

Anti-Inflammatory Foods List

This list provides anti-inflammatory foods alongside their histamine compatibility. It is based on the foods mentioned in Chapter 53, "Anti-Inflammatory Foods," and the SIGHI Food Compatibility List (Swiss Interest Group Histamine Intolerance).[125] Items not included in SIGHI were cross-checked for accuracy using InTolerApp, Histamino.com, and Casa De Sante.[241–243] The Histamine Compatibility / Notes column reflects typical tolerability for individuals sensitive to histamine or mast cell stimulators.

Legend: Safe = S · Likely safe = ?S · Moderate = M · Problematic = P · Incompatible = X
· Variable = V · High histamine = HH · Low histamine = LH · Histamine liberator = HL
· Mild liberator = ML · Mast cell stimulator = MC-S · DAO blocker = DAO-B
· High salicylates = HS · Other amines = OA · Insufficient data = ID
· Contradictory data = CD · Potential/likely = ?

Fruits Histamine Compatibility / Notes

Acai berries	?M / ID
Apricots	S
Avocado	X / HH / HL
Banana	P / ?S if underripe / HH / OA
Blackberries	S
Blueberries	S
Cranberries	S
Grapefruit	X / HH / HL / OA
Grapes	?S / ?OA
Lemon	X / HH / HL / OA
Lime	X / HH / HL / OA
Mango	S for some / V / M
Mandarins	X / HH
Mulberry	ID
Oranges	X / HH / HL / OA
Papaya	X / HH / HL / OA
Peach	S
Pear	?M / CD / OA
Pink guava	?X / CD
Pomegranate	S
Rhubarb	S for some / M / CD / contains oxalic acid
Rose hip	M / HL
Sour/tart cherries	S
Strawberries	X / HH / HL / OA
Tangerine	?X / ID
Watermelon	M / ?HL

Vegetables & Leafy Greens

Asparagus	S
Bell peppers (sweet)	S
Broccoli	S
Brussels sprouts	M / HL

Cabbage (unpickled)	S
Carrots	S
Cauliflower	S
Chard	M / ?HL
Collard greens	?S / ID
Green beans	S for some / M / V
Kale	?S / ID
Lettuce	S
Mustard greens	?S / ID
Okra	?S / ID
Olives	?P (fermentation/ingredients)
Pumpkin	S
Pepper (hot)	P / MC-S (capsaicin)
Radish	S
Spinach	X / ?S when fresh / CD
Sweet potato	S
Turnip	S / M / CD

Herbs, Spices & Flavorings

Angelica root	?S / ID
Basil (sweet basil)	S
Bay leaves	S
Cardamom	S
Chili peppers	P / MC-S (capsaicin)
Ginger	M / ?S in small amounts
Honey	?S / contains benzoic acid
Ironwort	ID
Lemongrass	?S / ID
Mint	S / HS
Moringa leaves	?S / ID
Oregano	S
Parsley	S
Rosemary	S
Sage	S
Thyme	S
Turmeric	S

Legumes, Beans & Pulses

Black beans	?X / HL / ID
Black soybeans	X / HL / DAO-B
Chickpeas	X
Fava beans	X / HH
Field peas	?S in small amounts / M
Lentils	X / M / CD
Peas (snap, green)	S for some / M / ID
Soybeans	X / HL / DAO-B

Nuts & Seeds

Black sesame	M
Chia seeds	S
Flaxseeds	S
Peanuts	X / HH
Pistachios	S
Sesame seeds	M
Walnuts	X / HL / OA

Protein Sources

Fatty fish	P / S (fresh) / X (not fresh)
Chicken (skinless)	S

Other Foods

Brown seaweed	X / HL / extremely rich in iodine
Macroalgae	X / HL / extremely rich in iodine
Microalgae	X / HL / extremely rich in iodine
Cacao / cocoa	X / HL / OA
Coffee	M / ?MC-S
Japanese knotweed	ID
Salvia species	ID
Sea buckthorn	S
Tea (green)	X / M / DAO-B (fermentation)
Tea (black)	X / HH / DAO-B
Tea (oolong)	P (fermentation) / V / ID
Wine	HH / HL / OA / DAO-B