

Low Fodmap – Histamine Diet

	To Avoid:	Well Tolerated:
General	<p>Fermented products (e.g. alcoholic products, vinegar, yeast, bacteria) Perishable fresh produce with inadequate / uncertain freshness. Canned, finished or semi-finished products. Kept warm or reheated food, especially fish, meat and mushroom dishes. Meals from restaurants, canteens, snack bars are often badly tolerated for various reasons.</p>	<p>Eat fresh, unprocessed or little processed basic foods. The more perishable and protein-rich it is, the more important is fresh! It has to be refrigerated uninterruptedly from the producer to the consumer! Perishables never leave unrefrigerated, not even for a few minutes. Let leftovers cool down for a moment and then freeze. Thaw quickly and consume immediately.</p>
Eggs, Meat and Poultry	<p>Canned meat, cured, dried, marinated, smoked or otherwise preserved meat: dry-cured ham, bacon, Bone-matured or dry aged meat, long hung meat. Finely chopped / pureed meat (meatloaf, spreads, cold cuts) Almost all sausages (e.g. salami, liverwurst) Offal, innards (especially liver).</p>	<p>Natural fresh meat (poultry, lamb, goats, beef, pork, wild boar), as fresh as possible, packaged and dated: e.g. cutlet, fillet, chicken legs, turkey breast. Frozen meat, thawed rapidly. Cooked ham (in slices, without yeast extract or glutamate) Eggs (chicken, quail, etc.)</p>
Fish and Shellfish	<p>Canned fish, marinated, salted, dried, smoked or pickled fish and seafood. Certain fish species (in particular the Scombroidae family): Tuna, mackerel, herring, sardines, anchovies, mahi mahi. Fish sauces Shellfish (mussels, lobsters, crabs, shrimps, prawns)</p>	<p>Absolutely freshly caught fish (anglers, fishermen, fish farm) Frozen fish. Thaw quickly and use immediately! Do not allow to thaw slowly in the refrigerator!</p>
Dairy Products	<p>All products containing cows, goat, and sheep milk.</p>	<p>Almond, coconut, hemp and oat milk.</p>

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Grains	Gluten containing grains (Wheat, Barley, Rye and Spelt) Corn.	Buckwheat, corn, oats, quinoa, and rice.
Vegetables	Asparagus, avocado, broccoli, butternut squash, beets, brussels sprouts, cabbage, cauliflower, celery, eggplant, garlic, mange tout, mushrooms, okra, olives, onions, peas, pumpkin, sauerkraut, spinach, spring onions, sweet potato and tomatoes.	Alfalfa sprouts, arugula, bamboo shoots, bean sprouts, bok choy, bell peppers, carrots, celeriac, chives, collard greens, cucumber, endive, fennel, green beans, kale, lettuce, parsnip, potato (white), radish, rutabaga, seaweed, summer squash, swiss chard, turnip and zucchini.
Legumes	Lentils, beans, peanuts and soy.	
Fruits	Apples, apricot, bananas, blackberries, grapefruit, guava, kiwi, lemons, mango, oranges, peaches, pears, pineapple, plums, strawberries, pineapple, pears, papaya, raisins, raspberries, sultanas, strawberries, and watermelon. Avoid overripe fruits and rotten parts.	Blueberries, cantaloupe, cherries, clementine, cranberries, cassis, grapes, melon (Honeydew, Gallia), and rhubarb.
Nuts and Seeds	Nuts (especially walnuts, cashews, peanuts, exceptions see right)	Coconut, coconut milk, macadamias, and chestnuts
Fats and Oils	Walnut oil	Vegetable oils, vegetable fats, animal fat, fish oil
Herbs and Spices	Vinegar (especially wine vinegar, balsamic vinegar). Yeast extract, flavor enhancers (glutamate, sodium glutamate), bouillon, and broth. Soy sauce Hot spices	Table salt, garlic (fresh or powdered), culinary herbs, and mild spices. Distilled white vinegar and apple cider vinegar. Herbs fresh or dried. Starch, e.g. corn and potato starch.

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Sweeteners	Agave, cocoa, cocoa mass, dark chocolate, carob, high fructose corn syrup, honey, inulin, isomalt, maltitol, mannitol, sorbitol and xylitol.	Sugar and stevia.
Beverages	Alcohol, apple juice, black tea, energy drinks, green tea, nettle tea and sodas.	Coffee, peppermint tea, rooibos tea and water.
Miscellaneous	Food additives, colours and preservatives	