



HISTAMINE DIET

A histamine-free diet must be maintained for the 24 hours prior to and during collection of 24 hour urine.

Aim: To provide a diet low in histamine.

Characteristics: Avoids cheese, chocolate, wine, yeast extracts and fish products, and some fruits and vegetables.

Nutrition diagnosis: NI-4.2 Excessive bioactive substance intake.

Indications: This is a test diet used for urinary histamine / methyl histamine estimation.

Nutritional adequacy: Nutritionally adequate with careful selection.

Precautions: All meat dishes must be freshly cooked, as ageing increases the amine levels.

Paediatrics: Suitable for use in paediatrics when combined with an age-appropriate diet.

SPECIFIC MENU PLANNING GUIDELINES

	ALLOWED	NOT ALLOWED
Hot main dishes	Plain steamed, grilled or roasted chicken, turkey, fresh white fish, lamb, beef Scrambled eggs, omelette	Aged beef, bacon, ham, pork, silverside, sausages, frozen fish, dishes containing cheese, soy sauce, salmon, tuna, sardines, stocks or flavour boosters
Sauces, gravies	None	
Starchy vegetables/pasta/rice	All potato, pasta, plain rice	Savoury rice
Vegetables	Pumpkin, peas, carrots, beans, zucchini, corn	Cauliflower, eggplant, broccoli, olives, mushrooms, spinach, tomato, gherkin
Soups	None	
Sandwiches	Sandwiches made with plain beef or lamb, chicken, turkey, egg, cottage cheese	Ham, silverside, cheese, salmon, tuna, sardines, peanut butter, mayonnaise, avocado



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	ALLOWED	NOT ALLOWED
Salads, dressings	None	Avocado
Breads, cereals	All breads and rice cakes, plain breakfast cereals (e.g. rolled oats, semolina, Corn Flakes [®] , Weet-Bix [™] , Rice Bubbles [®])	Cereals with added fruit (e.g. muesli, Sultana Bran [®])
Spreads	Margarine, butter, honey, apricot jam	Vegemite [™] , marmalade, peanut butter, Nutella [®]
Hot breakfast choices	All plain egg dishes	Spaghetti, baked beans, bacon, tomato, cheese, mushrooms
Fruit	Fresh apple Canned apple and pear	Bananas, pawpaw, grapefruit, kiwifruit, mandarins, oranges, passionfruit, pineapple, raspberries, grapes, plums, prunes, sultanas, lemons, figs, dates, avocado
Yoghurt	Plain and vanilla yoghurt and Frûche [®]	Flavoured and fruit yoghurt
Desserts	Custard, ice-cream, apple sponge / danish, cream, creamy rice	Desserts containing high-amine fruits (see above)
Milk and cheese	All other milks (including caramel flavoured) Fresh cheeses (e.g. ricotta, cottage cheese)	Chocolate, banana or strawberry-flavoured milk and milkshakes Aged cheeses (e.g. cheddar)
Beverages	Tea, coffee, lemonade Apple juice	Cordial, soft drinks, cocoa, chocolate Orange, tomato and pineapple juices
Biscuits	Plain biscuits	Biscuits containing dried fruit
Miscellaneous	Vanilla-flavoured nutritional supplements Salt and pepper, Mayonnaise	Nuts, fruit cake

REFERENCE: Swain AR, Soutter VL, Loblay RH. Friendly food: the complete guide to avoiding allergies, additives and problem chemicals. Sydney: Murdoch Books; 2004.