



## Antihistamine Diet Plan

### ✦ WHAT IS AN ANTIHISTAMINE DIET?

Some foods are high in naturally occurring histamine, and others can block the DAO enzyme or trigger histamine release. The purpose of an antihistamine diet is to:

1. Decrease the consumption of histamine-rich foods and those that block DAO or trigger histamine release.
2. Promote foods to reduce inflammation and improve immunity.
3. Support optimal digestive function for effective and efficient nutrient digestion and absorption.

### HOW DO I KNOW THIS DIET IS RIGHT FOR ME?

While the focus of an antihistamine diet is to promote the inclusion of antihistamine foods, it may also limit some nutrient-rich foods so care must be taken to help support your transition and make sure all of your dietary requirements are met.

Like any major change to your diet, it is important to consult your healthcare practitioner first to make sure an antihistamine diet is right for you.

Dietary changes may play an integral role in improving a person's health outcomes and these adjustments often work well alongside supplementation and lifestyle modifications.

### WHAT TO EXPECT

No two individuals will experience symptoms of high histamine in the same way. Histamine excess can range from mild to severe and acute to chronic, and people can experience any range of symptoms including, but not limited to, heightened pain, poor sleep, stillness, headaches, poor focus or loss of energy.

An antihistamine diet is predominantly rich in fresh fruit and vegetables, wholegrains and healthy sources of fats, such as freshly caught fish, olive oil and some nuts and seeds.

## THE KEY WORD IS FRESH WHEN IT COMES TO THE ANTIHISTAMINE DIET



Different cooking methods can influence the levels of histamine in foods. In general, boiling seafood and meat is a better method of cooking than frying or grilling to control histamine levels in the food.<sup>3</sup>

## ☀️ WHAT IS HISTAMINE?

Histamine is one of our body's defence responses to an injury, inflammation or allergic reaction, and it's considered the main cause of itchiness. It acts as a neurotransmitter for the brain, spinal cord and uterus. Histamine is naturally present in many foods.

## HOW IS HISTAMINE PRODUCED AND ELIMINATED?

Histamine is an important part of the body's natural immune response and can be beneficial to protect tissues, by escorting allergens out of the system. When histamine persists longer than necessary, it may hinder the healing process.

With vitamin B6, histamine is produced from an amino acid called histidine and it is released by mast cells which are part of the immune system.

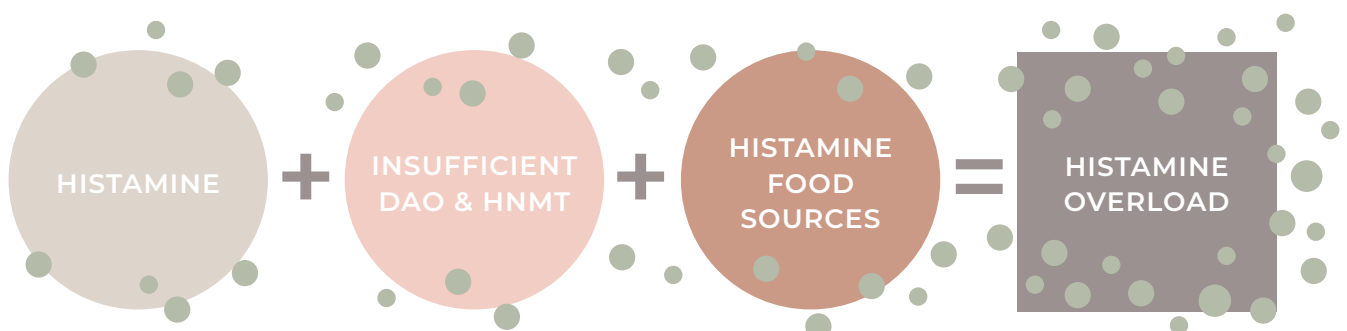
In healthy people, histamine is rapidly eliminated from the body by two enzymes called DAO (diamine oxidase) and HNMT (histamine n-methyltransferase).

## WHAT HAPPENS IF HISTAMINE IS NOT ELIMINATED PROPERLY?

When the body is unable to break histamine down effectively, an excess accumulates. This can lead to a cascade of symptoms, including allergic responses, bloating, anxiety, headaches, atopic dermatitis<sup>1</sup> and asthma<sup>2</sup>.

The main cause of histamine accumulation seems to be a malfunction of the enzyme DAO. Some examples of optimal function of this enzyme can be disrupted by gastrointestinal diseases and genetic predisposition.

## ☀️ HOW HISTAMINES CAN OVERLOAD YOUR SYSTEM



## FOODS TO AVOID AND ENJOY

To experience the most benefit from an antihistamine diet, your practitioner may suggest the following dietary changes as a long-term intervention or lifestyle change.

| FOOD GROUP                            | AVOID<br>Histamine-Releasing Foods, Histamine-Rich Foods or DAO-Blocking Foods  | ENJOY  |
|---------------------------------------|---|--|
| Refined flour & grains                | Pastry (yeast and sourdough), wheat, malt and wheat germ.   | Gluten free grains such as rice, quinoa, buckwheat.  |
| Fats & oils                           | Walnut oil, peanut oil and cashew nut spread.   | Olive oil, coconut oil, coconut butter, pure nut butters, fish oil.  |
| General                               | Fermented foods, including sauerkraut, soy sauce, kefir, kombucha and other leftover meats. Fermented or microbially ripened products (e.g. alcoholic products, vinegar, yeast, bacteria). Perishable fresh produce with inadequate/uncertain freshness or an interrupted cooling chain. Canned, opened or semi-finished products. Kept warm or reheated food (especially fish, meat and mushroom dishes), products with a long storage time. | Fresh, unprocessed, or little processed basic foods. The more perishable and protein-rich it is, the more important the freshness is.  |
| Dairy                                 | In general, dairy should be avoided. Yoghurt, matured cheese: hard cheese, semi-hard cheese, soft cheese, processed cheese, fondue; aged cheese: blue cheese, mould cheese and aged Gouda.  | Very occasionally fresh goat milk, sheep milk and butter are permitted. Non-dairy milks.   |
| Meat & Eggs                           | Processed, smoked, canned, cured, dried, marinated, preserved meat including bacon, salami, pepperoni, luncheon meats, sausages and hot dogs.   | Freshly cooked meat, eggs (chicken, quail), fresh coconut meat.  |
| Fish, seafood, crustaceans, shellfish | Canned fish, marinated, salted, dried, smoked or pickled fish and seafood. Certain fish species such as: tuna, mackerel, herring, sardines, anchovies, mahi mahi. Shellfish (mussels, lobsters, crabs, shrimps, prawns).  | Freshly caught fish. Frozen fish such as pollock, cod, trout, whitefish, perch, organic pangasius.<br><br>(Frozen for no longer than a few weeks. Thaw quickly and use immediately. Do not allow to thaw slowly in the refrigerator) |
| Vegetables                            | Eggplant, pumpkin, spinach, tomatoes (including ketchup, tomato juice), olives and pickled vegetables.  | Fresh vegetables (excluding spinach, eggplants and tomatoes).  |
| Legumes                               | Chickpeas, lentils, beans, soy products such as tofu.   | -  |
| Fruits                                | Overripe fruits. Citrus fruits such as lemon and orange, strawberries, raspberries, bananas, pineapple, dried fruits, avocados, kiwi, pears, papaya, guava.   | Fresh apple, peach, apricot, melon, mango, persimmon, lychee, cherries, sour cherries, blackberries, coconut, blueberries, cranberries.  |
| Herbs & Spices                        | Vinegar (especially wine vinegar, balsamic vinegar), mustard, olives, pickles. Yeast extract, flavour enhancers (glutamate, sodium glutamate), bouillon, broth.   | Fresh leafy herbs. Freshly ground spices - curry, cayenne, chilli, cloves, cinnamon, nutmeg. Apple cider vinegar.  |
| Nuts & Seeds                          | Long-stored nuts such as peanuts, cashew nuts, walnuts, almonds, pistachios.  | Hemp, chia, macadamias, chestnuts, flax seeds.   |
| Sauces                                | Soy sauce, hot spices, fish sauces.   | Table salt, garlic (fresh or powdered), culinary herbs, mild spices.   |
| Sweetener                             | Chocolate, white chocolate, carob.  | Honey, rice syrup, monk fruit, stevia.   |
| Beverages                             | Alcoholic beverages, soy milk, energy drinks, coffee, juices and soft drink, yerba mate, nettle tea, black and green tea.   | Water, coconut milk, almond milk, coconut water, herbal teas such as rooibos, juices (excluding those on the avoid list)   |



# SAMPLE ANTIHISTAMINE DIET

### BREAKFAST:

Freshly cooked quinoa porridge with coconut milk and blueberries

### SNACK:

Protein balls (coconut oil, almond meal, rice protein and honey)

### LUNCH:

Low histamine lasagna with kale salad –  
Recipe: [www.histaminefriendlykitchen.com/low-histamine-lasagna](http://www.histaminefriendlykitchen.com/low-histamine-lasagna)

### SNACK:

Tropical fruit salad (mango, lychee, blueberries and apples) with hemp seeds

### DINNER:

Fresh salmon, with cauliflower rice, mushroom and asparagus

### DRINKS:

Pomegranate and fresh mint mocktail (fresh apple juice, pomegranate, sparkling water and mint)

## CREATE YOUR OWN MEAL PLAN

|                  |   |  |
|------------------|---|--|
| <b>MONDAY</b>    | Breakfast:<br><br>Lunch:<br><br>Dinner: | <p><b>FRESH FRUIT &amp; VEGETABLES</b></p> <p><input type="checkbox"/> Apples <input type="checkbox"/> Blueberries <input type="checkbox"/> Lychee<br/> <input type="checkbox"/> Kale <input type="checkbox"/> Mushrooms <input type="checkbox"/> Sweet Potato<br/> <input type="checkbox"/> Asparagus <input type="checkbox"/> Cauliflower<br/> <input type="checkbox"/> Peppers <input type="checkbox"/> Mango <input type="checkbox"/> Broccoli<br/> <input type="checkbox"/> Green Beans <input type="checkbox"/> Potatoes <input type="checkbox"/> Carrots<br/> <input type="checkbox"/> Beetroot <input type="checkbox"/> Parsley <input type="checkbox"/> Squash</p> <p><b>FRESH MEAT</b></p> <p><input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Pork <input type="checkbox"/> Turkey<br/> <input type="checkbox"/> Fish <input type="checkbox"/> Shellfish</p> <p><b>NON-DAIRY</b></p> <p><input type="checkbox"/> Coconut milk <input type="checkbox"/> Almond milk<br/> <input type="checkbox"/> Cooking oils</p> <p><b>BREADS &amp; GRAINS</b></p> <p><input type="checkbox"/> Rice <input type="checkbox"/> Corn <input type="checkbox"/> Millet<br/> <input type="checkbox"/> Oats <input type="checkbox"/> Quinoa <input type="checkbox"/> Sorghum</p> <p><b>SNACKS &amp; BEVERAGES</b></p> <p><input type="checkbox"/> Nuts <input type="checkbox"/> Seeds <input type="checkbox"/> Non-dairy milk<br/> <input type="checkbox"/> Herbal teas <input type="checkbox"/> Water</p> <p><b>SWEETENERS:</b></p> <p><input type="checkbox"/> Honey <input type="checkbox"/> Monk Fruit <input type="checkbox"/> Stevia</p> |
| <b>TUESDAY</b>   | Breakfast:<br><br>Lunch:<br><br>Dinner: |  |
| <b>WEDNESDAY</b> | Breakfast:<br><br>Lunch:<br><br>Dinner: |  |
| <b>THURSDAY</b>  | Breakfast:<br><br>Lunch:<br><br>Dinner: |  |
| <b>FRIDAY</b>    | Breakfast:<br><br>Lunch:<br><br>Dinner: |  |
| <b>SATURDAY</b>  | Breakfast:<br><br>Lunch:<br><br>Dinner: |  |
| <b>SUNDAY</b>    | Breakfast:<br><br>Lunch:<br><br>Dinner: |  |