

## “Histamine Light “Diet

*A kinder, gentler low histamine diet*

Online lists of foods on a low histamine diet are confusing, vary depending on the source and contradict each other. I created this list taken from data on a meta-analysis, (a study that looks at all the studies done on histamine intolerance and diet). The list shows which foods are most problematic to people with histamine-related issues based on results from numerous studies. This is not a complete low histamine diet but one that may be more manageable and still aid symptoms. For that reason, I call it “histamine light”.

Some people will notice improvement in their symptoms by decreasing only the highest risk foods. Others may need to also limit the moderately problematic or less problematic foods. Please keep a log of your symptoms to determine your needs.

I recommend you start by eliminating the highest risk foods first and expand to include the other categories if you do not notice improvement within 3 weeks. Most people will begin to see improvement within a week.

If a food is on this list, it may or may not bother you. Everyone is different. If you have other sensitivities to the foods keep in mind this list only refers to histamine content and does not consider other food sensitivities or allergies.

Addressing the underlying reason for the histamine related issues is vital in order to allow eventual reintroduction of food items to your diet again. This is meant as a starting point and clarification and does not replace standard medical care. I do advise if you are having histamine-related issues that you seek guidance from a knowledgeable practitioner.

Elimination of the foods is not meant to be permanent, and reintroduction should be done once the underlying issue is addressed and corrected. This list is not meant to be used for people with food allergies that may mimic histamine intolerance. Please clarify with your medical provider what the cause of your symptoms is.

Below are several articles I have written on related topics that you may find helpful.

[What is Histamine Intolerance](#)

[The Low Histamine Diet Explained. Does It Work?](#)

[Histamine And IBS](#)

[Mast Cell Activation Disorders And MCAS](#)

[A Low Histamine Diet May Help Long Covid](#)

## **Highest risk/Most problematic**

- Cured or processed meats
- Cheese
- Canned oily fish
- Dry fermented meat products (beef jerky)
- Spinach
- Tomatoes
- Fermented cabbage/sauerkraut
- Citrus
- Strawberries
- Wine
- Beer

## **Moderately problematic**

- Shellfish
- Egg
- Fermented soy products
- Eggplant
- Avocado
- Banana
- Kiwi
- Plum
- Pineapple
- Plum
- Nuts
- Chocolate

## **Lowest risk but still may be problematic**

- Milk/dairy
- Lentils
- Chickpeas
- Soybeans
- Mushroom

Another link you may find helpful is to some of the recommended supplements I use for histamine intolerance. It does require an email sign up/account set up to view but does not require purchase unless you so desire. Please always confer with your provider before starting any new supplements.

Not all the supplements on the list are typically needed.

[Supplements Used For Histamine Intolerance](#)

Please be aware there may be other high histamine foods that are problematic for certain individuals. This is meant as a starting point for the most likely culprits. Keeping a food and symptom log will help determine other triggers. I hope you find this information useful!

For more information and posts on a variety of health and nutrition topics see the links below

-Dr. Burkhart

[Dr. B's Website](#)

[Dr. Burkhart on Instagram](#)

[Dr. Burkhart on Facebook](#)