

FOOD SENSITIVITY COMPARISON GUIDE

The following chart reflects, to the best of my knowledge, a comprehensive overview of the level of various potentially problematic compounds in foods. These food chemicals can cause adverse reactions in susceptible individuals, including gastrointestinal, neurological, respiratory, and/or allergic reactions.

The chart is intended as a general guideline for overview and comparison. Due to the vast amount of (often conflicting) information, I have chosen to use the basic terminology *low*, *medium*, and *high*. Please keep in mind that some “low” foods may actually contain *none* of the offending compound, or may contain *more* than anticipated. If you can pinpoint a certain food sensitivity which causes issues for you, I recommend further researching that particular compound.

To receive the chart in a different color scheme (black and white, minimal color, or full color), or make corrections, additions, or suggestions, please contact me at contact@MelanieAvalon.com. I'd love to hear from you!

Please visit MelanieAvalon.com for more information!

AMINES

AMINES are chemical byproducts of protein breakdown common in foods, as well as neurotransmitters like adrenaline, serotonin, and dopamine. Amines are typically broken down in the body by MAO (L-Monoamine oxidase) enzymes. Those who lack adequate enzymes, harbor faulty enzymes (an estimated 1/3 of the population), or take MAOIs for depression, may struggle with properly breaking down amines. Symptoms of amine intolerance include aggression, depression, migraines, headaches, IBS, skin conditions like psoriasis and eczema, as well as others.

Amines are naturally found in many protein-rich foods. Cooking methods which increase amine levels include processing, aging, fermenting, ripening, overcooking, cooking at high temperatures, cooking at low temperatures for a long time (slow cooking), browning, grilling, and charring. Amines can also increase with food storage, like leftovers. To avoid amines, the fresher the better!

AMINE CHART NOTES

- Meats must be fresh, not aged, with no preservatives or additives.
- Fruits and vegetables must be fresh, the *less* ripe the better.
- Avoid dried, canned, and preserved fruits and vegetables.
- Dairy must be fresh and free of additives.
- Grain products must be free of vinegar, yeast, and preservatives.

HISTAMINE

HISTAMINE is a specific type of amine often found in food, which also functions as an inflammation-signaling neurotransmitter in the body. When the immune system senses an invader, mast cells release histamine, which swell blood vessels to make them more permeable for white blood cells. The DAO (diamine oxidase) enzyme normally breaks down histamine in the digestive tract. Those lacking adequate DAO levels (which can be influenced by stress, the gut microbiome, and genetics) or with a genetic disposition for reduced DAO activity, may experience mast cell dysregulation, or struggle with controlling excess histamine.

While histamine is a vital part of the body's defense system, too much histamine yields chronic inflammation. This can include hives, rashes, swollen eyes, and itchy skin, neurological issues like depression and irritability, as well as digestive problems like IBS.

Some foods contain high histamine in their natural state, while food processing methods like fermenting, ripening, canning, re-heating, and cold-storage substantially increase histamine levels. Foods higher in protein or more prone to spoilage, are more prone to histamine. Other foods may not contain high levels of histamines, but are histamine "liberators" which encourage the body to release histamine.

HISTAMINE CHART NOTES

- Meats must be fresh, not aged, with no preservatives or additives.
- Fruits and vegetables must be fresh, the *less* ripe the better.
- Avoid dried, canned, and preserved fruits and vegetables.
- Dairy must be fresh and free of additives.
- Grain products must be free of vinegar, yeast, and preservatives.
- Histamine liberators may not necessarily contain high amounts of histamine, but they can encourage the body to release histamine.

GLUTAMATES

GLUTAMATE is a stimulating, excitatory, amino acid neurotransmitter critical in the body for neural signaling, and intrinsically involved in memory and learning. An overload of glutamate or hypersensitivity of cells to glutamate, can lead to excitotoxicity, overstimulating cells to damage and even potential death. “Bound” glutamate is less problematic, as it is tied to other amino acids and slowly broken down by the body. “Free” glutamate is more rapidly absorbed, leading to more detrimental glutamate spikes.

Those who are sensitive to glutamate (dubbed “Chinese Restaurant Syndrome”) may experience symptoms like headaches, facial swelling, flushing, sweating, and chest pain when ingesting too much glutamate. Glutamate intolerance is more prevalent in those with Celiac.

Glutamate is found in MSG (Monosodium glutamate), and majorly cranks up the palatability of food. (The Japanese concept of “Umami” refers to glutamate.) Processed foods are also rich in glutamate, particularly those featuring yeast, gelatin, soy, whey, food additives, (carrageenan, flavors, colorings, etc.), citric acid, corn syrup, and food starches. Low glutamate animal sources include lamb and eggs.

GLUTAMATE CHART NOTES

- All food must be *fresh*.
- Food cannot contain additives, preservatives, etc.

SALICYLATES

SALICYLATES are photochemical found in plants, which serve as a sort of natural pesticide. On the one hand, salicylates can reduce pain and inflammation in the body, and are actually the basis of nonsteroidal anti-inflammatory drugs like aspirin. Some people, however, are particularly sensitive to salicylates, which may encourage asthma, digestive problems, skin problems (itchiness, rashes, hives, acne), headaches, swelling, fatigue, depression, tinnitus, restless leg syndrome, bad breath, restlessness, as well as other adverse reactions.

Unlike amines, salicylates tend to be higher in *less* ripe and *less* cooked foods. Drying fruits substantially increases concentrations. Salicylates tend to concentrate more around the skin of fruits and vegetables, so peeling them can help.

In addition to many fruits and vegetables, salicylates are also highly prevalent in commercial bath and beauty products, and are easily absorbed through the skin. To eliminate salicylates from your body, you must avoid both problematic foods and body products.

SALICYLATE CHART NOTES

- Fruits and vegetables must be fresh, the *more* ripe the better.
- Avoid dried, canned, and preserved fruits and vegetables.
- Dairy must be fresh and free of additives.
- Grain products must be free of additives and preservatives.
- Salicylates can add up in the body, so eating a lot of *low* salicylate food could yield the same detrimental effects as eating a small amount of *high* salicylate foods, for those sensitive.

OXALATES

OXALATES are naturally occurring organic acids found in a variety of foods (though they can be naturally generated in the body as well.) They are very reactive, and can bind to calcium and other minerals, inhibiting their absorption, while forming irritating crystals which can hinder enzyme function and further damage cellular tissue. While many people can adequately handle oxalates via the gut

microbiome or excretion, oxalates may be particularly problematic for those with intestinal permeability, known as “leaky gut.” An oxalate overload in the body can also accumulate in the kidneys and lead to kidney stone formations. Besides kidney stones, symptoms of oxalate overload include weakness, burning of the mouth or throat, nausea, digestive distress, convulsions, and coma, among others.

If you decide to try a low oxalate diet (considered around 60 mg per day), it is recommended to *slowly* reduce your oxalate intake by about 5% each day. Keep in mind that reducing oxalates may lead to detoxification symptoms. For more information on oxalates, I recommend visiting Susan Owens’ website, <http://www.lowoxalate.info>, or joining the “Trying Low Oxalates” group on Facebook, where you can gain access to a complete oxalate spreadsheet with specific oxalate amounts.

OCALATE CHART NOTES

- Veggies and fruits listed are fresh, unless otherwise indicated.
- Keep in mind that eating a lot of *low* oxalate foods could yield the same oxalate load as eating a small amount of *high* oxalate foods.

SULFITES/THIOLS

SULFITES are abundant in food, water, medications, and the environment, and are processed in the body by the sulfite oxidase enzyme. Those with faulty or deficient enzymes may experience detrimental effects with sulfite consumption, such as digestive problems, wheezing, asthma, skin issues, and even anaphylaxis.

Foods can contain natural and/or added sulfites. Sulfites can occur as natural byproducts of fermentation (like in wine). They also function as a food preservative by releasing sulfur dioxide, and are added to many foods to discourage browning, black spots, and bacterial growth. Other added sulfite purposes include bleaching starches and conditioning dough.

The FDA mandates that sulfites exceeding 10ppm in a food must be labeled. (However, individual ingredients containing sulfites in a processed food do *not* have to be labeled, meaning a bread made with sulfited flour could appear to not have added sulfites.) Common names for sulfite additives in foods include: *potassium bisulphate*, *potassium metabisulfite*, *sodium bisulphate*, *sodium dithionite*, *sodium metabisulfite*, *sodium sulfite*, *sulfur dioxide*, *sulfiting agents*, and *sulfurous acid*. European codes indicating sulfites include: E 220, E 221, E 222, E 223, E 224, E 225, E 226, E 227, E 228.

Added sulfites are typically banned in fresh fruits and vegetables, with the exception of grapes. Imported exotic fruits may also contain sulfites. Sulfites are allowed in peeled and/or processed potatoes, as well as fruit jams and dried fruits. Foods particularly high in sulfites include processed foods, wine, vinegar, brown sugar, thickening agents, artificial flavors, and any preservatives.

Foods can also be high in **SULFUR** and **THIOLS**, which may cause problems for people who react adversely to sulfites, especially if their system is overloaded already, and also if they struggle with high plasma cysteine levels. (Thiols are formed by a carbon atom with an attached hydrogen and sulfur atom.) That said, *free* thiols may be the primary issue, and foods high in sulfur may not necessarily be high in free thiols. For this reasoning, I have chosen to rank foods in the chart according to their sulfite and thiol content. For example, meat and nuts may contain high amounts of sulfur, but not thiols, but may contain sulfites if added. Talk about confusing! It is therefore key to analyze the ingredients of each perspective food on a case by case basis for its individual sulfite/thiol status.

SULFITE CHART NOTES

- All food must be free of sulfite-containing additives and preservatives.
- Favor fresh foods. Be cautious with preserved, dried, and canned food.
- Avoid all bleached starches and flours.
- Buy organic to minimize sulfites. Conventional produce/vegetables may be sprayed with sulfur-containing pesticides, which may cause problems for those sensitive to sulfites. Grapes and imported exotic fruit also may be sprayed with sulfites, unless organic.
- Be wary of citric acid, which may be a problem for those who are sulfite-sensitive.
- Sulfites can add up in the body, so eating a lot of low sulfite foods could yield the same detrimental effects as eating a small amount of high sulfite foods, for those sensitive.
- Processed grain products (bread, tortillas, pancakes, etc.) may or may not contain sulfites (though they likely do.) Sulfites are often used to bleach flour, and as conditioning agents for dough. Sulfites may also be used in the products without being labeled, if they're used within an individual ingredient (for example, as a part of the flour.) I recommend avoiding all of these products.

THIOL CHART NOTES

- Be cautious of thiol additives in foods, like garlic and onion powders.

NIGHTSHADES

Nightshade plants belong to the family Solanaceae, the majority of which are actually downright toxic to humans. However, edible nightshades do exist, and while tolerated by many, can cause joint pain, digestive distress, allergy like symptoms, and autoimmune problems in others. The problematic compounds in nightshades include a super potent form of Vitamin D, alkaloids, lectins, and saponins.

NIGHTSHADE CHART NOTES

- Check all foods for additives, as many spice blends and seasonings contain nightshades.
- Be cautious of nightshade additives in foods, like pepper and tomato.
- There is some debate as to whether some non-nightshade foods contain the problematic nightshade compound solanine.
- Other nightshades not listed on the chart: Ashwagandha, capsicums, cayenne, chili pepper, chili powder, curry powder, Goji berries, pepinos, and tomatillos

? = unknown * = use with caution, minimally or in moderation

VEGETABLES

VEGGIES	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Alfalfa	High	Low	Low	Low	High	Low	?	No
Artichoke: French	Low	Low	Low	Med-High	High	Low	Low	No* (may contain solanine)
Artichoke: Jerusalem	Low	Low	Low	Med-High	High	Low	High	No* (may contain solanine)
Arugula	?	Low	?	Low	Med	Low	High	No
Asparagus	Low	Low	Med	Med	Low-Med	Low	High	No
Avocado	High	High	Low	Low	High	Low	Low	No
Bamboo Shoots	Low	Med-High	Low	Low?	Low	Low	Low	No
Bean Sprouts	Low	Low	Low	Med	Low	Low	High	No
Beans: Green	Low	Low-Med	Low-Med	High	Low	Low	High	No
Beet	Low	Low	Low	High	Med	Low	Low	No
Bok Choy	Low	Low	Low	Low	Med	Low	High	No

Chart compiled by Melanie Avalon, author of *What When Wine: Lose Weight And Feel Great With Paleo-Style Meals, Intermittent Fasting, And Wine* – MelanieAvalon.com

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VEGGIES	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Broccoli	High	Low	High	Low-Med	High	Low	High	No
Brussels Sprouts	Low	Low	Low	Low-Med	Low	Low	High	No
Cabbage: Green	Low	Low	Med-High	Low	Low	Low	High	No
Cabbage: Red	Low	Low*	Med-High	Low	Low	Low	High	No
Carrot	Low	Low	Low	Low-Med	Med	Low	High	No
Cauliflower	High	Low	Low	Low	High	Low	High	No
Celery	Low	Low	Low	Med-High	Low	Low	Low	No
Chives	Low	Low	Med-High	Low-Med	Low	Low	High	No
Collard Greens	?	Low	Low	Low-Med	Low?	Low	High	No
Corn	High	Low	High	Med	Med-High	Low	Low	No
Cucumber	Low	Low	Low	Low-Med	Med-High	Low	Low	No
Edamame	Low	High	High	High	?	Low	?	No
Eggplant	High	High	Low	High	High	Low	Low	Yes

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VEGGIES	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Endive	Low	Low	Low	Low-Med	High	Low	?	No
Fennel	Low	Low	Low	Med (fresh)	High	Low	?	No
Garlic	Low	Low	Low	Low	Low*	Low	High	No
Ginger	Low-High	?	?	Low	High	Low	Low	No
Kale	High	Low	?	High	Med-High?	Low	High	No
Leek	Low	Low	Low	Med	Low	Low	High	No
Lettuce: Butter	Low	Low	Low	Low	Med	Low	Low	No
Lettuce: Iceberg	Low	Low	Low	Low	Low	Low	Low	No
Lettuce: Radicchio	Low	Low	Low	Low	Med	Low	Low	No
Lettuce: Romaine	Low	Low	Low	Low	Med	Low	Low	No
Mushrooms: Portabella	High	Medium	High	Low-Med	Med-High	Low	Low	No
Mushrooms: Shiitake	High	Medium	High	Low	Med-High	Low	Low	No
Mushrooms: White	High	Medium	High	Low-Med	Med-High	Low	Low	No

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VEGGIES	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Okra	?	Low	?	High	High	Low	?	No* (may contain solanine)
Olives	High	High	Low	Low-Med	Med-High	Low	Low	No
Onions	Low	Low	Med	Low-Med	High (white)	Low	High	No
Parsnip	Low	Low	?	Med	Med	Low	Low	No
Peas: Green	Low-Med	Low-Med	High	Low-Med	Low	Low	High	No
Peas: Snow	Low-Med	Low-Med	Low	Med	Med	Low	High	No
Pepper: Bell	Med-High	Med-High	Med	Low	High	Low	Low	Yes
Pickles	High	High	High	Low	High	Low - High (check additives)	Low?	No
Potato: Sweet (Orange)	Low	Low	Low	High	Med	Low	Low	No
Potato: Sweet (Purple)	Low	Low	Low	High	Med	Low	Low	No
Potato: White	Low	Low	Low	Low-Med?	Low-Med	Low* (cut/processed: High)	Low	Yes
Potato: Red	Low	Low	Low	Low	Med	Low* (cut/processed: High)	Low	Yes
Pumpkin	Low	Low	Low	Med	Med-High	Low	?	No

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VEGGIES	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Radish	Low	Low	Low	Low	High	Low	High	No
Rhubarb	Low	Low	Low	High	High	Low	High	No
Rutabaga	Low	Low	Low	Low-High?	Low?	Low	?	No
Sauerkraut	High	High	High	Low-Med	High	Low* (check additives)	High	No
Scallion	?	Low	?	Low	Low	Low	High	No
Spinach	High	High	High	High	High	Low	High	No
Squash: Butternut	High	Low	Low	Low-Med	Med	Low	Low	No
Squash: Spaghetti	Low	Low	Low	Low	Med	Low	Low	No
Squash: Yellow	Low	Low	Low	Low	Med	Low	Low	No
Swiss Chard	?	Low	Low	High	Med-High	Low	?	No
Tofu	High	High	High	Med-High	?	Low-High (check additives)	High	No
Tomato	High	High	High	Med	High	Low	Low	Yes
Turnip	Low	Low	Low	Low	Med	Low	High	No

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VEGGIES	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Water Chestnuts	Low	?	?	Low	High	Low	Low	No
Watercress	Low	Low	?	Low?	High	Low	?	No
Yam	Low	Low	Low	High	Med	Low	Low	No
Zucchini	Low	Low	Low	Low	High	Low	Low	No

FRUITS

FRUITS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
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FRUITS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Apple	Low	Low	Low	Low	Med-High	Low	Low	No
Apricots	Med-High	Med-High	Low	Med	High	Low	Low	No
Banana: Ripe	High	High	Low	Med	Low	Low	Low	No
Banana: Unripe	Med-High	Med-High	Low	Med	Low	Low	Low	No
Blackberries	Low	Low	Low	High	High	Low	Low	No
Blueberries	Low	Low	Low	Low-Med	High	Low	Low	No* (may contain solanine)
Cantaloupe	Low	Low	Low	Low-Med	High	Low	Low	No
Cherimoya	High	Low	Low	Med	High	Low	Low	No
Cherries	High	Low*	Low	Low	High	Low	Low	No
Coconut	High	Low	Low	Low?	Med	Low* (cut/shredded: High)	Low	No
Cranberry	High	Low	Low	Low	High	Low	Low	No
Dates	High	High	Low	Low-Med	High	Low	Low	No
Figs	High	Low (dried: High)	Low	Low-Med (dried: high)	High	Low	Low	No

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FRUITS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Grapefruit	High	High	Low	Med-High	High	Low	?	No
Grapes	High	Low-Med	High	Low-Med	High	Low* (must be organic)	Low	No
Honeydew	Low	Low	Low	Low	High	Low	Low	No
Kiwi	High	High	Low	High	High	Low	Low	No
Lemon	High	High	Low	Low (no peel)	Med-High	Low	Low	No
Lime	High	High	Low	Low (no peel)	?	Low	Low	No
Lychee	Low	Low	Low	Low	High	Low* (must be organic)	Low	No
Mango	Low (dried: High)	Low	Low	Low	Med-High	Low	Low	No
Orange	High	High	Low	Low (no peel)	High	Low	Low	No
Papaya	High	High	Low	Low-Med	Low	Low	Med	No
Peach	Low	Low	Low	Low	High	Low	Low	No
Pear	Low	Low*	Low	Med-High	Low	Low	Low	No
Persimmon	Low	?	Low	Med-High	Med-High	Low	Low	No

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FRUITS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Pineapple	High	High	Low	Low-Med	High	Low	Med	No
Plantain: Cooked	?	Low	Low	High	?	Low	Low	No
Plum	High	Low*	High	Low-Med	High	Low	Low	No
Pomegranate	Low	Low	Low	High	High	Low	Low	No
Raisins	High	High	Low	Med	High	Low	Low	No
Raspberries	High	High	Low	Med	High	Low	Low	No
Strawberries	High	High	Low	Low-Med	High	Low	Low	No
Tangerine	High	High	Low	Med	High	Low	Low	No
Watermelon	Low	Low	Low	Low	High	Low	Low	No

NUTS/SEEDS

NUTS, SEEDS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
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NUTS, SEEDS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Almonds	High	High	High	High	High	Low	Low	No
Brazil Nuts	High	High	High	High	Med-High	Low	Low	No
Cashews	High	High	High	High	Low	Low	Low	No
Chestnuts	High	Low	High	Low-Med	?	Low	Low	No
Chia Seeds	?	Low?	?	High	?	Low	?	No
Flax Seeds	?	?	High	Low	?	Low	Low	No
Hazelnuts	High	High	High	High	Med	Low	Low	No
Hemp Hearts	?	?	?	Med	?	Low	?	No
Macadamia Nuts	High	Low-Med	Med	Med-High	High	Low	Low	No
Peanut Butter	High	Low-High	High	High	Low	Low* (check additives)	High	No
Peanuts	High	High	High	High	High	Low	High	No
Pecans	High	High	Med	High	Low	Low	Low	No
Pine Nuts	High	High	High	High	High	Low	Low	No

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NUTS, SEEDS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Pistachios	High	High	High	High	High	Low	Low	No
Pumpkin Seeds	High	High	High	Low	Med	Low	Low	No
Sesame Seeds	High	High?	High	High	Med	Low	High (ground)	No
Sunflower Seeds	High	High?	High	Med	Low	Low	Low	No
Tiger Nuts	?	?	?	Med	?	Low	?	No
Walnuts	High	High	Med-High	High	Med	Low	Low	No

MEAT, SEAFOOD, EGGS

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MEAT, SEAFOOD, EGGS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Bacon	High	High	High	Low	High	Low-High (check additives)	Low	No
Beef	Low* fresh, no preservatives	Low* fresh, no preservatives	High	Low	Low	Low	Low	No
Cold Cuts	High	High	High	?	High	Med-High (check additives)	Low	No
Eggs	Low (raw egg white =liberator)	Low	Low-Med	Low	Low	Low	High	No
Fish	Low fresh or frozen, without preservatives: (pollock, cod, trout, whitefish) High Tuna, mackerel, herring, salmon, sardines, anchovies, mahi mahi.	Low fresh or frozen, without preservatives: (pollock, cod, trout, whitefish) High Tuna, mackerel, herring, salmon, sardines, anchovies, mahi mahi.	High	Low	Low	Low (fresh) Med-High (Sprayed with sulfites or in sprayed ice. Canned clams, all shrimp, and dried cod typically contain added sulfites.)	Low	No
Ham	High	Med-High*	High	Low	Low* (no additives)	Low* (check additives)	Low	No
Hotdog	High	High	High	Med?	High	Med-High (check additives)	Low* (check for added garlic or onion powder)	No* (no tomato or pepper added)
Lamb	Low	Low* (fresh, no preservatives)	Low-Med	Low	Low	Low	Low	No

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MEAT, SEAFOOD, EGGS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Liver	High	High	High	Low	Low	Low?	Low?	No
Lobster	Low	Low	High	Low	Low	Low (fresh) Med-High: (Sprayed with sulfites or in sprayed ice)	Med-High	No
Pork	High	Low* (fresh, no preservatives)	High	Low	Low	Low	Low	No
Poultry	Low (without skin) Med (with skin)	Low* fresh, no preservatives	High	Low	Low	Low	Low	No
Prosciutto	High	High	High	?	High	Low* (check additives)	Low	No
Sardines	High	High	High	Low	?	Low-High (check additives)	Low	No
Sausage	High	High	High	Med	High	Med-High (check additives)	Low* (check for added garlic or onion powder)	No* (check additives)
Scallops	Med-High	Med-High	High	Low	Low	Low-High (check additives)	Low	No
Shrimp	Med-High	Med-High	High	Low	Low	High (added)	Low	No
Wild Game	High	Med-High	High	Low	Low	Low	Low	No

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DAIRY

DAIRY	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
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Chart compiled by Melanie Avalon, author of *What When Wine: Lose Weight And Feel Great With Paleo-Style Meals, Intermittent Fasting, And Wine* – MelanieAvalon.com

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DAIRY	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Butter	Low	Low	?	Low	Low	Low	Low	No
Cheese: American	High	High	High	Low	Low	Med-High (check additives)	High	No
Cheese: Blue	High	High	High	Low	Low-Med	Low-Med* (check additives)	High	No
Cheese: Brie	High	High	High	Low	Low	Low-Med* (check additives)	High	No
Cheese: Cheddar	High	High	High	Low	Low	Low* (check additives)	High	No
Cheese: Cottage	Low	Low	High	Low	Low	Low* (check additives)	High	No
Cheese: Cream	Low	Low	High	Low	Low	Low* (check additives)	High	No
Cheese: Feta	High	Med	High	Low	Low	Low* (check additives)	High	No
Cheese: Goat	High	High	High	Low	Low	Low* (check additives)	High	No
Cheese: Mozzarella	High	Low	High	Low	Low	Low-Med* (check additives)	High	No
Cheese: Parmesan	High	High	High	Low	Low	Low-Med* (Must be fresh, check additives.)	High	No
Cheese: Ricotta	Low	Low	High	Low	Low	Low* (check additives)	High	No
Cheese: Swiss	High	High	High	Low	Low	Low* (check additives)	High	No

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DAIRY	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Cream: Heavy	Low-Med (fresh)	Low-Med (fresh)	High	Low	Low	Low* (check additives)	High	No
Cream: Light	Low-Med (fresh)	Low-Med (fresh)	High	Low	Low	Low* (check additives)	High	No
Ghee	Low	Low	Low?	Low	Low	Low	Low	No
Ice Cream: Lactose-free	?	?	High	Low	Low* (check additives)	Low-High (check additives)	High	No
Ice Cream: Regular	?	High?	High	Low	Low* (check additives)	Low-High (check additives)	High	No
Kefir	Med-High	Med	High	Low	?	Med-High	High	No
Milk: Buttermilk	Med-High	Med	High	Low	Low	Low	High	No
Milk: Fat-free	Low	Low	High	Low	Low	Low	High	No
Milk: Goat	Low	Low	High	Low	Low	Low	High	No
Milk: Lactose-free	Low* (check additives)	Low* (check additives)	High	Low	Low	Low	High	No
Milk: Low-fat	Low	Low	High	Low	Low	Low	High	No
Milk: Regular	Low	Low	High	Low	Low	Low	High	No
Milk: Whole	Low	Low	High	Low	Low	Low	High	No

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DAIRY	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Sour Cream	Med	Med	High	Low	Low* (check additives)	Low* (check additives)	High	No
Yogurt: Coconut	?	Low	?	Low-High	High	Low* (check additives)	High	No
Yogurt: Goat	Med-High	Med-High	High	Low	Low* (check additives)	Low* (check additives)	High	No
Yogurt: Greek	Med-High	Med-High	High	Low	Low* (check additives)	Low* (check additives)	High	No
Yogurt: Lactose-Free	Med-High	Med-High	High	Low	Low* (check additives)	Low* (check additives)	High	No
Yogurt: Plain	Med-High	Med-High	High	Low	Low* (check additives)	Low* (check additives)	High	No

FATS, OILS

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FATS, OILS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Almond Butter	High	High	?	High?	?	Low* (check additives)	Low?	No
Avocado Oil	High	?	Low	?	Med	Low	Low	No
Butter	Low	Low	?	Low	Low	Low	Low	No
Canola Oil	Low	Low	?	Low	Low	Low	Low	No
Coconut Butter	High	Low	?	Low	High?	Low* (check additives)	Low	No
Coconut Oil	High	Low	Low	Low	High	Low	Low	No
Flaxseed Oil	?	?	?	Low	?	Low	Low	No
Ghee	Low	Low	Low	Low	Low	Low	Low	No
Lard	Med	Low	?	Low	Low	Low	Low	No
Mayonnaise	Low-High	Low-High	High	Low	Med	Low-High (check additives)	?	No
MCT Oil	?	Low	Low	Low	?	Low	Low	No
Olive Oil	High	Low	Low	Low	High	Low	Low	No
Sesame Oil	High	?	?	Low	High	Low	Low	No

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FATS, OILS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Tallow	?	Low	?	Low	Low	Low	Low	No
Vegetable Oil	?	Low	?	Low	Low	Low	Low	No

BEANS, LEGUMES, SOY (Not Recommended)

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BEANS, LEGUMES, SOY	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Beans: Baked	High	High	High	High	High	Low-High (check additives)	High	No
Beans: Black	High	High	High	Med-High	Low	Low* (check additives)	High	No
Beans: Broad	High	High	High	High	High	Low* (check additives)	High	No
Beans: Green	Low-Med?	Low-Med?	Low-Med?	High	Low	Low* (check additives)	High	No
Black-Eyed Peas	Low-Med?	Low-Med?	?	Low	Low	Low* (check additives)	High	No
Butter Beans	High	High	High	Low-Med	Low	Low* (check additives)	High	No
Chickpeas	High?	High?	High	Low-Med	Low	Low* (check additives)	High	No
Kidney Beans	High	High	High	Med	Low	Low* (check additives)	High	No
Lentils	High	High	High	Low	Low	Low* (check additives)	High	No
Lima Beans	High	High	High	Low-Med	Low	Low* (check additives)	High	No
Natto	High	High	High	High	?	High	High	No
Peas, Green	Low-Med?	Low-Med?	High	Low	Low	Low* (check additives)	High	No
Pinto Beans	High	High	High	High	Low	Low* (check additives)	High	No

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BEANS, LEGUMES, SOY	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Soy beans	High	High	High	High	Low	High	High	No
Tempeh	High	High	High	High	?	High	High	No

GRAINS (Not Recommended)

GRAINS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
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GRAINS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Nightshade
Bread: Baguette	Low*	Low	High	Med-High	?	Low-High (see chart notes)	?	No
Bread: Corn	High	?	High	Med-High	?	Low-High (see chart notes)	?	No
Bread: Millet flatbread	Low*	Low	High	Low-High	Low	Low-High (see chart notes)	?	No
Bread: Pumpernickel	Med-High	Med-High	High	Med-High	?	Low-High (see chart notes)	?	No
Bread: Sprouted	High	?	High	Med-High	?	Low-High (see chart notes)	?	No
Bread: Wheat	Low*	Low	High	Med-High	Low (homemade)	Low-High (see chart notes)	?	No
Bread: White	Low*	Low	High	Low-High	Low (homemade)	Low-High (see chart notes)	?	No
Bread: Whole Grain	Low* (Sprouted: High)	Low	High	Med-High	Low (homemade)	Low-High (see chart notes)	?	No
Cornmeal	High	?	High	Med-High	High	Low* (organic, unbleached, no added sulfites)	?	No
Flour: Almond	High?	Low?	High	High	Low	Low* (organic, unbleached, no added sulfites)	?	No
Flour: Amaranth	Low	Low	?	High	Low	Low* (organic, unbleached, no added sulfites)	?	No
Flour: Arrowroot	Low	Low	?	High	Low	Low* (organic, unbleached, no	Low	No

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GRAINS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Nightshade
						added sulfites)		
Flour: Buckwheat	Low	Low	High	High	Low	Low* (organic, unbleached, no added sulfites)	High	No
Flour: Coconut	?	?	?	Low	?	Low* (organic, unbleached, no added sulfites)	?	No
Flour: Corn	High	?	High	Med-High	High	Low* (organic, unbleached, no added sulfites)	?	No
Flour: Rice	Low	Low	High	High	Low	Low* (organic, unbleached, no added sulfites)	Low	No
Flour: Wheat	Low	Low	High	High	Low	Low* (organic, unbleached, no added sulfites)	Low	No
Grits	High	?	?	Med-High	?	?	?	No
Oatmeal	Low	Low	High	High?	Low* (plain)	?	?	No
Pancake: Buckwheat	Low (homemade) High (commercial)	Low (homemade) High (commercial)	High	High	?	Low-High (see chart notes)	?	No
Pancake: General	Low (homemade) High (commercial)	Low (homemade) High (commercial)	High	Med-High	?	Low-High (see chart notes)	?	No

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GRAINS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Popcorn	?	?	High	Low-High	Low	?	?	No
Quinoa	Low	Low?	?	High		?	High?	No
Rice: Brown (Various)	Low	Low	Med?	Med	Low	Low (organic)	Low	No
Rice: Jasmine	Low	Low	Med?	Low	Low	Low (organic)	Low	No
Rice: White (Various)	Low	Low	Med?	Low	Low		Low	No
Tortilla: Corn	High?	?	High	Med	?	Low-High (see chart notes)	?	No
Tortilla: Wheat	Low?	Low?	High	High	?	Low-High (see chart notes)	?	No

BEVERAGES (Non Alcoholic)

BEVERAGES (Non Alcoholic)	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
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BEVERAGES (Non Alcoholic)	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Coffee	Low	Low*	High	Low-Med?	Low: Decaf High: Regular	Low-High (check additives)	High	No
Diet Soda	High	High	High	Low	?	High	?	No
Juice: Apple	High	Low	Low	Low	Low-Med	Low-High (check additives)	Low	No
Juice: Cranberry	High	Low	Low	Low	High	Low-High (check additives)	Low	No
Juice: Grape	High	Low?	High	Med-High	High	High (unless organic with no additives)	Low	No
Juice: Orange	High	High	Low	Low	High	Low-High (check additives)	Low	No
Juice: Pineapple	High	High	Low	Low	High	Low-High (check additives)	Med?	No
Juice: Tomato	High	High	High	Med	High?	Low-High (check additives)	Low	Yes
Kombucha	High	High	?	Med-High	?	High	?	No
Milk: Almond	?	?	High	High	High	Low* (check additives)	Low	No
Milk: Coconut	High	?	?	Low-High	High	Low* (check additives)	High	No
Milk: Cow	Low	Low	High	Low	Low	Low	High	No
Milk: Lactose-free	Low* (check additives)	Low* (check additives)	High	Low	Low	Low	High	No

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BEVERAGES (Non Alcoholic)	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Milk: Rice	Low-Med	Low-Med	?	Med	Low	Low* (check additives)	?	No
Milk: Soy	High	High	High	Med-High	Low* (check additives)	Low* (check additives)	High	No
Soda (Coke)	High	High?	High	Low	Med	High	?	No
Tea	Low-High	Low-High	?	Med-High	High	Low-High	?	No

BEVERAGES (Alcoholic)

BEVERAGES (Alcoholic)	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
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BEVERAGES (Alcoholic)	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Baileys	High	High	High	?	?	?	High	No
Beer: Light	High	High	High	Low-High	Med-High	Low-High (natural and added)	Low	No
Beer: Regular	High	High	High	Low-High	Med-High	Low-High (natural and added)	Low	No
Bourbon	Med	High	?	Low	Low	Low-High (natural and added)	Low	No
Brandy	High	High	?	Low	Med-High	Low-High (natural and added)	Low	No
Gin	Med	Med	?	Low	Low	Low-High (natural and added)	Low	No
Liqueurs	High	High	?	Low	High	Low-High (natural and added)	Low	No
Rum	High	High	?	Low	High	Low-High (natural and added)	Low	No
Scotch	Med	Med	?	Low	Low	Low-High (natural and added)	Low	No
Vodka	Med	Med	?	Low	Low	Low-High (natural and added)	Low	No
Whiskey	Med	Med	?	Low	Low	Low-High (natural and added)	Low	No
Wine: Port	High	High	?	Low	High	High	Low	No

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BEVERAGES (Alcoholic)	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Wine: Red	High	High	?	Low	High	High	Low	No
Wine: White	High	High	?	Low	High	High	Low	No

SWEETENERS

SWEETENERS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night- shade
Agave	?	Low	?	Low?	Low?	Low-High (check additives)	?	No

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SWEETENERS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Aspartame	?	High?	High	Low	High	Med-High	?	No
Brown Rice Syrup	Low	Low	?	Low	?	Low-High (check additives)	?	No
Brown Sugar	Low	Liberator	?	Low	Low	Low-High (check additives)	?	No
Coconut Sugar	?	Low	?	Low	High?	Low* (check additives)	?	No
Corn Syrup	?	?	High	Low	Low	Med-High	?	No
Dextrose	?	Liberator	?	Low	?	Med-High	?	No
Erythritol	?	Liberator	?	Low	?	Med-High	?	No
Fructose	?	Low?	?	Low	?	Low* (check additives)	?	No
Honey	?	?	?	Low	High	Low* (raw, unprocessed)	Low	No
Lactose	?	?	?	?	?	Low	?	No
Maltose Syrup	?	Low?	?	?	?	Low-High (check additives)	?	No
Maple Syrup	?	Low?	?	Low	Low	Low-High (check additives)	?	No
Monk Fruit	?	Low?	?	?	?	Low-High (check additives)	?	No

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SWEETENERS	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Saccharin	?	Liberator	?	Low	?	Med-High	?	No
Sorbitol	?	Liberator	?	Low	?	Low-High (check additives)	?	No
Stevia	?	Low	?	Low-Med?	Low?	Low* (liquid, no additives)	?	No
Sucralose (Splenda)	?	?	?	Low	?	Med-High	?	No
White Sugar	Low	Low	?	Low	Low	Med-High	Low	No
Xylitol	?	Liberator	?	Low	?	Low-High (check additives)	?	No

MISCELLANEOUS

MISC	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
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MISC	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Aloe Vera Juice	?	Low	?	Low	High	?	High	No
Chocolate: Dark	High	High	High	High	Low* (higher with raw sugar)	Low-High (check additives)	High	No
Chocolate: Milk	High	High	High	High	Low* (higher with raw sugar)	Low-High (check additives)	High	No
Cinnamon	High	Low	Low	High (ground)	High	Low* (organic)	Low	No
Coconut Aminos	High	High	High	Low	?	Med-High (natural, possibly added)	High	No
Gelatin	Low?	?	High	Low	?	?	Low	No
Nutritional Yeast	High	High	High	Low?	High?	High	?	No
Probiotics	Low-High	Low-High	?	?	?	?	?	No
Protein Powders	?	?	High	Low-High	?	?	Low-High	No
Psyllium Husk	Low	?	?	Low-Med	?	Low	?	No
Shirataki Noodles	?	?	?	Low-Med	?	Low-High (natural, possibly added)	?	No
Soy Sauce	High	High	High	Low	Low (free of spices)	High	?	No
Vanilla Extract	High	High	?	Low	?	Low-High (check additives)	Low	No

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MISC	Amines	Histamine	Glutamates	Oxalates	Salicylates	Sulfites	Thiols	Night-shade
Vinegar: Apple Cider	High	High	?	Low	High	Med-High (natural, possibly added)	?	No
Vinegar: Balsamic	High	High	High	Low?	High	Med-High (natural, possibly added)	?	No
Vinegar: Rice	High	High	High	Low	?	Med-High (natural, possibly added)	Low	No
Vinegar: White	High	High	High	Low	High	Med-High (natural, possibly added)	Low	No

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