




ALLERGY AND REACTIVITY REDUCTION PROGRAM

Low Histamine Diet

Dietary amines such as histamine occur naturally in certain foods and come from protein breakdown. Levels increase in protein foods (meats, fish, cheese) as they age or 'mature', and in fruits as they ripen (e.g. bananas, tomato, avocado, pawpaw, olives), ensure that fruits and vegetables are as fresh as possible. High levels are likely to be present in sauces, fruit juices, chocolate, flavoured spreads, nut and seed pastes, jams, and in fermented products (e.g. beer, wines, yeast extracts).

FOODS TO AVOID		
	Beverages	All alcoholic beverages, black tea and coffee, cocoa, green tea, kombucha, juice of fruits and vegetables on avoid list.
	Cereals, grains, legumes, nuts and seeds	Fermented soy (miso, soy sauce, tempeh, tamari). Foods with viable yeasts (fresh bread, sourdough), legumes, nuts.
	Dairy products and eggs	Aged cheese, eggs.
	Fruit	Bananas, citrus (orange, lemons, grapefruit, mandarins), fermented or dried fruits, strawberries, kiwi fruit, papaya, pineapple, plums, raspberries.
	Meat and poultry	Bone broths, cured and smoked meats, sausages.
	Other (condiments, seasonings, etc.)	Additives (colorants, stabilisers, taste enhancers such as MSG, flavourings), cocoa and chocolate, fermented foods (sauerkraut, kimchi, soy sauce, tamari), liquorice, pickles, preservatives (especially benzoates and sulphites), spices (cinnamon, cloves, chili powder, curry powder, anise, nutmeg), vanilla.
	Seafood	Shellfish, tinned, smoked and cured fish.
	Vegetables	Avocados, eggplant, fermented and pickled vegetables, spinach, tomatoes.

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TEST PHASE: EXAMPLE LISTS OF PORTION SIZES TO USE

The test phase (if applicable) may be commenced after at least two weeks or more in the rest phase, when a significant reduction of symptoms has been achieved. Histamine containing foods will be slowly introduced followed by a maintenance diet (dependent on your individual response to these foods).

Foods should be consumed in the following order by including one food group per week (see table).

1. Vegetables and fruits
2. Legumes and nuts
3. Bread and eggs
4. Fish and meats
5. Cheese and chocolate
6. Beverages and fermented foods

	After 2 weeks elimination phase	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	 <p>Vegetables and fruits</p>	½ avocado, or 1 medium eggplant, or 2 large tomatoes and monitor symptoms	½ avocado, or 1 medium eggplant, or 2 large tomatoes and monitor symptoms	Monitor symptoms	½ avocado, or 1 medium eggplant, or 2 large tomatoes and monitor symptoms	Choose one vegetable from avoid list and monitor symptoms	Monitor symptoms	Monitor symptoms
Week 2	 <p>Legumes and nuts</p>	200 g cooked chickpeas and monitor symptoms	200 g cooked chickpeas and monitor symptoms	Monitor symptoms	Handful (e.g. 20) almonds and monitor symptoms	Handful (e.g. 20) almonds and monitor symptoms	Monitor symptoms	Monitor symptoms
Week 3	 <p>Bread and eggs</p>	2 slices of sourdough bread and monitor symptoms	2 slices of sourdough bread and monitor symptoms	Monitor symptoms	1 poached or boiled egg and monitor symptoms	1 poached or boiled egg and monitor symptoms	Monitor symptoms	Monitor symptoms
Week 4	 <p>Fish and meats</p>	100 g tinned fish or 50 g smoked salmon/trout and monitor symptoms	100 g tinned fish or 50 g smoked salmon/trout and monitor symptoms	Monitor symptoms	2 sausages or 50 g cured meat and monitor symptoms	2 sausages or 50 g cured meat and monitor symptoms	Monitor symptoms	Monitor symptoms
Week 5	 <p>Cheese and chocolate</p>	20 g aged cheese and monitor symptoms	20 g aged cheese and monitor symptoms	Monitor symptoms	40 g dark chocolate and monitor symptoms	40 g dark chocolate and monitor symptoms	Monitor symptoms	Monitor symptoms
Week 6	 <p>Beverages and fermented foods</p>	1 standard alcoholic drink or 1 strong cup of green tea and monitor symptoms	1 standard alcoholic drink or 1 strong cup of green tea and monitor symptoms	Monitor symptoms	50 g fermented food (e.g. kimchi, sauerkraut, pickles etc.) and monitor symptoms	50 g fermented food (e.g. kimchi, sauerkraut, pickles etc.) and monitor symptoms	Monitor symptoms	Monitor symptoms