

**Keith Halperin DC 2025 112th Ave NE. Bellevue, Wa.
98004**

425.452.9366

Histamine Food List

These are foods for a Histamine restricted diet and may not reflect any other dietary restrictions you may have. Please individualize your food choices with Dr. Halperin.

In general, foods to AVOID:

- Cultured & fermented foods – sauerkraut, kombucha, pickles, miso, kimchee, soy sauce, tamari
- yeast
- vinegar and foods containing vinegar – salad dressing, mustard, catsup, mayonnaise
- alcohol – beer, cider, wine, fermented liquors
- chocolate & cocoa
- colas, energy drinks
- canned foods
- preservatives & additives
- leftovers: very ripe, older, or non-hygienic foods
- coffee, black & green teas, Mate tea
- spices/seasonings – anise, cinnamon, cloves, nutmeg; chili powder, curry, hot peppers

	BEST Low Histamine Foods	LIMITED Consumption	AVOID High Histamine Foods
PROTEIN Fresh!	Poultry: (chicken, duck, pheasant, turkey) <ul style="list-style-type: none">○ organic & grass-fed,○ preferably skinless	Frozen	
	Meat: (beef, buffalo, elk, lamb, pork, venison, etc.) <ul style="list-style-type: none">○ organic & grass-fed	Frozen	<ul style="list-style-type: none">• Slow-cooked or leftover meat• Processed meats: bacon, sausage, deli meat, etc.• Smoked or cured: ham, salami, pastrami• Factory-farmed, or with added sugar, MSG, sulfites, or carrageenan
	Seafood: <ul style="list-style-type: none">○ sustainably fished & wild caught; gutted within ½ hr.	Flash-frozen depending upon how quickly fish was gutted	<ul style="list-style-type: none">• Shellfish• aged fish (canned, smoked)• fish not immediately gutted after catching

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	Eggs organic & free-range; fully cooked		<ul style="list-style-type: none"> • Egg whites, raw or undercooked
DAIRY Fresh!	Milk, Rice milk, Coconut milk (not canned) Cream Cream cheese (except when cultured) Egg (fully cooked)		<ul style="list-style-type: none"> • Yogurt • Kefir (depending on culture used) • Aged cheeses • Egg whites, raw or undercooked
Fruit Fresh!	Apples (all varieties) Apricots Blackberries, Blueberries Cherries Dates Figs Exotic fruits (star fruit, quince) Grapes (both red & green) Melon Nectarines Peaches Pears (all varieties) Plums	Dried fruit	<ul style="list-style-type: none"> • Generally, <u>any</u> overripe fruit • Bananas • Grapefruit • Kiwi • Lemon/Lime • Mango • Oranges • Papaya • Pineapple • Strawberries • Tangerines
Fruit Fresh!	Pomegranates Raspberries Watermelon Non-citrus juices		

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<p>VEGETABLES Fresh!</p>	<p>Anise/fennel root Artichoke Arugula Asparagus Beets Bell peppers Bok Choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumber Eggplant Garlic Ginger Green beans Greens (beet, collard, mustard, turnip) Herbs (leafy: basil, mint, parsley, oregano, rosemary, tarragon, thyme) Jicama Kale Kohlrabi Leeks Lettuce (bibb, butter, red) Mushrooms (all) Okra Onion (red)/Shallot Parsnips Peas (snow, sugar snap) Pumpkin Radish Rutabaga Rhubarb Sprouts Squash (acorn, butternut, delicata, spaghetti, summer) Sweet Potato/Yam Swiss chard Turnip Watercress Zucchini</p>		<ul style="list-style-type: none">• Spinach• Tomato (fresh or processed)
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Grains	Corn, oats, rice, spelt Pasta made from corn, rice, spelt		<ul style="list-style-type: none"> Wheat-based foods
Breads	Yeast-free: muffins & tortillas made from acceptable grains Euro-style rye bread		
Sweeteners	Agave Honey Maple syrup Non-GMO sugar		
Beans	Garbanzo, black, lentils		<ul style="list-style-type: none"> Red beans
Fats * must be 100% grass-fed & organic	<p>Cooking Fats: * Animal fats * Clarified butter * Ghee Coconut oil Extra-virgin Olive oil</p> <p>Eating Fats: Avocado Coconut butter Coconut meat, flakes Olives (all)</p>	<p>Occasional Nuts & Seeds: Almonds Almond butter Brazil nuts Pecans Pistachios</p> <p>Limit Nuts & Seeds: Flax Pine nuts Pumpkin seeds/pepitas Sesame seeds Sunflower seeds Sunflower seed butter Walnuts</p>	<ul style="list-style-type: none"> Cashews Coconut milk (canned) Hazelnuts (Filberts) Macadamia nuts