidity)
- Most cooking oils – check suitability before use
- Most leafy herbs – check suitability before use
- Most non-citric fruit juices
- Some herbal teas

### High Histamine Level Foods

- Seafood: shellfish or fin fish, frozen, smoked or canned
- Egg whites
- Processed, cured, smoked and fermented meats such as lunch meat, bacon, sausage, salami, pepperoni
- Leftover meat (After meat is cooked, the histamine levels increase due to microbial action as the meat sits)
- All fermented milk products, including most cheeses
- Yogurt, buttermilk, kefir
- Citrus fruits – eg. oranges, grapefruit, lemons, lime
- Most berries
- Dried fruit
- Fermented foods: sauerkraut, kombucha, pickles, relishes, etc.
- Spinach
- Tomatoes- including ketchup, tomato sauces
- Eggplant
- Artificial food colors and preservatives
- Spices: cinnamon, chili powder, cloves, nutmeg, curry powder, cayenne
- Beverages: Black Tea, alcohol
- Chocolate, cocoa
- Vinegar and foods containing vinegar such as pickles, relishes, ketchup, and prepared mustard