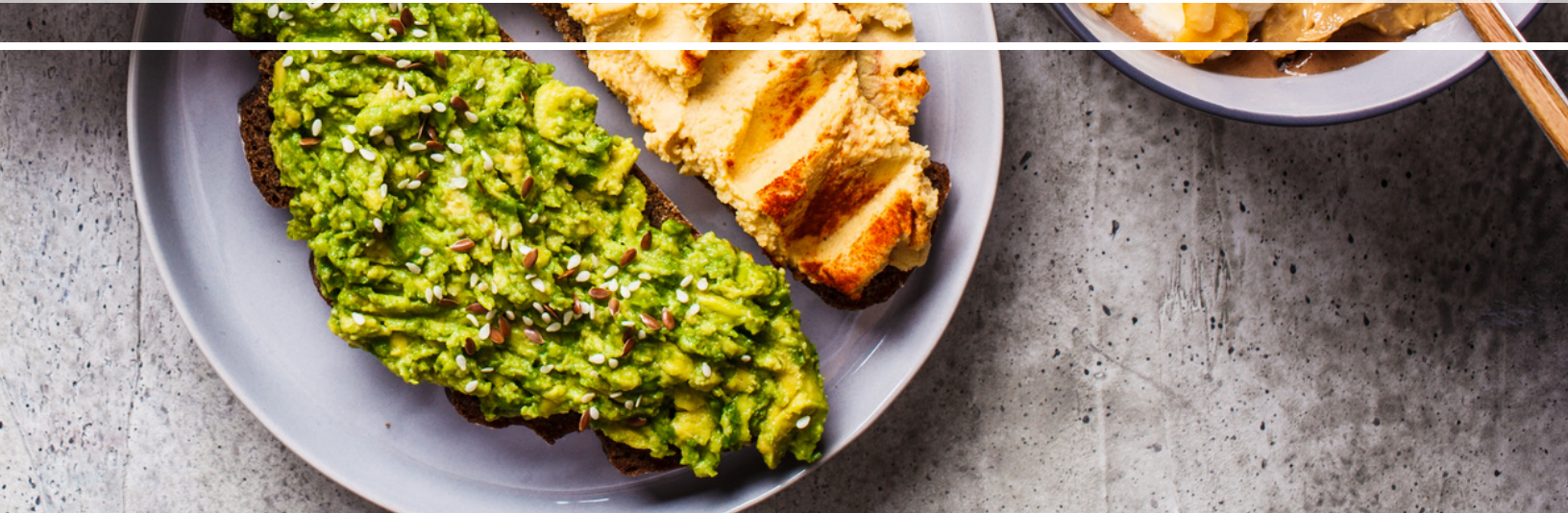




HISTAMINE

Food Guide





Nutritional Strategies

Histamines

This strategy is designed to categorize foods based on their histamine levels, to make avoidance more attainable. It's important to note that, while this list provides valuable insights into high and low histamine foods, it doesn't serve as a personalized dietary plan tailored to your unique needs.

Your ideal food choices extend beyond histamine levels alone, and what works for one person may not be suitable for another. Take a moment to familiarize yourself with this comprehensive list, and gain valuable insights into how histamines impact your symptoms!

Some factors that increase histamine reactions:

- parasites
- liver stagnation
- EMF exposure
- chemical exposure
- mold toxicity



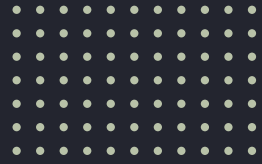
Certain foods, though not inherently histamine-rich, may contain compounds that hinder histamine processing within the body. We have classified these foods as high histamine in this document.

Dr. George Stanton



Histamine Sensitivity

Symptoms



Research has linked the following signs and symptoms. As you can see, they are plentiful and widely varied among systems within the body. Sensitivity to histamines can be hard to pinpoint, but you'll see later in this document, that if these symptoms are aggravated by high-histamine foods, this is likely at least one contributing factor.

- Slow healing
- Get infections easily
- Easy bruising/bleeding
- Multiple food/chemical sensitivities
- High/low blood pressure
- Heart palpitations
- Chest pain (not heart attack)
- Diarrhea and/or constipation
- Heartburn/acid reflux
- Decreased libido
- Endometriosis (women)
- Painful periods (women)
- Erectile dysfunction (men)
- Pelvic pain
- Muscular pain
- Arthritis/joint pain
- Osteoporosis/osteopenia
- GI upset (bloating, gas, nausea, vomiting, abdominal pain)

- Frequent headaches
- Tics/tremors
- Seizures
- Psychosis
- Thyroid dysfunction (hypo/hyper)
- Vertigo/dizziness/lightheaded
- Fainting
- Rashes/itchy skin
- Irritated eyes
- Light sensitivity
- Anxiety/depression/panic
- Unexplained mood changes
- Fatigue
- Excessive sweating/flushing
- Feeling cold
- Disrupted cognition (memory issues, trouble concentrating, difficulty finding words)

- Unexplained weight gain/loss
- Increase/decrease in appetite
- Hair thinning/loss
- Tinnitus
- Ear pain or congestion
- Mouth sores/burning
- Dental decay
- Allergies
- Itchy or sore throat
- Post-nasal drip
- Swollen/painful lymph nodes
- Pain in left upper abdomen
- Swollen sinuses
- Frequent cough
- Trouble catching breath
- Wheezing
- Sleep apnea
- Generalized weakness

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Histamine Sensitivity Food List



Dairy

LOWER HISTAMINE

- A2 Milk (plain)
- Cream (grass-fed)
- Ghee (grass-fed)
- Butter (grass-fed)
- Ricotta cheese (grass-fed)
- Goat milk

HIGHER HISTAMINE

- Buttermilk
- Cheese
- Kefir
- Yogurt

Drinks

LOWER HISTAMINE

- Coconut water (fresh)
- Mold-Free Coffee (in general, it's best to avoid caffeine when trying to heal)
- Herbal tea
- Juice (freshly squeezed from low-histamine fruits & vegetable - limit intake due to sugar)
- Mineral water (plain, uncarbonated)
- Tequila (however, it's strongly recommended you avoid all alcohol)
- Water (distilled is best)

HIGHER HISTAMINE

- Alcohol
- Beer
- Wine
- Carbonated drinks (i.e. sodas, energy drinks)
- Ciders and and/or fermented drinks
- Drinks with "flavor" or "spices"
- Coconut water (packaged)
- Flavored milks
- Fruit juices and cocktails
- Kombucha
- Tea (black, green, white)

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Fats & Oils

LOWER HISTAMINE

- Avocado oil (cold pressed)
- Butter (grass-fed)
- Coconut oil (extra virgin)
- Flax oil (extra virgin)
- Ghee (grass-fed)
- Olive oil (extra virgin)
- Macadamia Oil
- Meat drippings (fresh)
- MCT Oil
- Salad dressings (homemade, with low-histamine ingredients)

HIGHER HISTAMINE

- Fats and oils with color or preservatives added
- Hydrolyzed lecithin
- Margarine
- Salad dressings (with high-histamine ingredients)
- If DAO levels are very low, avoid avocado and olive oil

Legumes

LOWER HISTAMINE

- Kidney
- Black
- Navy
- Garbanzo/Chickpea
- Lentil
- Black

HIGHER HISTAMINE

- Beans - Canned- (Oxalate)
- Lentils - Canned (Oxalate/Lectin)
- Peanuts - (Oxalate/Lectin)
- Soybeans / Edamame
- Tofu

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Histamine Sensitivity Food List



Fruits

LOWER HISTAMINE

- Apple
- Apricot- Fresh
- Blackberry - (Oxalate)
- Blueberry
- Cherry
- Cranberry, Fresh
- Currant, Fresh
- Cantaloupe (Rock Melon)
- Dragon Fruit
- Figs, Fresh
- Fruit dishes made with allowed ingredients
- Honeydew
- Kiwi- (Oxalate)
- Lemon- ½ tsp (not always tolerated in elimination)
- Lime- ½ tsp (not always tolerated in elimination)
- Mango
- Nectarine
- Peach
- Persimmons/ Kaki
- Pomegranate- (Oxalate)
- Pear, Bartlett or Bosc
- Pear, Other Variety-
- Plantain- (Oxalate)
- *[Raspberries] (Limit to ¼ cup)
- Watermelon

LOWER HISTAMINE

- Avocado
- Banana
- Dates
- Dried Fruit
- Fruit Dishes, Jams, Juices- Made with ingredients from high histamine list
- Grapefruit
- Grapes (often have mold)
- Loganberry
- Orange and other citrus
- Papaya -(Oxalate)
- Pawpaw -(Oxalate)
- Pineapple
- Plums
- Prunes
- Raisins
- Strawberries

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Histamine Sensitivity Food List



Grains & Carbs

LOWER HISTAMINE

- Amaranth - (Oxalate)
- Buckwheat - (Oxalate-Lectin)
- Rice - (Oxalate/Lectin)
- Millet - (Oxalate)
- Oats - Oxalate-Lectin (Note:Oats are often cross contaminated with gluten)
- Quinoa - (Oxalate/Lectin)
- Rice, Black - (Oxalate/Lectin)
- Rice, Brown - (Oxalate/Lectin)
- Rice, White- (Lectin)
- Resistant Starches To Feed Good Gut Bacteria (Avoid with SIBO):
- Cassava Flour- Oxalate (Otto's tests lower)
- Tiger Nut flour (Organic) - (Oxalate)
- Flax meal
- Miracle Noodles, Miracle Rice
- Blanched Almond Flour- Oxalate (Very high)
- Hazelnut Flour- (Oxalate)
- Potatoes- (Oxalate/Lectin)
- Sweet Potatoes- (Oxalate/Lectin)
- Sweet Potatoes starch and sweet potatoes starch noodles (the starch is low oxalate , the flour is high oxalate)
- Rutabagas
- Turnips, Greens or Root

HIGHER HISTAMINE

Foods made with:

- Anise
- Artificial Colors
- Artificial Flavors
- Bleached Flour
- Cheese
- Chocolate
- Cinnamon
- Cloves
- Cocoa
- Margarine
- Preservatives
- High Histamine Fruits
- Some Jams, Jellies
- Any food made with or cooked in oils with hydrolyzed lecithin, BHA, BHT commercial pie, pastry and fillings
- Baking Mixes
- Dry Dessert Mixes
- All packaged rice and pasta meals
- Gluten
- Corn

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Meat, Poultry, & Fish

LOWER HISTAMINE

Think Fresh or Frozen Only.

- All Pure, Freshly cooked, Un-Aged meat or poultry (NOT GROUND) No long marinades, and do not eat refrigerated leftovers:
- Bison (Only if unaged)
- Beef (Only if unaged)
- Chicken
- Duck
- Goose
- Lamb
- Ostrich
- Pork
- Quail
- Rabbit
- Salmon, gutted and frozen
- Within 30 minutes of catch (Like vital choice fish king salmon*)<https://www.vitalchoice.com/>
- Turkey
- **Try Farmer’s Markets or US
- Wellness meats * for pastured chicken, turkey, and rabbit that are frozen right after slaughter.

HIGHER HISTAMINE

- Beef- Aged
- (99% of all beef is aged)
- Bison - Aged
- (99% of all bison is aged)
- Cured Meats: Bacon, Salami, Pepperoni, Luncheon meats and hot dogs
- Eggs, especially conventional raised
- Fish - All other
- Ground Meats
- Leftover cooked meats
- Processed Meats
- Shellfish

Resources for fresh meats:

- Low Histamine grass - fed meats (less aged meats for someone who is really sensitive)
 - <https://northstarbison.com/collections/low-histamine-meats>
 - <https://billydoemeats.com/>
- Grass-Fed Meat
 - <https://grasslandbeef.com/>
 - <https://forceofnature.com>
 - <https://whiteoakpastures.com>

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Histamine Sensitivity Food List



Nuts & Seeds

LOWER HISTAMINE

- TAlmonds- Blanched- (Very high oxalate)
- Almonds - With skin- Lectin/Oxalate (Very high oxalate)
- Brazil Nuts (Only 3 to 4 nuts a day max) - Oxalate
- Chia Seeds (Oxalate)
- Chestnuts - Fresh - (Oxalate)
- Coconut Meat, fresh
- Coconut Milk, 100% coconut milk only (NO ADDITIVES)
- Flax Seeds
- Hazelnuts (Oxalate)
- Hemp Protein powder (Oxalate)
- Hemp Seeds (Oxalate)
- Macadamias (Oxalate, if over ¼ cup)
- Pecans (Oxalate) (If over ¼ cup)
- Pine Nuts (Oxalate)
- Pistachios (Oxalate, if over ¼ cup)
- Pumpkin Seeds (Lectin)
- Sesame Seeds (Oxalate)
- Sunflower (Lectin)

HIGHER HISTAMINE

- Cashews (Lectin/Oxalate)
- Coconut -Dried
- Peanuts (Lectin/Oxalate)
- Walnuts (Oxalate)

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Histamine Sensitivity Food List



Spices & Herbs

LOWER HISTAMINE

- Basil
- Chives
- Cardamom
- Carway
- Cilantro
- Cumin (Oxalate)
- Curcumin powder can replace turmeric if oxalates are a concern
- Dill
- Garlic
- Ginger
- Lemongrass
- Oregano
- Peppercorns, Pink, (Oxalate)
- Peppermint
- Turmeric (Oxalate)
- Rosemary
- Sage
- Saffron
- Spirulina (Oxalate)
- Salt- unrefined like real salt, celtic sea salt, himalayan sea salt

HIGHER HISTAMINE

- Allspice
- Anise
- Cinnamon
- Chili Powder
- Cloves
- Curry Powder
- Cayenne
- Foods labeled "With spices"
- Foods labeled "Natural Flavors" or "Artificial Flavors"
- Mace
- MSG
- Mustard
- Nutmeg
- Paprika
- Peppercorns - Black, Green, White- May need to limit to small amounts (Oxalate)
- Seasoning packets with high histamine ingredients

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Histamine Sensitivity Food List



Sweetener

LOWER HISTAMINE

These don't affect blood sugar:

- Coconut Sugar - use sparingly, avoid in elimination
- Homemade sweets with allowed ingredients
- Stevia
- 100% Monk Fruit - No fillers
- Inulin
-

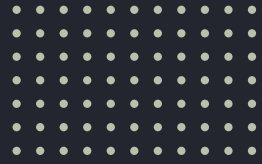
HIGHER HISTAMINE

- Artificial Sweeteners
- Cake Decorations
- Candies
- Confectionary
- Corn Syrup
- Desert Fillings
- Flavored Syrups
- Honey
- Icing Sugar
- Icing & Frosting
- Molasses
- Maple Syrup
- Pure jams, jellies, marmalades, conserves made with allowed ingredients
- Spreads with high histamine Ingredients
- Sugar

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Histamine Sensitivity Food List



Vegetables

LOWER HISTAMINE

- Artichokes (Oxalate)
- Arugula
- Asparagus
- Basil
- Beets (Very high oxalate)
- Bok Choy
- Broccoli
- Brussels Sprouts
- Butter Lettuce
- Butternut Squash (Lectin)
- Carrots
- Cauliflower
- Celery
- Chinese Cabbage
- Chives
- Cilantro
- Collards
- Cucumber (Lectin)
- Daikon Radishes
- Dandelion Greens
- Endive
- Escarole
- Fennel
- Garlic

HIGHER HISTAMINE

- All vegetables prepared with high histamine ingredients :
- Eggplant (Lectin/Oxalate)
- Green Beans, String beans (Lectin)
- Mushrooms
- Peas (Lectin)
- Pumpkin (Oxalate)
- Sauerkraut
- Spinach (Very high oxalate)
- Soybeans/Edamame
- Tomato and all tomato products (Lectin)

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Histamine Food List

Vegetables Cont.

LOWER HISTAMINE

- Green and Red Cabbage
- Kale- Curly (Oxalate)
- Kale - Lacinato or Dinosaur
- Kohlrabi
- Leafy Greens
- Leeks
- Mesclun
- Mint
- Perilla
- Mizuna
- Mustard Greens
- Napa Cabbage
- Onions - Any kind
- Parsley, Curly (Oxalate)
- Parsley, Flat
- Parsley, Root
- Parsnips (Oxalate)
- Peppers, Bell or Hot (Lectin)
- Purslane (Very high oxalate)
- Potatoes (Oxalate)
- Rhubarb (Very high oxalate)
- Romaine
- Rutabaga
- Scallions
- Squash, Winter (Lectin)
- Squash, Summer (Lectin)
- Swiss Chard (Very high oxalate)
- Turnip
- Watercress

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prairie / sage

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