



Food Compatibility List

Histamine

Sort order: alphabetic, with categories.

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Compatibility list for diagnostic and therapeutic elimination diet at histaminosis (mast cell activity syndrome MCAS, mastocytosis, histamine intolerance), compiled from various sources and based on experience reports

The specifications apply only for the pure foods with no additives! For example, it applies only for pure natural cream, but not for cream with additives. Additives are sometimes also hidden in staple foods where you would not expect them. Therefore, please always read the list of ingredients on the packaging.

Compatibility scale

	Lactose
0	Free from lactose
1	Low lactose content or may sometimes contain lactose depending on the recipe
2	Medium lactose content. Try out acceptable amount.
3	High lactose content
-	No general statement possible
?	Insufficient or contradictory information

	Gluten
0	Gluten-free
1	May contain gluten
3	Contains gluten
-	No general statement possible
?	Insufficient or contradictory information

	Histamine
0	Well tolerated, no symptoms expected at usual intake
1	Moderately compatible, minor symptoms, occasional consumption of small quantities is often tolerated
2	Incompatible, significant symptoms at usual intake
3	Very poorly tolerated, severe symptoms
-	No general statement possible
?	Insufficient or contradictory information

Mechanisms affecting histamine metabolism

The list serves as a rough guide for the assessment of the histamine potential, i.e. for the dose-dependent and partly individually different *compatibility*, which is influenced by various mechanisms. The reason for the incompatibility is specified in the list with the following letters:

- H!:** Highly perishable, rapid formation of histamine!
- H:** High histamine content
- A:** Other biogenic amines
- L:** Liberators of mast cell mediators (=histamine liberators)
- B:** Blocker (=inhibitors) of diamine oxidase or of other histamine degrading enzymes

Not all foods are equally intolerable for all concerned, depending on the individual physical causes of histaminosis. Some respond to liberators stronger than for histamine, and vice versa. We recommend to strictly follow our compatibility list in the first 4-6 weeks. Then start to carefully try out in what quantities *you* tolerate these "forbidden" foods regarding *your individual* sensitivity. This prevents you from unnecessary restrictions of your nutritional habits in the long term.

How to assess the histamine potential of compound products

Generally, only basic food ingredients and additives are listed here. Rule of thumb to estimate the histamine potential of complete meals or other compound products and preparations: When all ingredients are tolerated, and the product is not microbially fermented or matured, then the product is safe – as long as it is in a very fresh state and not perished. Otherwise, you either have to consider it as incompatible or you have to try out in what quantities *you* can tolerate it at *your individual* tolerance threshold.

Many products, such as wine, cheese, meat preparations, etc. can vary considerably in their histamine content depending on variety, manufacturer and batch.

The transition between "acceptable" and "incompatible" is fluently and dose-dependent in some incompatibilities (histamine, lactose, fructose). The severity varies individually and may also depend on the current daily condition. A sharp distinction between acceptable and incompatible foods is not possible, but it is a matter of experience of the individual concerned.

The list is not exhaustive and contains some uncertainties. It is periodically adapted to our current state of knowledge. Therefore, please replace this version regularly by the most recent version on the website.

Diet instructions

For detailed diet instructions and other supplemental information that may be crucial for the success of the diet, please visit our websites:

www.mastzellaktivierung.info

www.histaminintoleranz.ch

This information cannot replace a doctor's visit. It is only intended to support and complement the doctor-patient relationship.

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