



TABLE OF HISTAMINE ACCUMULATION PRECURSOR FOODS BY DAO DEFICIENCY*

(By: high concentration of histamine, content in other amines or histamine release)

FOODS	LOW ACCUMULATION	MEDIUM ACCUMULATION	HIGH ACCUMULATION
CEREALS & TUBERS	Buckwheat, cassava, corn, millet, oats, parsnip, popcorn, potato, quinoa, rice, spelt, sweet potato, teff, wheat, yuca	-	-
FRUITS	Apple, apricot, blackberries, blueberries, cherries, currants, dragon fruit, fig, grape, guava, jabuticaba, mango, melon, peach, pear, plums, passion fruit, pomegranate, raspberries, watermelon.	Strawberries, papaya, avocado	Citrus fruits (orange, grapefruit, tangerine, lemon, kiwi, pineapple), banana
VEGETABLES & GREENS	Artichoke, asparagus, beetroot, broccoli, cabbage, carrot, cauliflower, chard, fennel, garlic, green beans, leek, lettuce, mushrooms, onion, peppers (red, green, and yellow)	Chili pepper, eggplant/aubergine, pumpkin/squash, spinach, tomato, zucchini/courgette	Fermented cabbage (sauerkraut), fermented pickles (gherkins), kimchi
DAIRY, DERIVATIVES & SUBSTITUTES	Fresh cheeses, plant-based beverages (oat, rice, coconut, soy), plant-based yogurt (soy, oat, coconut...), vegan cheeses made from coconut	Almond or hazelnut drink, natural yogurt, soft cheeses (havarti, emmental...), vegan cheeses made from cashew	Cheese (aged cheeses like parmesan, semi-aged and creamy cheeses like brie and camembert), cream, dairy-based sauce, heavy cream, milk
LEGUMES & DERIVATIVES	Beans, chickpeas, chickpea flour/farinata, fava beans, lentils, soybeans, etc	Tofu	Sufu, Tempeh
FISH & SEAFOOD	Very fresh or frozen white fish	Fresh or frozen blue fish (salmon, sardines, tuna, emperor), sepia, squid, octopus	Seafood, canned tuna, canned anchovies or sardines, smoked salmon
EGG	Yolk	Cooked egg white	Raw egg white
MEAT & POULTRY	Cooked ham and turkey breast (extra quality), fresh or frozen meat, freshly ground meat	Mortadella, Iberian ham, packaged ground meat	Sausages (chorizo, sausage...), viscera (liver, foie, heart, etc)
DRINKS	Water, soluble chicory, coffee, infusions such as chamomile, fennel, lemon balm, mint, lemon verbena, white and green tea, protein shakes made with hemp powder, peas, rice	Red and black tea, orange juice, tomato juice, energy drinks, mate, non-alcoholic fermented beverages (beer, kombucha, miso)	Alcoholic beverages (cava, champagne, wine, beer, cider, spirits), protein shakes made with whey
FATS	Chia seeds, cocoa butter, flaxseeds, hemp seeds, non-hydrogenated margarine, olives without anchovies, pine nuts, sesame cream, vegetable oils	Butter, ghee, pumpkin and sunflower seeds	Nuts (peanuts, almonds, cashews, hazelnuts...), cocoa, chocolate
SEASONING	Basil, cilantro, coconut sauce ("coconut aminos"), garlic, ginger, honey, homemade mustard without vinegar, mint, oregano, pepper, rosemary, salt, sprouts, sugar, turmeric	Apple cider vinegar, vanilla, anise, cinnamon, cumin, nutmeg	Soy sauce, tomato sauce, curry, monosodium glutamate, balsamic vinegar, industrial mustard
OTHERS	Carob, compotes, jams and sorbets made with suitable fruits, dates, raisins, sweeteners	Citrus jam	Ice-creams with milk, industrial pastries, pre-cooked and packaged dishes

* The list should be used as a guide. It is necessary to personalize the low-histamine diet with the nutritionist according to the phase the patient with DAO Deficiency is in (1st, 2nd, or 3rd).

DAO Deficiency Specialists

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