Swiss Interest Group Histamine Intolerance (SIGHI)
www.mastzellaktivierung.info | www.histaminintoleranz.ch

Food Compatibility List

Histamine

Sort order: alphabetic, with categories. Updated: 2016-04-01

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

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

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.

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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Your own rating	Compatibility	Histamine	Other amines	Liberator	Blocker	Ingredients	Remarks

Animal foods

Eggs

	2			L		egg white	Mast cell activating especially raw, but even cooked
	0					egg yolk	
	2			L		eggs, chicken egg, whole egg	Yolk is compatible. Egg white is mast cell activating especially raw, but even cooked.
	0					quail eggs	
	0					quail's egg	

Dairy products

	2	H	A	?		blue cheeses, mold cheeses	
	1	H	A			Butter: cultured butter, mildly soured butter	May contain small amounts of histamine. Usually well tolerated.
	0					butter: sweet cream butter	Sweet cream butter is the normal butter, not fermented with bacteria.
	0					Butterkaese	
	1	H				buttermilk (slightly sour, starting to ferment)	Lactic acid fermentation
	2	H	A			cheddar cheese	
	2	H	A			cheese made from unpasteurised "raw" milk	Depending on hygiene. Higher risk than for cheese made from pasteurized milk
	3	H	A			cheese: hard cheese, all well matured cheeses	
	0					cream cheeses (means: very young cheeses), plain, without additives	
	0					cream, sweet, without additives	Tolerated if unfermented. Always check for additives. Mostly contains intolerated thickeners or stabilizers, e.g. E407, E410!
	0					curd cheese	
	0			?		ewe's milk, sheep's milk	
	0					farmer's cheese (a type of fresh cheese)	
	1	H	A			Feta cheese	
	2	H	A			Fontina cheese	
	0					Geheimratskaese, Geheimrats cheese	
	0			?		goat's milk, goat milk	
	0					Gouda cheese (young)	Eat small quantities only.
	2					Gouda cheese, old	
	1	H	A			kefir, keefir, kephir	
	0					Mascarpone cheese	
	1	H		?		milk, lactosefree	Sometimes well tolerated, sometimes slightly worse tolerated than regular milk.
	0			?		milk, pasteurised	Milk may be incompatible, as long as the bowel is still irritated.
	0			?		milk, UHT	UHT = ultra-high temperature processing, ultra-heat treatment
	1	?		?		milkpowder	Sometimes well tolerated, sometimes not.
	2	H	A	?		mold cheeses, mould cheeses	
	0					Mozzarella cheese	
	2	H	A			processed cheese	
	2	H	A			products made from unprocessed (raw) milk	
	0					quark	
	2	H	A			Raclette cheese	
	0	H!	?	?		raw milk	Perishable due to higher bacterial count. Use only fresh.
	2	?	?	?		ready made cheese preparations (with other/further ingredients)	Depending on the ingredients and freshness
	0					Ricotta cheese	
	2	H	A			Rochefort cheese	
	2	H	A			Roquefort cheese	
	0			?		sheep's milk, sheep milk	
	1	H				sourcream	Lactic acid fermentation! Slightly histamine containing
	0					whey	
	1	H	?			yoghurt (natural yoghurt)	Varies by product

Meat

	0	H!				beef (fresh)	
	0	H!				chicken	
	3	H	A	?		dried meat (any kind)	
	3	H	A	?		dry-cured ham	
	0	H!				duck	
	2	H!		L		entrails	
	1	H	?			game	Mostly matured meat, but fresh wild boar is well tolerated.

	3	H	A	?		ham (dried, cured)	
	2	H!		L		innards	
	0					minced meat (if eaten immediately after its production)	Strongly depends on the freshness
	2	H	A			minced meat (open sale or pre-packed)	Strongly depends on the freshness
	0	H!				ostrich	
	1	H!		?		pork (fresh and untreated)	Controversial. Mostly well tolerated but very perishable. Histamine liberator -> itching?
	0	H!				poultry meat	
	0	H!				quail	
	3	H	A	?		salami	
	3	H	?	?		sausages of all kinds	A few acceptable exceptions are possible.
	3	H	?	?		smoked fish (any)	
	3	H	?	?		smoked meat (any)	
	0					tongue (veal, beef)	Check for intolerated ingredients if processed ready to eat. No smoked products.
	0	H!				turkey	
	0	H!				veal (fresh)	
	1	H	?			venison	Mostly matured meat, but fresh wild boar is well tolerated.
	1	H	?			wild meat	Mostly matured meat, but fresh wild boar is well tolerated.

Fish

	3	H	A			anchovies	
	0	H!	A			fish (freshly caught or frozen)	Extremely depending on freshness and species
	3	H!	A			fish (in the shop in the cooling rack or on ice)	Extremely depending on freshness and species
	0	H!				trout (freshwater): brown trout, brook trout, rainbow trout	Perishable. Rapid histamine formation.
	3	H	A			tuna	

Sea food

	2	H!		L		bivalves (mussels, oisters, clams, scallops, ...)	
	2	H!		L		crab	
	2	H!		L		crab	
	2	H!		L		crawfish	
	2	H!		L		crayfish	
	2	H!		L		langouste	
	2	H!		L		lobster	
	2	H!		L		oysters	
	2	H!		L		prawn	
	2	H!		L		rock lobsters	
	2	H!		L		seafood, sea food	
	2	H!		L		shellfish	(e.g. mussels, oisters, crab, lobster, shrimp)
	2	H!		L		shrimp	
	2	H!		L		spiny lobsters	

Miscellaneous

	0					lard	

Vegetable foods

Starch suppliers

	0					amaranth, Amaranthus	May cause diarrhea in some cases. This entry refers to the pseudo grain called amaranth, (plant genus Amaranthus). Not to be confused with the azo dye amaranth (an artificial food coloring).
	1	?				baked goods	Problems are often caused by: malt, iodine, long fermentation times of yeast or sourdough, possibly also ATI grains (certain varieties with amylase-tryptase-inhibitors, undeclared)
	1					barley	
	2	?	?	?		barley malt, malt	
	1	?				bread	Problematic ingredients: malt, iodine, long fermentation times of yeast or sourdough, possibly also ATI grains (certain varieties with amylase-tryptase-inhibitors, undeclared)
	2		?	?		buckwheat	Only incompatible, if not thoroughly peeled?
	0					chestnut, sweet chestnut	
	0			!		cornflakes (if no additives such as malt or folic acid)	Be careful with malt, folic acid
	0					hemp seeds (Cannabis sativa)	The legal non-psychoactive subspecies
	0					KAMUT®, Khorasan wheat	Prefer old varieties (e.g. KAMUT®). Modern ATI-varieties modified by cultivation are often not well tolerated.
	0					Khorasan wheat or Oriental wheat (Triticum turgidum ssp. turanicum), KAMUT®	Prefer old varieties (e.g. KAMUT®). Modern ATI-varieties modified by cultivation are often not well tolerated.
	2	?	?	?		malt, barley malt	
	0					maltodextrin	
	0					millet	
	0					oats	Some varieties may sometimes be intolerated (flatulence).
	0					pearl sago	

	0					potato with peel	Dark place! Green points are poisonous! Possibly incompatible for those with salicylate intolerance
	0					potato, new, with peel	Dark place! Green points are poisonous! Possibly incompatible for those with salicylate intolerance
	0					potato, peeled	Dark place! Green points are poisonous!
	0					quinoa	Possibly not always well tolerated?
	0					rice	After cooking, store in the fridge up to 12-24 hours max.
	0					rice buiscuits, rice cakes	Slightly worse tolerated than freshly cooked rice
	0					rice crispies	Be careful with malt, folic acid
	0					rice noodles	Slightly worse tolerated than freshly cooked rice
	1					rye	Barely tolerated
	0					sago	
	0			?		spelt	Prefer old varieties. Modern ATI-varieties modified by cultivation are often not well tolerated.
	2			L		sunflower seeds	
	0					sweet corn, maize kernels: corn on the cob, fresh / pasteurised	Hard to digest.
	0					sweet corn, maize kernels: dried (maize meal, maize flour)	
	0					sweet corn, maize kernels: out of the tin	Hard to digest. Possibly incompatible after long-term storage or in large quantities?
	0					sweet potato	
	1	?		?		wheat	Uneven. Mostly digestive problems like flatulence.
	2		A	L		wheat germ	Putrescine, spermine, spermidine, cadaverine
	0					wild rice	Wild rice is not botanically related to rice.
	0					yam	

Nuts

	1					almond	Small amounts are well tolerated. May cause e.g. sleep problems.
	0					Brazil nut	Max. 1-2 nuts per day are a good source of selenium
	1		A	L		cashew nut	
	0					chufa sedge (Cyperus esculentus)	Actually not a nut, but tuber (thickening of stolons)
	2			?		chufa sedge (Cyperus esculentus), roasted	Actually not a nut, but tuber (thickening of stolons)
	0					earth almond	Actually not a nut, but tuber (thickening of stolons)
	1			L		hazelnut	
	0					macadamia	
	0					nut grass	Actually not a nut, but tuber (thickening of stolons)
	3					nuts	Uneven. See individual species.
	2					peanuts	
	1			?		pine nuts	Several species. Maybe not all of them with the same compatibility?
	0					pistachio	
	0					tiger nut sedge	Actually not a nut, but tuber (thickening of stolons)
	3		A	L		walnut	
	0					yellow nutsedge	Actually not a nut, but tuber (thickening of stolons)

Fats and oils

	0					black caraway oil (Nigella sativa)	antiallergic
	0					canola oil	
	0					coconut fat, coconut oil, copra oil	Very recommended
	0					fennel flower oil (Nigella sativa)	antiallergic
	0					margarine (check for intolerated additives)	Check for incompatible additives
	0					Nigella sativa oil	antiallergic
	0					nutmeg flower oil (Nigella sativa)	antiallergic
	0					olive oil	Incompatible for those with salicylate intolerance
	0					palm kernel oil	Should not be bought for ecological reasons. Apart from that, it is recommended.
	0					palm oil, dendê oil	Should not be bought for ecological reasons. Apart from that, it is recommended.
	0					pumpkin seed oil	This oil is made by pressing roasted, hulled pumpkin seeds (pepitas), from a local variety of pumpkin, the Styrian oil pumpkin.
	0					rape seed oil	
	0					Roman coriander oil (Nigella sativa)	antiallergic
	0					safflower oil	
	1					sunflower oil	A single dose is no problem, but is inflammatory in the long term.
	2			?		walnut oil	

Vegetables

	0					artichoke	
	0					asparagus	
	2	H	?	?	?	aubergine	
	2	H		L		avocado	
	?					bamboo shoots	

	2			L		beans (pulses)	Applies to virtually all types / varieties. Some tolerated exceptions are possible in some cases.
	0					beetroot	
	2					bell pepper (hot)	
	0					bell pepper (sweet)	
	0					bok choi	
	2					borlotti beans	
	2	H	?	?	?	brinjal	
	0					broccoli	
	1			L		brussels sprouts	
	0					cabbage, green or white	
	0					cabbagge (excepting coliflower and kohlrabi)	
	0					carrot	
	0					cauliflower	
	0					celery	
	0					celery cabbage (Brassica rapa subsp. pekinensis)	
	1			?		chard stalks (Beta vulgaris subsp. vulgaris)	
	?					chayote	Possibly not well tolerated.
	2					chickpeas	
	0					chicory (Cichorium intybus)	
	2			?		chili pepper, red, fresh	Hotness is irritating
	?					choko	Possibly not well tolerated.
	0					corn salad, lamb's lettuce (Valerianella locusta)	
	0					courgette	
	?			?		cress: garden cress (Lepidium sativum)	
	0					cucumber	
	2	H	?	?	?	eggplant	
	0					endive (Cichorium endivia)	
	0					fennel	
	?			?		garden cress (Lepidium sativum)	
	1					garlic	In small amounts, usually well tolerated after cooking
	1					German turnip	
	0					gourds	
	1					green beans	Can be well tolerated in some cases
	1					green peas	
	1					green split peas	
	1			L		horseradish	
	2			L		kelp (large seaweeds (algae) belonging to the brown algae)	e.g. as an ingredient in seasoned salt / herbal salt
	1					kohlrabi	
	0					lamb's lettuce, corn salad (Valerianella locusta)	
	1			?		leek	In small amounts, usually well tolerated
	2					lentils	
	0					lettuce iceberg	
	0					lettuce: head and leaf lettuces	Rating applies to the plant without dressing
	0					marrow	
	?					mungbeans (germinated, sprouting)	
	0					napa cabbage	
	2	?	?			olives	Usually fermented, sometimes with intolerated ingredients
	1			L		onion	Incompatible in large quantities
	0					pak choi	
	0					parsnip	
	2			L		perennial wall-rocket (Diplotaxis tenuifolia)	
	3	H				pickled cabbage	
	2	H	?			pickled cucumber	
	2	H	?			pickled gherkin	
	2	H	?			pickled vegetables	
	2			L		pulses (soy, beans, peas, lentils...)	
	0					pumpkins (various varieties)	
	0					radish: red radish (the tiny red round ones)	
	0					radish: white radish (the long white ones)	
	0			?		red cabbage	
	3	H				sauerkraut	
	1			?		Savoy cabbage	
	1					snow peas	
	2					soy (soy beans, soy flour)	
	2					spinach	

	0					squashes	
	2	H	?	?		stinging nettle (Urtica dioica)	
	2	H		L		tomato	
	?					turnip	
	1					turnip cabbage	
	2					Vicia faba, broad bean	
	0					white onion	A type of onion that has a pure white skin and a sweet, mild white flesh (not the common onion).
	1					yellow split peas	
	0					zucchini	

Herbs

	0					basil	
	1			L		bear leek (Allium ursinum)	Small amounts are well tolerated.
	1			L		bear's garlic (Allium ursinum)	Small amounts are well tolerated.
	2					blue fenugreek (Trigonella caerulea)	
	1			L		broad-leaved garlic (Allium ursinum)	Small amounts are well tolerated.
	1			L		buckrams (Allium ursinum)	Small amounts are well tolerated.
	1					chives	Incompatible in large quantities
	2					clover (trigonella and trifolium species)	For example, fenugreek, blue fenugreek
	1					dill	Small amounts usually not a problem. High salicylate content.
	2					fenugreek (Trigonella foenum-graecum)	
	0					mint	Incompatible for those with salicylate intolerance
	0					oregano	
	0					parsley	
	1			L		ramsons (Allium ursinum)	Small amounts are well tolerated.
	0					rosemary	
	0					sage	
	0					savory (Satureja hortensis)	
	2					trifolium	For example, fenugreek, blue fenugreek
	2					trigonella	For example, fenugreek, blue fenugreek
	1			L		wild garlic (Allium ursinum)	Small amounts are well tolerated.
	1			L		wood garlic (Allium ursinum)	Small amounts are well tolerated.

Fruits

	0					acerola, acerola powder, Barbados cherry, West Indian cherry, wild crepe myrtle	
	0					apple	
	0					apple: Golden Delicious	
	0					apricot	
	?					aronia, chokeberries, red chokeberry (Aronia arbutifolia), black chokeberry (Aronia melanocarpa)	
	?					Asimina triloba	
	2	H		L		avocado	
	2		A			banana	(The greener the better tolerated?)
	?					Barbary fig (Opuntia ficus-indica)	Avoid skin contact with the spikes!
	0					blackberry	
	0					blackcurrants	
	0					blueberries	
	?					boysenberry	
	?					cactus pear (Opuntia ficus-indica)	Avoid skin contact with the spikes!
	0					carambola, starfruit	
	0					cherry	Controversial
	2		A	L		citrus fruits	
	0		?			cocoa butter	Mostly well tolerated
	2		A	L		cocoa, cocoa powder (chocolate, etc.)	
	0					coconut, coconut shavings, coconut milk	Good source of selenium
	?					common pawpaw of NE-USA	
	0					common sea-buckthorn (Hippophaë rhamnoides)	
	0					cowberry	
	0					cranberry	
	0					dates (dried, desiccated)	
	1			L		dog rose (Rosa canina)	
	0					dragon fruit, pitaya, pitahaya	
	1					figs (fresh or dried)	May be slightly laxative
	0					goji berry, Chinese wolfberry, Chinese boxthorn, Himalayan goji, Tibetan goji	
	0					gooseberry, gooseberries	
	2		A	L		grapefruit	

	0		?			grapes	
	2			?		guava	
	?					Indian fig opuntia (Opuntia ficus-indica), Barbary fig, cactus pear, spineless cactus, prickly pear, tuna	Avoid skin contact with the spikes!
	0					jostaberry	This plant is a hybrid between gooseberry and blackcurrant.
	0					kaki	
	2		?	L		kiwi fruit	
	?		?			ladyfinger banana	The greener the better tolerated
	2		A	L		lemon	
	2		?	L		lemon peel, lemon zest	
	3		A	L		lime	
	0					lingonberry	
	?					loganberry	
	0					lychee	
	2					mandarin orange, mandarin, mandarine (Citrus reticulata)	
	1			?		mango	To be debated. Is often well tolerated.
	0			?		melons (except watermelon)	Suspected occasional histamine liberator effects (due to pollutant / pesticide exposure?)
	0					morello cherries	
	?					mulberry	
	?		?			nashi pear	
	0					nectarine	
	3		A	L		orange	
	3		?	L		orange peel, orange zest	
	2		A	L		papaya, pawpaw	
	?					passion fruit, passionfruit	
	?					paw paw	
	0					peach	
	1		A			pear	
	1		A			pear, peeled canned in sugar syrup	
	0					persimmon	
	2		A	L		pineapple	
	0					pitaya, pitahaya, dragon fruit	
	1			L		plum	
	0					pomegranate	
	?					prickly pear (Opuntia ficus-indica)	Avoid skin contact with the spikes!
	1			L		prune	
	1			?		Prunus domestica subsp. Domestica	Better tolerated than other plums. Mainly cultivated in Central Europe.
	?					purple granadilla, passionfruit	
	0		?			quince	
	0					raisins	Only if not sulphured / without sulphite / without preservatives! High salicylate content!
	2					raspberry	
	0					redcurrants, currant	
	0					redcurrants, currant	
	1					rhubarb	Controversial. Often well tolerated. Oxalic acid.
	1			L		rose hip	
	0					sallow thorn	
	0					sharon fruit	
	0					sour cherry	
	?					spineless cactus (Opuntia ficus-indica)	Avoid skin contact with the spikes!
	2		A	L		strawberry	
	?		?			sugar banana	The greener the better tolerated
	?					tamarillo, Solanum betaceum	
	?					tuna, prickly pear (Opuntia ficus-indica)	Avoid skin contact with the spikes!
	1			?		watermelon	Suspected histamine liberator effects
	1			?		Zwetschge (damson plum subspecies domestica)	Better tolerated than other plums. Mainly cultivated in Central Europe.

Seeds

	0					chia (Salvia hispanica)	
	0					isabgol, psyllium seed husks	Can be useful both for constipation as well as diarrhea.
	0					ispaghula, psyllium seed husks	Can be useful both for constipation as well as diarrhea.
	0					psyllium seed husks (Plantago ovata)	Can be useful both for constipation as well as diarrhea.
	0					pumpkin seeds	
	1					sesame	May cause diarrhea in some cases

Mushrooms, fungi and algae

	3			L		algae and algae derivatives	Extremely rich in iodine

	3			L		brown algae, algae	Extremely rich in iodine
	2					cep	
	3			L		green algae, algae	Extremely rich in iodine
	3			L		kelp, seaweed, algae	Extremely rich in iodine
	3			L		Kombu seaweed	Extremely rich in iodine
	2					morel	
	2					mushrooms, different types	
	3			L		Nori seaweed	Extremely rich in iodine
	2					porcino mushroom (Boletus edulis)	
	3			L		red algae, algae	Extremely rich in iodine
	3			L		seaweed, seaweed	Extremely rich in iodine
	3			L		seaweeds and seaweed derivatives	Extremely rich in iodine
	3			L		Wakame seaweed	Extremely rich in iodine
	1		A			white button mushroom	
	1					yeast (fresh, dried, in all forms)	Well tolerated when produced under perfect hygienic conditions. Exceptions: baked goods with a long dough fermentation time may be intolerated. High content of glutamic acid (see glutamate).

Sweeteners

	0					agave nectar, agave syrup	High fructose content
	1					artificial sweeteners	Sucralose is tolerated.
	0					birch sugar, xylitol, xylite, E967	
	0					caramel (browned sugar)	
	0					dextrose	Glucose syrup may contain a lot of fructose, pure glucose is free from fructose.
	0					E420, sorbitol, glucitol	
	0					E967, xylitol, xylite, birch sugar	
	2					extract of malt	
	0					fructose (fruit sugar)	Too much will cause indigestion.
	0					glucose	Glucose syrup may contain a lot of fructose, pure glucose is free from fructose.
	0					honey	To be debated. Uneven. Naturally contains benzoic acid.
	0					inverted sugar syrup, invert sugar syrup	
	0					lactose (milk sugar)	
	2			?		liquorice root	
	2					malt extract	
	0					maltose, malt sugar (pure)	
	0					maple syrup	
	?			?		palm sugar	
	0					sorbitol, glucitol, E420	
	0					stevia (stevia leaves, liquid, powder)	
	0					sucrose	Nevertheless, should be used sparingly, not as a main nutrient.
	0					sugar (beet sugar, cane sugar)	Nevertheless, should be used sparingly, not as a main nutrient.
	0					xylitol, xylite, birch sugar, E967	

Spices, seasoning, aroma

	?					anise, aniseed	
	?					bay laurel, laurel	Small amounts are well tolerated, for larger quantities lack of experience.
	0					black caraway (Nigella sativa)	antiallergic
	2					bouillon (because of yeast extract / meat extract / glutamate)	Almost always with incompatible ingredients (glutamate, yeast extract, spice/aroma/flavour/seasoning/condiment/wort (in the meaning of protein hydrolysates), meat extracts, incompatible vegetables)
	0					caraway (Carum carvi)	Positive effect: good for heavy meals. Caution: Not to be confused with cumin (intolerated)!
	0					cardamom	À utiliser avec parcimonie! Des différentes éspèces et variétés sont appelées cardamome et sont utilisés comme épice. Difficile de savoir si tous sont également toléré.
	0			?		cilantro	Only small amounts are well tolerated.
	0					cinnamon	
	0					cloves	Small amounts are well tolerated, for larger quantities lack of experience.
	0			?		coriander	Only small amounts are well tolerated.
	2			L		cumin (Cuminum cyminum)	
	2			L		cummin	
	2					curry	
	0	?				distilled white vinegar	Low histamine, but not free from histamine. Use sparingly. Check for intolerated additives.
	0					fennel flower (Nigella sativa)	antiallergic
	1					ginger	Small amounts are well tolerated.
	2			L		Jeera	
	0					juniper berries	

	?					laurel, bay laurel, sweet bay, bay tree, true laurel, Grecian laurel	Small amounts are well tolerated, for larger quantities lack of experience.
	2	?	?	?		meat extract	
	0					meridian fennel (Carum carvi)	Positive effect: good for heavy meals. Caution: Not to be confused with cumin (intolerated)!
	2			L		mustard, mustard seeds, mustardseed powder	Seeds of the mustard plant and products thereof
	0					Nigella sativa seed	antiallergic
	1					nutmeg	Small amounts are well tolerated.
	0					nutmeg flower (Nigella sativa)	antiallergic
	2					paprika, hot	Irritating the intestine
	0					paprika, sweet	
	2					pepper, black	Small amounts are tolerated.
	2					pepper, white	Small amounts are tolerated.
	0					Persian cumin (Carum carvi)	Positive effect: good for heavy meals. Caution: Not to be confused with cumin (intolerated)!
	1					poppy seeds	Small amounts are well tolerated.
	3	H	?			red wine vinegar	
	0					Roman coriander (Nigella sativa)	antiallergic
	2					seasoning made of hydrolysated proteins	Derived from vegetal protein hydrolysate, aroma reminiscent of meat broth. Contains glutamate, histamine and other amines.
	3					soy sauce	
	0	?				spirit vinegar	Low histamine, but not free from histamine. Use sparingly. Check for intolerated additives.
	?					star anise, star anise seed, Chinese star anise, badiam	
	0					thyme, common thyme, German thyme, garden thyme, (Thymus vulgaris)	
	0					turmeric (Curcuma longa)	
	1	?		?		vanilla extract	From fermented fruits, alcoholic.
	1	?		?		vanilla, vanilla pod, vanilla powder, vanilla sugar	Tolerated in small quantities. Fermentation! Possibly traces of sulfite? (See also additives > vanillin)
	1	H	?			vinegar: apple vinegar	Check for additives.
	3	H	?			vinegar: balsamic vinegar	
	0	?				vinegar: spirit vinegar, distilled white vinegar	Low histamine, but not free from histamine. Use sparingly. Check for intolerated additives.
	0	?				white vinegar, spirit vinegar	Low histamine, but not free from histamine. Use sparingly. Check for intolerated additives.
	3	H	?			white wine vinegar	
	2			L		yeast extract	Chemical conversion to glutamate.

Beverages

Water

	1			?		healing spring water with lots of sulfur, fluorine, iodine, and carbonic acid	
	0					mineral water, still	
	0					tap water	

Alcoholic

	3			L	B	alcohol, pure (ethanol)	
	3	H	A	L	B	alcoholic beverages	
	2	H	A	L	B	beer	
	2	H	A	L	B	brandy	
	3	H	A	L	B	champagne	
	3			L	B	ethanol	
	2	?	?	L	B	liquor, clear (colourless)	
	3	H	A	L	B	liquor, schnapps, spirits, cloudy (not colourless)	
	2	H	A	L	B	rum	
	2	?	?	L	B	schnapps, clear (colourless)	
	3	H	A	L	B	sparkling wine	
	2	?	?	L	B	spirits, clear (colourless)	
	3	H	A	L	B	wine	
	1		?	L	B	wine, histamine free (<0.1 mg/l)	Still contains alcohol and sulfite, like any wine. For cooking, it is well tolerated after the alcohol has evaporated.
	3	H	A	L	B	wine: red wine	
	2	H	A	L	B	wine: Schilcherwein	
	2	H	A	L	B	wine: white wine	

Tea, herbal infusions

	0					chamomile tea	
	1				B	green tea	
	1			?		herbal teas with medicinal herbs (especially complex mixtures with numerous ingredients)	Incompatible ingredient not yet identified

	0					lime blossom tea, limeflower, flowers of large-leaved limetree (Tilia platyphyllos)	
	1				B	mate tea (llex paraguariensis)	
	0					peppermint tea	
	0					rooibos tea	Caution: Check the list of ingredients. Tea blends (mixtures) of Rooibos & incompatible ingredients (e.g. orange zest) are often sold as “Rooibos” as well.
	0					sage tea	
	1	H	?	?		stinging nettle herbal tea (Urtica dioica)	
	2	H			B	tea, black tea	
	0					verbena herbal tea	Has a calming effect on intestine and nervous system.

Juices, fruit nectars

	0					cranberry nectar	
	2			L		orange juice	

Vegetable juices

	2			L		tomato juice	

Drinks containing coffeine

	1					Coca-Cola	See also caffeine and carbonated
	1					coffee	Caffeine stimulates nerves and bowel, which may be mast cell activating.
	1					Coke	See also caffeine and carbonated
	1					Cola-drinks	See also caffeine and carbonated
	2			?	B	energy drinks	Theobromine inhibits the DAO enzyme.
	1					espresso	Better tolerated than coffee, but caffeine still stimulates nerves and bowel, which may be mast cell activating.

Milk surrogates

	1					oat drink, oat milk	Often slightly histamine containing as fermented enzymatically.
	1					rice milk, rice drink	Often slightly histamine containing as fermented enzymatically.
	2					soy milk, soy drink	

Soft drinks, soda

	2					chocolate drinks	
	2					cocoa drinks	
	0					elderflower cordial	
	2					hot chocolate	
	1					lemonade	Depending on the ingredients
	2					Ovaltine	
	1					soda	Depending on the ingredients
	1					soft drinks	Depending on the ingredients

Food additives

	2			L		2-hydroxybiphenyl, E231	
	1			L		acacia gum, gum arabic, E414	
	0					acetate of lime, calcium acetate, E262	
	0					acetic acid, E260	
	2			L		Acid Red 14, E122	
	1			?		agar, agar-agar, E406	
	2			L		alginic acid, algin, alginate, E400	
	2			L		Allura Red, Food Red 17, C.I. 16035, FD&C Red 40, E129, 2-Naphthalenesulfonic acid	
	0					alpha-tocopherol, vitamin E, E307	
	?					aluminium, aluminum, E173	
	2			L		amaranth, E123	This refers to the azo dye amaranth, an artificial food coloring. Not to be confused with the pseudo grain amaranth from the plant genus Amaranthus.
	0					ammonia caramel, E150c	Possibly not as good tolerated as E150?
	2			L		ammonium alginate, E403	
	0					ammonium carbonate, baker's ammonia, E503	
	1			?		ammonium citrate, triammonium citrate, E380	
	2			L		annatto, bixin, norbixin, E160b	
	?					apocarotenal, E160e	
	0				B	ascorbic acid, E300	Lowers histamine levels, but is also a weak DAO inhibitor. Good for those with MCAS, bad for those with HIT?
	0					ascorbyl palmitate, E304	
	2			L		Azorubin S, E12, Brillantcarmoisin O, E122	
	2			L		azorubine, E122	
	0					baking soda, bicarbonate of soda, sodium hydrogen carbonate, sodium bicarbonate	
	0					beeswax, E901	
	2			L		benzoates, E210-213	

	2			L		benzoic acid, E210	
	0					betanin, Beetroot Red, E162	
	2			L		bixin, norbixin, E160b	
	?					borax, sodium borate, sodium tetraborate, disodium tetraborate, E285	
	?					boric acid, E284	
	3			L		Brilliant Black BN, Brilliant Black PN, Brilliant Black A, Black PN, Food Black 1, Naphthol Black, E151, C.I. Food Black 1, C.I. 28440	
	?			?		Brilliant Blue FCF, E133, FD&C Blue No.1, Acid Blue 9, D&C Blue No. 4, Alzen Food Blue No. 1, Atracid Blue FG, Erioglaucine, Eriosky blue, Patent Blue AR, Xylene Blue VSG, C.I. 42090	
	2			L		Brown FK, Kipper Brown, Chocolate Brown FK, E154, C.I. Food Brown 1	
	2			L		Brown HT, Chocolate Brown HT, Food Brown 3, E155, C.I. 20285	
	2			L		butylated hydroxyanisole, E320	
	2			L		butylated hydroxytoluene, BHT, dibutylhydroxytoluene, E321	
	2			L		C.I. 14720, E122	
	2			L		C.I. 16255, E124	
	3			L		C.I. 47005, E104	
	2			L		C.I. Acid Red 18, E124	
	0					calcium acetate, acetate of lime, calcium ethanoate, calcium diacetate, E262	
	2			L		calcium alginate, E404	
	0					calcium ascorbate, calcium diascorbate	
	2			L		calcium benzoate, E213	
	2			L		calcium bisulfite, E227	
	0					calcium carbonate, limestone, E170	
	1			?		calcium citrate, E333	Often well tolerated.
	2			L		calcium diglutamate, E623	
	0					calcium lactate, E327	
	0					calcium L-ascorbate	
	0					calcium L-ascorbate	
	2			?		calcium polyphosphate, E452	
	?					calcium propanoate, calcium propionate, E282	
	2			L		calcium sorbate, E203	
	2			L		calcium sulfite, E226	
	?					canthaxanthin, cantaxanthin, cantaxanthine, canthaxanthine, E161g	
	0					caramel color, caramel coloring, E150	
	1			L		carbonated drinks, carbonic acid	Only short time effects. Symptoms quickly disappear
	?					carboxymethyl cellulose, CMC, carboxymethylcellulose, carmellose, cellulose gum, E466	
	2			L		carmine, E120	
	2			L		carmoisine, E122, Food Red 3, E122	
	2		?	?		carob, carob powder, carob pod meal	Carob ist the dried (and sometimes roasted) pod, and not the seeds.
	2			L		carobin, carob gum, carob bean gum, E410	Thickening agent and gelling agent, extracted from the seeds of the carob tree.
	0			L		carotene, beta-carotene, β-carotene, E160a	
	2			L		carrageenan, processed seaweed, E407, E407a	
	0					caustic caramel, E150a	
	0					caustic sulphite caramel, E150b	Possibly not as good tolerated as E150?
	0					cellulose ethyl ether, ethyl cellulose, ethylcellulose, E462	
	0					cellulose methyl ether, methyl cellulose, methylcellulose, methylated cellulose, E461	May produce laxative effects in large quantities.
	0					cellulose, E460	
	0					charcoal, E153	
	0					chlorophyll, E140	
	1					citric acid, E330	To be debated. Made from mold, not from lemons.
	2			L		cochineal red A, E124	
	2			L		cochineal, E120	
	0					copper complexes of chlorophylls and chlorophyllins, E141	
	0					cream of tartar, E336	

	2			L		crimson lake, E120	
	1			L		crystal gum, gum karaya, karaya gum, E416	
	0					curcumin, E100	
	0					delta-tocopherol, vitamin E, E309	
	1			?		dicalcium phosphate, dicalcium hydrogen orthophosphate, E340	
	?					dimethicone, dimethylpolysiloxane, polydimethylsiloxane, PDMS, E900	
	?					dimethyl dicarbonate, DMDC, methoxycarbonyl methyl carbonate, dimethyl pyrocarbonate, Velcorin, E242	
	1			?		dipotassium phosphate, dipotassium hydrogen orthophosphate, E340	
	0					D-isoascorbate, sodium erythorbate, erythorbic acid sodium salt, E316, erythorbic acid sodium salt, sodium erythorbate, D-isoascorbate, E316	
	0					E100, curcumin	
	1			L		E101a, riboflavin-5'-phosphate	
	3			L		E102, tartrazine	
	3			L		E104, quinoline yellow	
	3			L		E110, sunset yellow FCF	
	0					E1103, invertase, saccharase, glucosucrase, beta-h-fructosidase, beta-fructosidase, invertin, sucrase	
	?					E1105, lysozymes	
	2			L		E120, carmine, cochineal	
	?					E1200, polydextrose	May produce laxative effects in large quantities.
	1			?		E1201, polyvinylpyrrolidone, PVP, polyvidone, povidone	
	1			?		E1202, polyvinylpolypyrrolidone	
	2			L		E122, azorubine, carmoisine	
	2			L		E123, amaranth	This refers to the azo dye amaranth, an artificial food coloring. Not to be confused with the pseudo grain amaranth from the plant genus Amaranthus.
	2			L		E124, ponceau 4R, cochineal red A	
	3			L	?	E127, erythrosine	
	2			L		E129, Allura Red, Food Red 17, C.I. 16035, FD&C Red 40, 2-Naphthalenesulfonic acid	
	2			L		E131, Patent blue V	
	2			L		E132, indigo carmine, indigotine	
	?			?		E133, Brilliant Blue FCF, FD&C Blue No.1, Acid Blue 9, D&C Blue No. 4, Alzen Food Blue No. 1, Atracid Blue FG, Erioglaucine, Eriosky blue, Patent Blue AR, Xylene Blue VSG, C.I. 42090	
	0					E140, chlorophyll	
	0					E141, copper complexes of chlorophylls and chlorophyllins	
	?			?		E142, Green S, Food Green S, FD&C Green 4, Acid green 50, Lissamine Green B, Wool Green S, C.I. 44090	
	0					E150, plain caramel, caustic caramel, caramel coloring	
	0					E150b, sulphite-caramel	Possibly not as good tolerated as E150?
	0					E150c, ammonia caramel	Possibly not as good tolerated as E150?
	0					E150d, sulphite ammonia caramel	Possibly not as good tolerated as E150?
	3			L		E151, Brilliant Black BN, Brilliant Black PN, Brilliant Black A, Black PN, Food Black 1, Naphthol Black, C.I. Food Black 1, C.I. 28440	
	0					E153, charcoal	
	2			L		E154, Brown FK, Kipper Brown, Chocolate Brown FK, C.I. Food Brown 1	
	2			L		E155, Brown HT, Chocolate Brown HT, Food Brown 3, C.I. 20285	
	0			L		E160a, carotene, beta-carotene, β-carotene	
	2			L		E160b, bixin, norbixin, annatto	
	?					E160d, lycopene	
	?					E160e, apocarotenal , C.I. Food Orange 6	
	?					E160f, Food orange 7	
	?					E161b, lutein, luteine	

	?					E161g, canthaxanthin, cantaxanthin, cantaxanthine, canthaxanthine, Lucantin red (BASF), Lucantin Red CWD (BASF), Carophyll Red (DSM), Roxanthin Red 10 (Adisseo), L-Orange 7g, C.I. Food Orange 8	
	0					E162, betanin, Beetroot Red	
	0					E163, anthocyanins, anthocyans	
	0					E170, calcium carbonate, limestone, calcite, aragonite, chalk	
	0			?		E171, titanium dioxide, titanium(IV) oxide, titania, oxide of titanium, titanium white, Pigment White 6 (PW6), C.I. 77891	
	0					E172, iron oxides	
	?					E173, aluminium, aluminum	
	?					E174, silver	
	0					E175, gold	
	2			L		E180, Lithol Rubine BK, Pigment Rubine, Carmine 6B, Brilliant Carmine 6B, Permanent Rubin L6B, Litholrubine, Latolrubine, C.I. Pigment Red 57, C.I. Pigment Red 57:1, D&C Red No. 7, or C.I. 15850:1	
	2			L		E200, sorbic acid	
	2			L		E202, potassium sorbate	
	2			L		E203, calcium sorbate	
	2			L		E210, benzoic acid	
	2			L		E210-213, benzoic acid and salts = benzoates	
	2			L		E211, sodium benzoate	
	2			L		E212, potassium benzoate	
	2			L		E213, calcium benzoate	
	2			L		E214, E215, ethylparaben, ethyl para-hydroxybenzoate	
	2			L		E218, E219, methylparaben, methyl paraben	
	2			L		E220 - E228, sulfites, sulphites	
	2			L		E220, sulfur dioxide, sulphur dioxide	
	2			L		E221, sodium sulfite, sodium sulphite	
	2			L		E222, sodium hydrogen sulphite, sodium bisulphite	
	2			L		E223, sodium metabisulfite	
	2			L		E224, potassium metabisulfite	
	2			L		E225, potassium sulfite	
	2			L		E226, calcium sulfite	
	2			L		E227, calcium bisulfite	
	2			L		E228, potassium hydrogen sulfite	
	2			L		E231, orthophenyl phenol	
	2					E232, sodium orthophenyl phenol	
	?					E234, nisin	
	?					E235, natamycin, pimaricin, natacyn	
	2			L		E239, hexamethylenetetramine, hexamine, methenamine, urotropine, 1,3,5,7- tetraazaadamantane, formin, aminoform	
	?					E242, dimethyl dicarbonate, DMDC, methoxycarbonyl methyl carbonate, dimethyl pyrocarbonate, velcorin	
	?					E249, potassium nitrite	
	0					E250, sodium nitrite	
	?					E251, sodium nitrate	
	?					E252, potassium nitrate, saltpetre, nitrate of potash	
	0					E260, acetic acid	
	0					E261, potassium acetate	
	0					E262, sodium acetate, sodium ethanoate	
	0					E263, calcium acetate, acetate of lime, calcium ethanoate, calcium diacetate	
	0					E270, lactic acid, milk acid, 2-hydroxypropanoic acid	
	?					E280, propionic acid, propanoic acid	
	?					E281, sodium propanoate, sodium propionate	
	?					E282, calcium propanoate, calcium propionate	
	?					E283, potassium propanoate, potassium propionate	
	?					E284, boric acid	
	?					E285, borax, sodium borate, sodium tetraborate, disodium tetraborate	

	0					E290, carbon dioxide, carbonic acid gas, carbonic anhydride, carbonic oxide, carbon oxide, carbon(IV) oxide	Causes only short-time symptoms and only in big quantities (e.g. carbonated soft drinks and soda water).
	0					E296, malic acid, hydroxybutanedioic acid	
	?					E297, fumaric acid, trans-butenedioic acid, allomaleic acid, boletic acid, donitic acid, lichenic acid	
	0				B	E300, ascorbic acid, vitamin C	Lowers histamine levels, but is also a weak DAO inhibitor. Good for those with MCAS, bad for those with HIT?
	0					E301, sodium ascorbate, sodascorbate	
	0					E302, calcium ascorbate, calcium diascorbate	
	0					E304, ascorbyl palmitate	
	0					E306, tocopherol, vitamin E	
	0					E307, alpha-tocopherol, α-tocopherol, vitamin E	
	0					E308, gamma-tocopherol, γ-tocopherol, vitamin E	
	0					E309, delta-tocopherol, vitamin E	
	2			L		E310, propyl gallate, propyl 3,4,5-trihydroxybenzoate, gallic acid propyl ester, n-propyl gallate	
	2			L		E311, octyl gallate	
	2			L		E312, dodecyl gallate, lauryl gallate	
	0					E315, erythorbic acid, isoascorbic acid, D-araboascorbic acid	
	0					E316, sodium erythorbate, D-isoascorbate, erythorbic acid sodium salt	
	?					E319, tert-Butylhydroquinone, TBHQ	
	2			L		E320, butylated hydroxyanisole	
	2			L		E321, butylated hydroxytoluene, BHT, dibutylhydroxytoluene	
	0					E322, lecithins, lecithin	Mostly soya lecithin
	0					E325, sodium lactate	
	0					E326, potassium lactate	
	0					E327, calcium lactate	
	1					E330, citric acid	To be debated. Made from mold, not from lemons.
	1			?		E331, trisodium citrate, sodium citrate, citric acid trisodium salt	Often well tolerated.
	1			?		E332, potassium citrate, tripotassium citrate	Often well tolerated.
	1			?		E333, calcium citrate, tricalcium dicitrate	Often well tolerated.
	0					E334, tartaric acid, 2,3-dihydroxybutanedioic acid, 2,3-dihydroxysuccinic acid, threaric acid, racemic acid, uvic acid, paratartaric acid	
	0					E335, sodium tartrate, sal tartar, disodium tartrate, bisodium tartrate, monosodium tartrate, sodium bitartrate	See cream of tartar
	0					E336, cream of tartar, potassium bitartrate	
	1			?		E340, calcium phosphates: monocalcium phosphate (KH2PO4, calcium dihydrogen phosphate), dicalcium phosphate (K2HPO4, dicalcium hydrogen orthophosphate, calcium phosphate dibasic), tricalcium phosphate (K3PO4)	
	1			?		E340, potassium phosphates: monopotassium phosphate (KH2PO4, potassium dihydrogen phosphate), dipotassium phosphate (K2HPO4, dipotassium hydrogen orthophosphate, potassium phosphate dibasic), tripotassium phosphate (K3PO4)	
	1			?		E380, ammonium citrate, triammonium citrate	
	2			L		E400, alginic acid, algin, alginate	
	2			L		E401, sodium alginate	
	2			L		E402, potassium alginate	
	2			L		E403, ammonium alginate	
	2			L		E404, calcium alginate	
	2			L		E405, propylene glycolic alginate	
	1			?		E406, agar, agar-agar	
	2			L		E407, E407a, carrageenan, processed seaweed	
	2			L		E410, locust bean gum, LBG, carobin, carob bean gum	Thickening agent and gelling agent, extracted from the seeds of the carob tree.
	1			L		E412, guar gum, guaran	
	2			L		E413, tragacanth	

	1			L		E414, gum arabic, acacia gum, chaar gund, char goond, meska	
	0					E415, xanthan gum	
	1			L		E416, gum karaya, karaya gum, crystal gum	
	0					E421, mannitol, mannite, manna sugar	
	0					E422, glycerol, glycerine, glycerin, propanetriol, propane-1,2,3-triol, 1,2,3-trihydroxypropane	
	0					E440, pectin	
	1	?		?		E441, gelatin	Controversial, may also be tolerated.
	2			?		E452, polyphosphates: sodium-, potassium-, calcium- and sodium-calcium-polyphosphate	
	0					E460, cellulose	
	0					E461, methyl cellulose, methylcellulose, cellulose methyl ether, methylated cellulose	May produce laxative effects in large quantities.
	0					E462, ethyl cellulose, ethylcellulose, cellulose ethyl ether, ethylated cellulose	
	0					E463, hydroxypropylcellulose	
	0					E464, hypromellose, hydroxypropyl methylcellulose, hydroxypropyl methyl cellulose, HPMC	
	0					E465, ethyl methyl cellulose, methyl ethyl cellulose, ethyl methyl ether of cellulose	
	?					E466, carboxymethyl cellulose, CMC, carboxymethylcellulose, carmellose, cellulose gum	
	0					E500i, sodium carbonate, washing soda, soda ash, soda crystals, Na2CO3	
	0					E500ii, sodium hydrogen carbonate, sodium bicarbonate, baking soda, bicarbonate of soda, NaHCO3	
	0					E501, potassium carbonate, carbonate of potash, dipotassium carbonate, sub-carbonate of potash, Pearl ash, potash, salt of tartar, salt of wormwood	
	0					E503, ammonium carbonate, baker's ammonia, salt of hartshorn	
	0					E504, magnesium carbonate	
	0					E507, hydrochloric acid	
	0					E579, iron(II) gluconate, ferrous gluconate	
	2			L		E620, glutamic acid, (glutamate, flavour enhancer)	
	2			L		E620-625, glutamates, glutamic acid and its salts	
	2			L		E621, monosodium glutamate, glutamic acid monosodium salt	
	2			L		E622, potassium glutamate, glutamic acid potassium salt	
	2			L		E623, calcium diglutamate	
	2			L		E624, monoammonium glutamate, glutamic acid ammonium salt	
	2			L		E625, magnesium diglutamate, glutamic acid magnesium salt	
	0					E626, guanosine monophosphate, 5'-guanidylic acid, guanylic acid	
	0					E650, zinc acetate, dicarbomethoxyzinc, zinc diacetate	
	?					E900, polydimethylsiloxane, PDMS, dimethicone, dimethylpolysiloxane	
	0					E901, beeswax, bees wax, cera alba, cera flava	
	0					E955, sucralose	
	0					E960, steviol glycosides	
	3			L	?	erythrosine, E127	
	0					ethyl cellulose, ethylcellulose, ethylated cellulose, cellulose ethyl ether, E462	
	0					ethyl methyl cellulose, E465	
	2			L		ethylparaben, ethyl para-hydroxybenzoate, E214, E215	
	0					ferrous gluconate, iron(II) gluconate, E579	
	1			L		fizzy drinks	Only short time effects. Symptoms quickly disappear
	1			L		flavin mononucleotide, E101a	
	2			L		flavour enhancers, glutamates, E620-625	
	1					flavourings, flavorings	This can be anything. Mostly not well tolerated.
	?					Food orange 7, E160f	

	3			L		Food Yellow 13, E104	
	?					fumaric acid, trans-butenedioic acid, E297	
	0					gamma-tocopherol, vitamin E, E308	
	1	?		?		gelatin, E441	Controversial, may also be tolerated.
	2			L		glutamates, glutamic acid and its salts, E620-625	
	2			L		glutamic acid magnesium salt, E625	
	2			L		glutamic acid monosodium salt, E621	
	2			L		glutamic acid, (glutamate, flavour enhancer), E620	
	1			?		gluten	Well tolerated in many cases. Flatulence in some cases.
	0					glycerol, glycerine, glycerin, E422	
	0					gold, E175	
	?			?		Green S, E142, Food Green S, FD&C Green 4, Acid green 50, Lissamine Green B, Wool Green S, C.I. 44090	
	0					guanosine monophosphate, 5'-guanidylic acid, guanylic acid, E626	
	1			L		guar gum, guaran, E412	
	1			L		gum arabic, acacia gum, E414	
	1			L		gum karaya, karaya gum, crystal gum, E416	
	0					hemicalcium ascorbate	
	0					hemicalcium ascorbate, E302	
	2			L		hexamethylenetetramine, hexamine, methenamine, urotropine, 1,3,5,7- tetraazaadamantane, formin, aminoform	
	0					hydrochloric acid, E507	
	0					hydroxypropylcellulose, E463	
	0					hypromellose, hydroxypropyl methylcellulose, hydroxypropyl methyl cellulose, HPMC, E464	
	2			L		indigo carmine, indigotine, E132	
	0					invertase, E1103	
	0					iron oxides, E172	
	0					iron(II) gluconate, ferrous gluconate, E579	
	1			L		karaya gum, gum karaya, crystal gum, E416	
	0					lactic acid, milk acid, 2-hydroxypropanoic acid, E270	
	0					lecithins, lecithin, E322	Mostly soya lecithin
	2			L		Lithol Rubine BK, E180	
	2			L		locust bean gum, LBG, E410	Thickening agent and gelling agent, extracted from the seeds of the carob tree.
	?					lutein, luteine, E161b	
	?					lycopene, E160d	
	?					lysozymes, E1105	
	0					magnesium carbonate, E504	
	2			L		magnesium diglutamate, magnesium glutamate, E625	
	0					malic acid, hydroxybutanedioic acid, E296	
	0					mannitol, mannite, E421	
	0					methyl cellulose, methylcellulose, methylated cellulose, cellulose methyl ether, E461	May produce laxative effects in large quantities.
	0					methyl ethyl cellulose, ethyl methyl cellulose, E465	
	2			L		methylparaben, methyl paraben, E218, E219	
	2			L		monoammonium glutamate, ammonium glutamate, glutamic acid ammonium salt, E624	
	1			?		monocalcium phosphate, E340	
	1			?		monopotassium phosphate, E340	
	0					monosodium ascorbate	
	0					monosodium ascorbate, E301	
	0					monosodium ascorbate, sodium ascorbate, sodascorbate, E301	
	2			L		monosodium glutamate, E621	
	?					natamycine, natacyn, pimaricin, E235	
	?					nisin, E234	
	2			L		norbixin, bixin, annatto, E160b	
	2			L		octyl gallate, E311	
	3			L		orange yellow S, E110	
	2			L		orthophenyl phenol, E231	
	2			L		parabens = PHB-ester, E214-219, para-hyrdoxy-benzoic acid = PHB	
	2			L		Patent blue V, E131	
	0					pectin, E440	

	?					pimaricin, natamycine, E235	
	0					plain caramel, E150a	
	?					polydextrose, E1200	May produce laxative effects in large quantities.
	?					polydimethylsiloxane, PDMS, dimethicone, dimethylpolysiloxane, E900	
	1			?		polyvinylpolypyrrolidone, E1202	
	1			?		polyvinylpyrrolidone, PVP, polyvidone, povidone, E1201	
	2			L		ponceau 4R, E124	
	0					potassium acetate, E261	
	2			L		potassium alginate, E402	
	2			L		potassium benzoate, E212	
	0					potassium bitartrate, E336	
	0					potassium carbonate, carbonate of potash, E501	
	1			?		potassium citrate, tripotassium citrate, E332	Often well tolerated.
	2			L		potassium glutamate, glutamic acid potassium salt, E622	
	2			L		potassium hydrogen sulfite, potassium bisulfite, E228	
	0					potassium hydrogen tartrate, E336	
	0					potassium lactate, E326	
	2			L		potassium metabisulfite, E224	
	?					potassium nitrite, E249	
	2			?		potassium polyphosphate, E452	
	?					potassium propanoate, potassium propionate, E283	
	2			L		potassium pyrosulfite, E224	
	2			L		potassium sorbate, E202	
	2			L		potassium sulfite, E225	
	1			?		povidone, polyvidone, polyvinylpyrrolidone, PVP, E1201	
	?					propionic acid, propanoic acid, E280	
	2			L		propyl gallate, E310	
	2			L		propylene glycolic alginate, E405	
	2					quinine (e.g. in Bitter Lemon or Tonic Water)	
	3			L		quinoline yellow, E104	
	2			L		Red 2G, acid red 1, azogeranine, azohpoloxine, E128	
	1			L		riboflavin-5'-phosphate, E101a	
	2			L		salicylic acid	Forbidden as food additive
	?					silver, E174	
	0					sodascorbate, sodium ascorbate, monosodium ascorbate, E301	
	0					sodium acetate, E262	
	2			L		sodium alginate, E401	
	0					sodium ascorbate, sodascorbate	
	2			L		sodium benzoate, E211	
	2			L		sodium bisulphite, E222	
	0					sodium carbonate, washing soda, soda ash, soda crystals, Na2CO3, E500i	
	1			?		sodium citrate, trisodium citrate, E331	Often well tolerated.
	0					sodium erythorbate, D-isoascorbate, erythorbic acid sodium salt, E316	
	0					sodium hydrogen carbonate, sodium bicarbonate, baking soda, bicarbonate of soda, E500ii	
	2			L		sodium hydrogen sulphite, E222	
	0					sodium lactate, E325	
	2			L		sodium metabisulfite, E223	
	?					sodium nitrate, E251	
	0					sodium nitrite, E250	
	2					sodium orthophenyl phenol, E232	
	2			?		sodium polyphosphate, E452	
	?					sodium propanoate, sodium propionate, E281	
	2			L		sodium pyrosulfite, E223	
	2			L		sodium sulfite, sodium sulphite, E221	
	0					sodium tartrate, sal tartar, disodium tartrate, bisodium tartrate, E335	See cream of tartar
	2			?		sodium-calcium polyphosphate, E452	
	2			L		sorbates (salts of sorbic acid): potassium sorbate, E202, calcium sorbate, E203	
	2			L		sorbic acid, E200	

	0						starch, amylum	
	0						steviol glycosides, E960	
	0						sucralose, E955	
	2			L			sulfites, sulphites, E220 - E228	
	2			L			sulfur dioxide, sulphur dioxide, E220	
	2			L			sulphan blue, E131	
	0						sulphite ammonia caramel, E150d	Possibly not as good tolerated as E150?
	3			L			sunset yellow FCF, E110	
	0						tartaric acid, uvic acid, E334	
	3			L			tartrazine, E102	
	?						tert-Butylhydroquinone, TBHQ, E319	
	0			?			titanium dioxide, titanium(IV) oxide, E171	
	0						tocopherol, vitamin E, E306	
	2			L			tragacanth, E413	
	1			?			triammonium citrate, ammonium citrate, E380	
	1			?			tricalcium phosphate, E340	
	1			?			tripotassium citrate, potassium citrate, E332	Often well tolerated.
	1			?			tripotassium phosphate, E340	
	1			?			trisodium citrate, sodium citrate, E331	Often well tolerated.
	0						vanillin (synthetic)	Slightly irritating. Use sparingly.
	0					B	vitamin C, E300	Lowers histamine levels, but is also a weak DAO inhibitor. Good for those with MCAS, bad for those with HIT?
	0						vitamin E, alpha-tocopherol, E307	
	0						vitamin E, delta-tocopherol, E309	
	0						vitamin E, gamma-tocopherol, E308	
	0						vitamin E, tocopherol, E306	
	0						xanthan gum, E415	
	0						zinc acetate, E650	
	0							

Vitamins, dietary minerals, trace elements, stimulants

	2			L			folic acid, folate, vitamin B9	To be debated. Other name: pteroyl-L-glutamic acid (similar to glutamic acid / glutamate?)
	3			L			iodine	
	2			L			iodized table salt	
	3			L			potassium iodate (e.g. as additive in iodized table salt)	
	3			L			potassium iodide (e.g. as additive in iodized table salt)	
	2					B	theobromine	
	2			L			vitamin B9, folic acid, folate	To be debated. Other name: pteroyl-L-glutamic acid (similar to glutamic acid / glutamate?)
	2					B	xantheose, theobromine	

Preparations, mixtures

	2			L			liquorice	
	1						marzipan	Small amounts are well tolerated if without incompatible additives.
	1						marchpane	Small amounts are well tolerated if without incompatible additives.
	2		A				chocolate, brown / black	Tyramine, phenylethylamine
	1		?				chocolate, white	Mostly well tolerated
	2	H		L			mustard	Preparation (mixture) of mustard seeds, vinegar, etc.
	2						tofu	