



Histamine potential of foods and additives

Dietary instructions for patients with histamine intolerance (histaminosis), based on literature and reported experiences.

Translation ENGLISH - GERMAN

INSTRUCTIONS:

Food compatibility is dose dependent (cumulative effects of biogenic amines like histamine, histamine liberators and enzyme inhibitors). Compatibility varies individually. Some persons are more susceptible to histamine than to liberators or the other way around. In a first phase of 4-6 weeks, leave away all ingredients labelled as incompatible (rating 1-3) until all symptoms have disappeared permanently. Later on, slightly incompatible foods (rating 1) can be tried out one after the other (one every second day) to see if there is a reaction. Identify your individual tolerance level! Regarding liberators, it can last several days until they have added up to an incompatible dose. In many foods like wine, cheese, fish, meat products etc. a wide and unpredictable variation of histamine levels can be observed. This list is not exhaustive. Individual adaptations are necessary. **For further information see www.histamineintolerance.ch !**

LEGEND:

Compatibility rating (refers to the consumption of an "usual amount" and is approximate only):

?	Unknown or debatable
0	Compatible. No symptoms after consumption of an usual quantity
1	Slightly incompatible. Occasional consumption of small amounts OK
2	Incompatible. Distinct symptoms after consumption of an usual quantity
3	Severely incompatible. Intense symptoms.

Trigger mechanisms:

H: contains histamine
A: contains other biogenic amines
L: is a histamine liberator
B: blocks the diamine oxidase (DAO)

LIST OF FOODS AND ADDITIVES:

GERMAN:

Animal foods / Tierisch

Eggs / Eier

2		L	Egg white	Eiklar, Eiweiss, Eialbumin, Ovalbumin
0			Egg yolk	Eigelb, Eidotter

Dairy products / Milchprodukte

0			Butter	Butter
1	H		Buttermilk (slightly sour, starting to ferment)	Buttermilch, angesäuert
2	H	A	Cheese: roquefort, rocheport	Käse: Roquefort
0			Cheese: all creamcheeses, and cottage cheese, plain	Käse: alle Frischkäse, z.B. Hüttenkäse = Cottage Cheese
3	H	A	Cheese: all well matured cheeses	Käse: lange gereifte Sorten und Hartkäse (z.B. Emmentaler)
0			Cheese: butterkaese	Käse: Butterkäse
2	H	A	Cheese: cheddar	Käse: Cheddar
1	H	A	Cheese: feta	Käse: Feta
2	H	A	Cheese: fontina	Käse: Fontina
0			Cheese: geheimeratskaese	Käse: Geheimeratskäse
0			Cheese: gouda (young)	Käse: Gouda, jung
2	H	A	Cheese: made from unpasteurised "raw" milk	Käse: Sorten aus Rohmilch
0			Cheese: mascarpone	Käse: Mascarpone
0			Cheese: mozzarella	Käse: Mozzarella
2	H	A	Cheese: raclette cheese	Käse: Raclette
2	H	A	Cheese: ready made cheese for melting	Käse: Schmelzkäse
0			Cheese: ricotta	Käse: Ricotta
0			Cream, without additives	Rahm (= Sahne), frisch, ohne Zusatzstoffe!
1	H		Cream, without additives	Sauerrahm, saure Sahne, crème fraîche
1	H	?	Milk, lactosefree	Milch, laktosefrei
0		?	Milk, pasteurised	Milch, pasteurisiert (PAST-Milch)
1		?	Milk, raw milk	Milch, Rohmilch
1		?	Milk, UHT	Milch, UHT-Milch = H-Milch = Up-Milch
1	?	?	Milkpowder	Milchpulver
1	H	A	Products made from unprocessed (raw) milk	Rohmilchprodukte, Rohmilchkäse
0			Quark, curd cheese, farmer's cheese (a type of fresh cheese, common in Germany, Austria, Switzerland)	Quark
2	H	A	Ready made cheese preparations (with other/further ingredients)	Käsezubereitungen (=Mischungen mit weiteren Zutaten)
1	H	?	Yoghurt (natural yoghurt)	Joghurt nature

Meat / Fleisch

0			Beef, veal (fresh)	Rindfleisch, Kalbfleisch, frisch
0			Chicken	Poulet
3	H	A	Dried meat (any kind)	Trockenfleisch
3	H	A	Ham (dried, cured)	Rohschinken
2		L	Innards, entrails	Innereien
2	H	A	Minced meat (bought pre-made from butcher or pre-packed)	Hackfleisch, Offenverkauf oder unter Schutzatmosphäre
0			Minced meat (if eaten immediately after its production)	Hackfleisch, bei Verzehr unmittelbar nach Herstellung
0	I	?	Pork (fresh and untreated)	Schweinefleisch, frisch, unbehandelt
0			Poultry (chicken, turkey, duck, etc.)	Geflügelfleisch (Huhn, Trute, Ente, etc.)

3	H	A	?	Salami	Salami
3				Sausages of all kinds	Wurstwaren
3	H	?	?	Smoked meat (any)	Rauchfleisch

Fish / Fisch

0	H	A		Fish (freshly caught or frozen)	Fisch, fangfrisch oder tiefgekühlt
3	H	A		Fish (in the shop in the cooling rack or on ice)	Fisch, vom Kühlregal / auf Eis
3				Tuna	Thunfisch

Sea food / Meeresfrüchte

2			L	Seafood, sea food	Meeresfrüchte (=wirbellose Meerestiere)
2				Seashells (mussels, oysters, clams, etc.)	Muscheln
2			L	Shellfish (mussels, oysters, crab, lobster, shrimp)	Krustentiere, Schalentiere (Muscheln, Austern, Krebse, Krabben, Hummer, Crevetten, Garnelen, Langusten)

Miscellaneous / Diverses

0	?		?	Gelatin	Gelatine
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Animal foods / Pflanzlich

Starch suppliers / Stärkelieferanten

1				Barley	Gerste
1	?			Bread, baked goods	Brot, Backwaren
2		?	?	Buckwheat	Buchweizen
1				Cereals in general	Getreide allgemein
0				Chestnut, sweet chestnut	Marroni, Maronen, Edelkastanien
0				Cornflakes (if no additives)	Cornflakes
0				Hemp seeds (Cannabis sativa)	Hanfsamen (Cannabis sativa)
1	?	?	?	Malt	Malz
0				Maltodextrin	Maltodextrin
0				Millet	Hirse
0				Oats	Hafer
0				Potato	Kartoffel
0				Quinoa	Quinoa
0				Rice	Reis
0				Rice biscuits, rice cakes	Reiswaffeln, Reis-Mais-Waffeln
0				Rice Crispies	Rice Crispies
0				Rice noodles	Reisnudeln
1				Rye	Roggen
1				Sago, pearl sago	Sago, Perlisago
0			?	Spelt	Dinkel
2			L	Sunflower seeds	Sonnenblumenkerne
0				Sweet potato, yam	Süßkartoffel
1				Sweetcorn, maize out of the tin	Mais aus der Dose, Dosenmais
0				Sweetcorn, maize, corn on the cob, fresh / pasteurised	Mais: Maiskörner, Maiskolben frisch/pasteurisiert
0				Sweetcorn, maize: dried (maize meal, maize flour)	Mais, getrocknet: Maisgriess, Maismehl, Maisdunst
1	?		?	Wheat	Weizen
2		A	L	Wheat germ	Weizenkeime

Nuts / Nüsse

0				Almond	Mandeln
1		A	L	Cashew nut	Cashewnüsse
1			L	Hazelnut	Haselnuss
3				Nuts	Nüsse
2				Peanuts	Erdnüsse, Erdnuss, "Spanische Nüssl"
3		A	L	Walnut	Walnuss, Baumnuss

Fats and oils / Fette und Öle

0				Canola oil, rape seed oil	Rapsöl
0				Margarine	Margarine
0				Oil, plant oil, salad oil (not further specified)	Öl, Pflanzenöl, Salatöl (nicht näher spezifiziert)
0				Olive oil	Olivenöl
1				Sunflower oil	Sonnenblumenöl
2			?	Walnut oil	Walnussöl, Baumnussöl

Vegetables / Gemüse

0				-	Krautstiele siehe Mangold
-				-	Möhre, Mohrrübe siehe Karotte
-				-	Porree: siehe Lauch
-				-	Rüebli siehe Karotte
0				Asparagus	Spargeln
2	H	?	?	Aubergine, eggplant, brinjal	Auberginen
2	H		L	Avocado	Avocado
2				Beans (pulses)	Bohnen
0				Beetroot	Randen, Rote Bete
0				Broccoli	Broccoli, Brokkoli
1			?	Brussels sprouts	Rosenkohl

0			Cabbage (excepting coliflower and kohlrabi)	Kohlorten (ausser Rosenkohl, Kohlrabi)
0			Carrot	Karotte
0			Celery	Sellerie
0			Chard stalks (Beta vulgaris subsp. vulgaris)	Mangold, Krautstiele (Beta vulgaris subsp. vulgaris)
0			Coliflower	Blumenkohl
0			Courgette, zucchini, marrow	Zucchini, Zucchini
0			Cucumber	Gurke, Salatgurke
0			Fennel	Fenchel
0			Garlic	Knoblauch
0			Gourds, squashes, pumpkins (various varieties)	Kürbisse, div. Sorten
0			Green beans	Bohnen, grüne Bohnen
1			Green peas	Erbsen
1			Kohlrabi, German turnip, (Brassica oleracea) Gongylodes group	Kohlrabi
1	?		Leeks	Lauch, Porree
2			Lentils	Linsen
0			Lettuce, head and leaf lettuces	Salat, Blattsalate
?			Mungbeans (germinated, sprouting)	Mungbohnen(-keimlinge/-sprossen)
0			Napa cabbage, celery cabbage (Brassica rapa subsp. pekinensis)	Chinakohl
1	L		Onion	Zwiebeln
0			Parsnip	Pastinaken
2	L		Perennial wall-rocket (Diplotaxis tenuifolia)	Rucola, Rukola, Schmalblättriger Doppelsame (Diplotaxis tenuifolia), Wilde Rauke
2	H ?		Pickled cucumber, any vegetable pickled in vinegar	Essiggurken, Salzgurken, Gewürzgurken, in Essig eingelegte Gemüse
2	L		Pulses (soy, beans, peas, lentils...)	Hülsenfrüchte (Soja, Bohnen, Erbsen, Linsen...)
0			Radish, red radish (the tiny red round ones)	Radischen
0			Radish, white radish (the long white ones)	Rettich (Bierrettich, mild)
3	H		Sauerkraut, pickled cabbage	Sauerkraut
2			Soy (soy beans, soy flour)	Soja (Sofjabohne, Sojamehl); ["Sojasprossen" siehe Mungbohne!]
2			Spinach	Spinat
2	H ? ?		Stinging nettle (Urtica dioica)	Brennnessel
0			Sweet peppper (not hot)	Peperoni, Paprika (milde = süsse Sorten)
2	H L		Tomato	Tomaten

Herbs / Küchenkräuter

0			Basil	Basilikum
0			Chives	Schnittlauch
0			Herbs, kitchen herbs, dried	Kräuter, Küchenkräuter, getrocknet
0			Parsly	Petersilie
0			Sage	Salbei
0			Savory (Satureja hortensis)	Bohnenkraut

Fruits / Früchte

0			-	Weinbeeren, getrocknet: siehe Rosinen
-			-	Melanzani siehe Aubergine
0			Apple	Apfel
0			Apricot	Aprikose
2	H ? ? ?		Aubergine, eggplant, brinjal	Auberginen
2	H L		Avocado	Avocado
2	A		Banana	Banane
0			Blackberry	Brombeeren
0			Blackcurrants	Cassis, schwarze Johannisbeere
0			Blueberries	Heidelbeeren
0			Cherry	Kirsche
2	A L		Citrus fruits	Zitrusfrüchte
2	A L		Cocoa, cocoa powder (Chocolate, etc.)	Kakao, Kakaopulver (Schokolade etc.)
0			Coconut, coconut shavings	Kokosnuss, Kokosraspel
0			Cranberry	Cranberry, Grossfrüchtige Moosbeere, Kranbeere (Vaccinium macrocarpon)
0			Dates (dried, desiccated)	Datteln, getrocknet
1			Figs (dried, desiccated)	Feigen, getrocknet
2	A L		Grapefruit	Grapefruit
0	?		Grapes	Trauben, Weintrauben
2	?		Guava	Guave, Guava, Guayave, Guayaba, Goiaba (Psidium guajava)
2	?	L	Kiwi fruit	Kiwi
2	A L		Lemon	Zitronen
0			Lingonberry, cowberry	Preiselbeere, Kronsbeere (Vaccinium vitis-idaea)
0	?		Mango	Mango
0			Melons (except watermelon)	Melonen (ausser Wassermelone)
0			Nectarine	Nektarinen
3	A L		Orange	Orangen
2	A L		Papaya, pawpaw	Papaya
0			Peach	Pfirsich
1	A		Pear	Birne

0			Persimmon, kaki, sharon fruit	Kaki, Persimone, Sharonfrucht
2	A	L	Pineapple	Ananas
1		L	Plum, prune	Pflaume
0			Raisins	Rosinen, getrocknete Weinbeeren, Sultaninen, Korinthen
2			Raspberry	Himbeeren
0			Redcurrants	Johannisbeere, rote
0			Rhubarb	Rhabarber
2		L	Rose hip: dog rose (Rosa canina)	Hagebutte: Hunds-Rose, Hundsrose, (Rosa canina)
0			Sallow thorn, common sea-buckthorn (Hippophaë rhamnoides)	Sanddorn
2	A	L	Strawberry	Erdbeere
1		L	Watermelon	Wassermelonen

Seeds / Samen, Kerne

1			Sesame	Sesam
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Mushrooms, fungi / Pilze

2			Cep, porcino mushroom (Boletus edulis)	Steinpilze
2			Morel (edible mushroom)	Morcheln
2			Mushrooms, (different types)	Pilze, diverse Arten
1	A		White button mushroom	Champignons
2			Yeast (fresh, dried, in all forms)	Hefe

Sweeteners / Süssungsmittel

0			Caramel (browned sugar)	Caramel, Karamell, gebrannter Zucker
0			Fructose (fruit sugar)	Fruchtzucker, Fructose
0			Honey	Honig
0			Lactose (milk sugar)	Milchzucker, Lactose
2		?	Liquorice root	Süßholz
2			Malt extract, extract of malt	Malzextrakt
0			Maltose, malt sugar (pure)	Maltose, Malzzucker, rein
0			Maple syrup	Ahornsirup
?		?	Plam sugar	Palmzucker
0			Stevia (stevia leaves, liquid, powder)	Stevia (Stevia-Blätter, Steviosid flüssig/pulverförmig)
0			Sugar, sucrose (beet sugar, cane sugar)	Zucker, Saccharose, Kristallzucker, Rübenzucker, Rohrzucker

Spices, seasoning / Würzen, Gewürze

?			Anise, aniseed	Anis
2			Bouillon (because of yeast extract / meat extract / glutamate)	Bouillon
0			Bouillon powder "Free from", purchased in Coop stores in CH	Bouillonpulver "Free from", Coop
2			Curry	Curry
1			Ginger	Ingwer
2			Meat extract	Fleischextrakt
2		L	Mustard, mustard seeds, mustardseed powder	Senf, Senfkörner, Senfsamenpulver
1			Nutmeg	Muskatnuss
1			Poppy seeds	Mohnsamen
3			Red wine vinegar	Essig: Rotweinessig
2			Seasoning made of hydrolysed proteins	Würze, Speisewürze, Suppenwürze (pflanzliches Eiweisshydrolysat)
3			Soy sauce	Sojasauce
1			Turmeric, curcuma	Curcuma, Kurkuma, Gelbwurz
1	?	?	Vanilla extract	Vanilleextrakt
1	?	?	Vanilla, vanilla pod, vanilla powder, vanilla sugar	Vanille, Vanilleschoten, Vanillepulver, Vanillezucker
1			Vinegar: apple vinegar	Essig: Apfelessig
3			Vinegar: balsamic vinegar	Essig: Aceto Balsamico, Balsameessig
0			Vinegar: spirit vinegar	Essig: Alkoholeessig, Brantweinessig
3			White wine vinegar	Essig: Weissweinessig
2	?	L	Yeast, yeast extract	Hefe, Hefeextrakte

Spices, seasoning / Getränke

Water / Wasser

1		?	healing spring water with lots of sulfur, fluorine, iodine, and carbonated	Heilquellen-Wasser mit viel Schwefel/Kohlensäure/Fluor/Iod
1		L	Mineral water, bottle water (sparkling)	Mineralwasser mit Kohlensäure
0			Mineral water, bottle water (still)	Mineralwasser ohne Kohlensäure
0			Tap water	Leitungswasser

Alcoholic / alkoholhaltige

2			L	B	Alcohol, pure (ethanol)	Alkohol, rein (Ethanol)
3	H	A	L	B	Alcoholic beverages	alkoholhaltige Getränke
2	H	A	L	B	Beer	Bier
2	H	A	L	B	Brandy	Weinbrand, Brandy
3	H	A	L	B	Champagne	Champagner
2	?	?	L	B	Liquor, Schnapps, Spirits, clear (colourless)	Schnäpse, Spirituosen, klar (farblos)
3	H	A	L	B	Liquor, Schnapps, Spirits, cloudy (not colourless)	Schnäpse, Spirituosen, nicht klar (nicht farblos)
2	H	A	L	B	Rum	Rhum
3	H	A	L	B	Sekt, German sparkling white wine	Sekt
3	H	A	L	B	Wine	Wein

1	?	L	B	Wine, histaminfrei (<0.1 mg/l)	Wein, histaminfrei (<0.1 mg/l)
3	H	A	L	B	Wine: redwine
2	H	A	L	B	Wine: Schilcherwein
2	H	A	L	B	Wine: white wine

Tea, herbal infusions / Tee

1				B	Green tea	Grüntee
1			?		Herbal teas (especially complex mixtures with numerous ingredients)	Kräuterteemischungen, z.B. Alpenkräutertee, Hustentee, Brusttee
0					lime blossom tea, limeflower, flowers of large-leaved limetree (Tilia platyphyllos)	Lindenblütentee
1				B	Mate tea (Ilex paraguariensis)	Mate Tee
0					Peppermint tea	Pfefferminztee
0					Rooibos tea	Rooibostee
1	H	?	?		Stinging nettle herbal tea (Urtica dioica)	Brennnesseltee
2	H			B	Tea, black tea	Schwarztee
0					Verbena herbal tea	Eisenkraut, Verveine

Juices, fruit nectars / Fruchtsäfte, Nektare

0					Cranberry nectar	Cranberry Nektar
0					Mango nectar	Mango Nektar
2				L	Orange juice	Orangensaft

Vegetable juices / Gemüsesäfte

2				L	Tomato juice	Tomatensaft
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Drinks containing coffeine / Koffeingetränke

1				Coffee	Kaffee
2			?	B Energy drinks	Energy-Drinks

Milk surrogates / Milchersatz

1					Oat drink, Oat milk	Hafer-Drink
1					Rice milk, rice drink	Reismilch, Reis-Drink
2					Soy milk,	Sojamilch

Soft drinks, soda / Süssgetränke, Limonaden

2					Drinks containing Cocoa	Kakaogetränke
0					Elderflower cordial	Holunderblütensirup
2					Hot chocolate, Ovaltine, chocolate drinks, cocoa	Schokoladengenüsse, heisse Schokolade, Ovomaltine
1					soft drinks (lemonade, soda)	Limonadengenüsse

Spices, seasoning / Zusatzstoffe

Colorants / Farbstoffe

2					Amaranth (E123)	Amaranth (E123)
2					Azorubine, carmoisine (E122)	Azorubin (E122)
2					Carmine, cochineal, crimson lake (E120)	Karmin, Cochenille (E120)
?					Caustic sulphite caramel E150b, ammonia caramel E150c, sulphite ammonia caramel E150d	Zuckercouleur: Sulfittaugen-/Ammoniak-/Ammoniumsulfid-Zuckerulor (E 150b, E150c, E150d)
2					Curcumin (E100)	Curcumin (E100)
3				?	Erythrosine (E127)	Erythrosin (E127)
1					Flavin mononucleotide (E101a)	Riboflavin-5-Phosphat (E101a), Flavinmononukleotid
1					Indigo carmine, indigotine (E132)	Indigokarmin, Indigocarmin, Indigotin I, (E132)
1					Patent blue V, sulphur blue (E131)	Patentblau V (E131)
0					Plain caramel (E150a), caramel (E150)	Zuckercouleur, Zuckerulor (E150, E150a)
2					Ponceau 4R, Cochenille red A (E124)	Cochenillerot A (E124)
3				L	Quinoline yellow (E102)	Chinolingelb (E104)
2					Red 2G, acid red 1, azorubine, azorubine (E128)	Rot 2G, Acid Red 1, Azorubin, (E128)
2					Sunset yellow FCF, orange yellow S (E110)	Gelborange S (E110)
3				?	Tartrazine (E102)	Tartrazin (E102)

Preservatives / Konservierungsmittel

2					Benzoic acid and salts = benzoates (E210-213)	Benzoessäure und deren Salze = Benzoate (E210 bis E213)
2					Orthophenyl phenol, 2-hydroxybiphenyl (E231)	Orthophenylphenol (E231)
2					PHB-ester (E214-219) = parabens, para-hydroxy-benzoic acid = PHB	PHB-Ester (E214-E219) = Parabene (Methyl-, Ethyl-, Propyl-, Butyl- Benzylparaben)
2					Salicylic acid	Salicylat, Salicylsäure
-					Sodium hydrogen sulphite = sodium bisulphite (E222), sodium metabisulphite (E223) see sulfites	Natriumbisulfit (E222), Natriumdisulfit (E223): siehe Sulfite
2					Sodium orthophenyl phenol, sodium salt (E232)	Natriumorthophenylphenolat (E232)
2					sorbic acid and salts (E 200-203), sodium-(E201), potassium-(E202), calcium sorbate (E203)	Sorbinsäure und deren Salze (E200-203)
3					Sulfites, sulphites (E220-228), sulphur dioxide (E220)	Sulfite (E220 - E228)

Flavour enhancers / Geschmacksverstärker

-					Flavour enhancer: see glutamate	Geschmacksverstärker: siehe Glutamat
2					Glutamates, glutamic acid (E620-625)	Glutamate (E620-E625)
-					monosodium glutamate (MSG) , sodium glutamate, (E621), see glutamates	Natriumglutamat siehe Glutamat

Thickeners / Verdickungsmittel

2					Carob (see above carob gum)	Johannisbrotkernmehl (E 410), Carob
2					Carob gum, locust bean gum, carubin (E410)	Carob, Johannisbrotpulver, Johannisbrotkernmehl (E 410)
1					Carrageenan, processed eucheuma seaweed (E407, E407a)	Carrageen (E407, E407a)
1					Guar gum (E412)	Guarkernmehl (E412)

Leavening agents / Treibmittel

1				Baking powder	Backpulver
0				Cream of tartar, potassium bitartrate, potassium hydrogen tartrate	Weinsteinbackpulver

Acidifiers / Säuerungsmittel

0				Ascorbic acid (E300), vitamin C	E300, Ascorbinsäure, Vitamin C
0				Citric acid (E330)	E330, Citronensäure, Zitronensäure

Flavourings / Aromastoffe

2				Quinine (in Bitter Lemon or Tonic Water)	Chinin (z.B. in Bitterlemon, Tonic Water)
0				Vanillin (synthetic)	Vanillin (synthetisch), Vanillinzucker

Vitamines, dietary minerals, trace elements / Vitamine, Mineralstoffe, Spurenelemente

2			L	Folic acid	Folsäure
?			L	Potassium iodide (e.g. as additive in iodized salt)	Kaliumiodid, Kaliumjodid (Iodzusatz z.B. im Kochsalz, Jodsatz)

Stimulants / Stimulantien

2			B	Theobromine, xanthose	Theobromin
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Preparations, mixtures / Zubereitungen

2		A		Chocolate	Schokolade
2			L	Liquorice	Lakritze, "Bärendreck"
0				Marzipan, marchpane	Marzipan
2	H		L	Mustard	Senf
2				Tofu	Tofu