

Foods to avoid — Histamine impact

Simplified chart for PMCHS / SHMP · Programmed Mast Cell Hyperreactivity Syndrome

pmchs.org · histamine-research.com

■ VERY HIGH — Always avoid

Fruits

- Strawberry, citrus fruits, pineapple, papaya, kiwi
- Ripe banana, avocado, raspberry

Vegetables

- All fermented vegetables
- Tomato (all forms)
- Cooked / reheated spinach
- Eggplant, olives in brine
- All mushrooms

Meat & Fish

- Smoked fish and meat
- Canned fish
- Shellfish (mussels, oysters, shrimp, crab)
- Cured meats: salami, chorizo, raw ham, coppa
- Marinated fish (rollmops, pickled herring)
- Offal (liver, kidneys, brain)

Dairy

- Aged cheeses: Roquefort, blue cheese, Camembert,
- Brie, Munster, aged Comté, Parmesan
- Sour cream, fermented thick cream, kefir

Beverages

- Alcohol: wine, beer, champagne, aged spirits
- Kombucha, fruit kefir, energy drinks
- Concentrated cocoa / hot chocolate

Additives

- Monosodium glutamate E621, benzoates E210-219
- Sulphites E220-228, tartrazine E102

Condiments

- Vinegar, soy sauce, miso, ketchup, mustard, pickles

■ HIGH — Limit strongly

Fruits

- Plum, apricot, cherry, blackberry, blueberry, blackcurrant, cranberry
- Mango, guava, date, fig, dried raisin
- Walnuts, hazelnuts, peanuts, cashews

Vegetables

- Pumpkin, squash, butternut
- Canned legumes
- Bell peppers, chard, tofu, tempeh

Meat & Fish

- Fresh oily fish (tuna, mackerel, sardine, salmon)
- Industrial cooked deli meats
- Processed meat, pork

Dairy

- Semi-aged cheeses (young Cantal, young Gouda)
- Yoghurt, cottage cheese, fromage frais
- Processed cheese, fermented milk

Beverages

- Coffee, black / green tea, maté
- Citrus juice, pineapple juice, tomato juice, sodas

Spices

- Cinnamon, cloves, star anise, curry, chilli, paprika

■ MODERATE — Use in moderation

Fruits

- Peach, nectarine, pear
- Melon, watermelon
- Almonds, pistachios, pecans

Vegetables

- Cabbages (white, red, cauliflower, broccoli)
- Leafy greens, green beans, peas
- Artichokes, asparagus, celery, fennel, radish

Meat & Fish

- Poultry (chicken, turkey, duck), beef, veal
- White fish (cod, hake, sole, sea bream)
- Lamb, rabbit, quality cooked ham

Dairy

- Fresh cheeses (mozzarella, burrata, feta, ricotta)
- Fresh goat cheese, fresh sheep cheese, UHT cream

Cereals

- Oats, spelt, rye, barley, millet
- Wholegrain rice, wholegrain bread, wholegrain pasta

Beverages

- White tea, rooibos
- Apple or pear juice — Flavoured sparkling water

■ LOW — Well tolerated

Fruits

- Apple (peeled and cooked preferred)
- Chestnut, rhubarb (cooked), coconut

Vegetables

- Carrot, parsnip, potato, sweet potato
- Zucchini, cucumber, fresh beetroot
- Leek, cooked onion, garlic (small amount), sweet corn

Meat & Fish (very fresh, unprocessed)

- Chicken, fresh turkey, fresh white meats

Dairy

- Fresh UHT milk (whole, semi-skimmed, skimmed)
- Unsalted butter, ghee, lactose-free milk
- Non-fermented UHT liquid cream

Cereals

- White rice (basmati, Thai, jasmine)
- White flour, white pasta, fine semolina
- Polenta, tapioca, starch, fresh white bread, crêpes

Beverages

- Still or sparkling water
- Herbal teas: chamomile, verbena, linden, mint, fennel
- Fresh ginger tea, fresh homemade juice, coconut water

Sugars & Condiments

- Pure stevia, acacia honey (small amount), pure maple syrup grade A
- Salt, pepper (moderation)

- Herbs: thyme, rosemary, sage, bay leaf, turmeric, ginger

■ Essential rules

Freshness

- The fresher the food, the lower its histamine content.

Fermentation

- All fermented products are high in histamine.

Canned foods

- Canned foods contain more histamine than fresh.

Reheating

- Reheating food multiple times increases histamine.

Freezing

- Favour rapid freezing after purchase for meat and fish.

■ Suggested alternatives

Instead of tomato →

- Fresh beetroot, cooked red pepper, carrot

Instead of vinegar →

- Fresh lemon / lime juice (if tolerated)

Instead of aged cheese →

- Fresh cheeses (mozzarella, ricotta)

Instead of cured meat →

- Freshly cooked meats

Instead of coffee →

- Gentle herbal teas (chamomile, verbena)

PMCHS / SHMP terrain — This chart is designed for people with programmed mast cell hyperreactivity. Individual tolerances vary: keep a food diary to identify your personal triggers.