



TABLE OF HISTAMINE ACCUMULATION PRECURSOR FOODS BY DAO DEFICIENCY*

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

FOODS	LOW ACUMULATION	MEDIUM ACUMULATION	HIGH ACUMULATION
CEREALS & TUBERS	Rice, oatmeal, spelled, corn, millet, quinoa, teff, wheat, buckwheat, sweet potato, potato, yucca, etc.	-	-
FRUITS	Apricot, cherries, pomegranate, guayaba, fig, mango, apple, peach, melon, pear, grape, watermelon, etc.	Strawberries, papaya, avocado	Citrus fruits (orange, grapefruit, tangerine, lemon, kiwi, pineapple), banana
VEGETABLES & GREENS	Chard, artichoke, broccoli, onion, fennel, green beans, asparagus, lettuce, pepper, beetroot, carrot, etc.	Zucchini, pumpkin, spinach, eggplant, tomato, cucumber	Fermented Cabbage (Sauerkraut)
DAIRY, DERIVATIVES & SUBSTITUTES	Fresh cheeses, vegetable drinks (oatmeal, rice, coconut, soy), vegetable yogurt (soy, oatmeal, coconut ...)	Natural yogurt and almond or hazelnut milk	Milk, cured and semi-cured cheeses, cream, milk cream, milk-based sauce
LEGUMES & DERIVATIVES	Beans, beans, chickpeas, 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	Fresh or frozen meat, cooked ham and turkey breast	Mortadella, Iberian ham and minced meat	Sausages (chorizo, sausage...), viscera (liver, foie, heart, etc)
DRINKS	Water, infusions like Camomile, Fennel, Melissa, Mint or Rosemary, white and green tea, coffee	Red and black tea, orange juice, tomato juice, energy drinks, mate	Alcoholic beverages (champagne, wine, beer, cider, distillates)
FATS	Vegetable oils, non-hydrogenated margarine, roasted sesame cream, chia and flax seeds, olives without anchovies	Sunflower and pumpkin seeds, pine nuts and butter	Nuts (peanuts, almonds, cashews, hazelnuts...), cocoa
SEASONING	Oregano, basil, turmeric, cilantro, ginger, mint, salt, sugar, honey, mustard seeds	Apple cider vinegar, vanilla, anise, cinnamon, cumin, nutmeg	Soy sauce, tomato sauce, curry, monosodium glutamate, balsamic vinegar, industrial mustard
OTHERS	Carob, compotes and sorbets of suitable fruits, 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 customize the low histamine diet with the nutritionist depending on the phase in which the patient with DAO deficiency is (1st, 2nd or 3rd).

DAO deficiency specialists

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