

histamine table ranked by degree of tolerance

In a major research project, we have had **109 different foods rated by over 800 histamine intolerance patients** according to their individual tolerability. The resulting tolerability index has the advantage that the foods have been evaluated at a typical storage time and with the average state of processing. We then compared the results of this survey with intake recommendations and other scientific data, and were thus able to draw up a table that evaluates many foods according to their tolerability.

In doing this, we found that some of the old food recommendations were incorrect.

Raspberries, green beans and papayas were seen as poorly tolerated in cases of histamine intolerance. We were unable to confirm this in our research; on the contrary, papayas were mostly classified as well tolerated – after the elimination diet. Citric fruits also appear to be better tolerated than was accepted up to now.

Despite all the tables, the most important maxim, and not just with histamine intolerance, is: **always pay attention to your individual tolerance levels!**

You can also find this table in our book "Food Intolerances: Fructose Malabsorption, Lactose and Histamine Intolerance ([//food-intolerances/fructose-malabsorption-intolerance/weblinks-fructose-intolerance/80-book-food-intolerances-fructose-malabsorption-lactose-and-histamine-intolerance-living-and-eating-well-after-diagnosis-a-dealing-with-the-elimination-diet.html?task=weblink.go](http://food-intolerances/fructose-malabsorption-intolerance/weblinks-fructose-intolerance/80-book-food-intolerances-fructose-malabsorption-lactose-and-histamine-intolerance-living-and-eating-well-after-diagnosis-a-dealing-with-the-elimination-diet.html?task=weblink.go))"

The following table is ranked according to the degree of tolerance.

 well tolerated |  sometimes tolerated – individual testing during the test phase recommended |  poorly tolerated | ED = elimination diet (first weeks after diagnosis) | PD = permanent diet

Food	ED	PD	Food	ED	PD
Potato			Celeriac		
Lettuce			Grapes		
Rice			Onions		
Courgettes			Pork		
Chicken (without skin)			Coffee		
Endive			Fruit teas, fresh		
Lamb's lettuce			Mushrooms		
Blueberries			Savoy cabbage		
Pumpkin (Hokkaido)			Garlic		
Dandelion leaves			Bell peppers (green)		
Carrots			Chanterelle mushrooms		
Sweet potatoes			Plums		
Watermelon			Porcini (Ceps)		
Broccoli			Corn (tinned)		
Chicory			Bamboo shoots		

Chinese cabbage	😊	😊	Red cabbage	😞	😐
Fennel	😊	😊	Green beans	😞	😐
Cucumber	😊	😊	Peas	😞	😐
Fresh corn, cooked	😊	😊	Hoseraddish	😞	😐
Asparagus	😊	😊	Raisins	😞	😐
Sugar melon	😊	😊	Pears	😞	😐
Beef	😊	😊	Chickpeas	😞	😐
Apple	😐	😊	Tuna, fresh	😞	😐
Cauliflower	😐	😊	Sodas, diet	😞	😐
Redcurrants	😐	😊	Aubergine	😞	😐
Prickly pear	😐	😊	Avocado	😞	😐
Peach	😐	😊	Banana	😞	😐
Leek	😐	😊	Dates, dried	😞	😐
Radish	😐	😊	Lima beans	😞	😐
Beetroot	😐	😊	Mandarin / Tangerine	😞	😐
Gooseberry	😐	😊	Soy beans	😞	😐
Egg	😐	😊	White cabbage	😞	😐
Apricot	😐	😊	Malt beer	😞	😐
Artichoke	😐	😊	Figs, dried	😞	😐
Blackberry	😐	😊	Limes	😞	😐
Sweet chestnuts	😐	😊	Spinach	😞	😐
Pomegranate	😐	😊	Lemons	😞	😐
Kaki	😐	😊	Cocoa powder	😞	😐
Cherry	😐	😊	Spirits, distilled	😞	😐
Lohlrabi	😐	😊	Pineapple	😞	😞
Lychee	😐	😊	Strawberries	😞	😞
Mango	😐	😊	Pickled cucumber	😞	😞
Okra	😐	😊	Grapefruit	😞	😞
Black salsify	😐	😊	Kiwi	😞	😞
Salt water fish (not tuna!)	😐	😊	Orange	😞	😞
Fresh water fish	😐	😊	Tomato	😞	😞
Honey	😐	😊	Beer	😞	😞
Figs	😐	😐	Energy drink, sugar-free	😞	😞
Raspberries	😐	😐	White wine	😞	😞
Coconut milk	😐	😐	Tuna, tinned	😞	😞
Mangold	😐	😐	Energy drink with sugar	😞	😞

Papaya			Sauerkraut		
Parsnip			Wheat beer		
Rhubarb			Red wine		
Brussels sprouts					

Source:
Zechmann, M; Masterman, G; "Food Intolerances: Fructose Malabsorption, Lactose and Histamine Intolerance", 1st edition 2013