SmarTasty

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Low-histamine foods

Traffic-light list · 129 foods · Updated October 2026

SmarTasty's own rating: we check every food with the same fixed rule we use for our recipes labelled "Low histamine".

Green
allowed in our low-histamine recipes, fresh and well chilled.

Amber
left out of our low-histamine recipes. Test one food at a time, in small amounts, to see if you tolerate it.

Red
lots of histamine from ripening, fermenting, smoking or long storage. Often a problem.

	Green	Amber	Red
Veg & potatoes	Courgette Carrots Cucumber Peppers Red kuri squash Potatoes Sweet potato Parsnip Broccoli Cauliflower Brussels sprouts Fennel Asparagus Beetroot Lamb's lettuce Lettuce Pak choi Radishes Button mushrooms Onions Garlic Leeks Peas Green beans Sweetcorn Celery	Rocket Spinach Aubergine Avocado Shiitake and other mushrooms	Tomatoes Sauerkraut Olives Gherkins
Fruit	Apples Pears Blueberries Blackberries Cherries Plums Apricots Peaches Watermelon Honeydew melon Grapes Mango Pomegranate seeds Rhubarb Dates	Bananas Strawberries Raspberries Kiwi Pineapple Oranges Lemons Raisins	–
Grains & sides	Rice Millet Quinoa Oats Polenta (cornmeal) Rice noodles Wheat pasta Wheat bread Spelt bread Rye bread Couscous	Buckwheat	Sourdough bread
Dairy & eggs	Milk Quark Cream cheese Mozzarella Butter Cream Eggs	Natural yoghurt	Feta Parmesan Aged Gouda

	Green	Amber	Red
Meat & fish	Chicken, fresh Beef, fresh Fresh fish, e.g. salmon	–	Tinned tuna Smoked salmon Salami Cooked ham Prawns
Pulses, soya, nuts & seeds	Hazelnuts Almonds Pumpkin seeds Linseed Chia seeds Sesame seeds	Lentils Chickpeas Kidney beans Firm tofu Silken tofu Soya drink Peanuts Walnuts Cashews Pistachios Sunflower seeds	Tempeh
Sweet, savoury & ready-made	Honey Maple syrup Fresh herbs, e.g. parsley Dried herbs	Yeast extract Vegetable stock Cocoa powder Dark chocolate	Apple cider vinegar Balsamic vinegar Soy sauce Mustard Ketchup
Drinks	Herbal tea, e.g. peppermint Apple juice	Coffee Black tea Green tea Orange juice	Red wine Beer

Good to know

- This list is a guide for shopping and cooking – not a diagnosis and not a care plan. It doesn't replace seeing a doctor or a dietitian.
- How much you tolerate is individual, and it also depends on amount, freshness and preparation.
- SmarTasty's own rating, as of October 2026. Not a certification, and no connection to the organisations named.
- Get your symptoms checked by a doctor first. According to the guideline, a low-histamine diet is only meant for a short time (about 10 to 14 days, then a test phase of up to 6 weeks), ideally with a dietitian.
- Once histamine has formed, cooking or freezing won't remove it.

Sources

1. Guideline on management of suspected adverse reactions to ingested histamine (S1, AWMF 061-030). Reese I. et al., DGAKI, GPA, ÄDA, SGAI, ÖGAI; Allergol Select 2021;5:305–314, 2021.
2. Scientific Opinion on risk based control of biogenic amine formation in fermented foods. EFSA Panel on Biological Hazards, EFSA Journal 2011;9(10):2393, 2011.

Further reading: Food compatibility list from SIGHI (Swiss Interest Group Histamine Intolerance) · Histamine intolerance – German Allergy and Asthma Association (DAAB, in German)

Free to print and share, for example in support groups and dietetic advice – please keep the credit: SmarTasty · smartasty.app.

This list online – plus low-histamine recipes

With nutrition facts, the Meal Planner and Shopping List – in the SmarTasty app and at **smartasty.app/low-histamine-food-list**