



AUTONOMIC COACHING



Paleolithic diet indications of histamines

Foods excluded from the list:

- *All legumes*
- *All dairy and dairy products*
- *All grains & pseudo grains*
- *All soya and soya products*
- *Vegetable oils (Soybean, sunflower oil, cottonseed oil, corn oil, grapeseed oil, safflower oil, Canola or Rapeseed oil)*
- *Artificial sweeteners*
- *Processed foods*

Foods included in the list

- *Nuts*
- *Seeds*
- *Vegetables including tubers/root vegetables*
- *Fruit*
- *Fats & Oil (excluding ones above)*
- *Eggs*
- *Poultry*
- *Red Meats*

NUTS & SEEDS

	Oxalate	Lectin	Salicylate	Histamine	Phenols
Almonds	High Reduce by soaking, blanching or boiling. Sprouting	High Reduce lectins with soaking or sprouting	High	Low <i>Small portions</i>	High
* Almond flour	High	Low	High	Low	
* Almond meal		High	High	Low	
* Almond butter	High	High if made from whole almonds Low if made from soaked almonds	High	Low	
Brazil Nuts	High Reduce by soaking, blanching or boiling. Sprouting	Low	Medium	Low	
Cashews	High Reduce by soaking, blanching or boiling. Sprouting	High Reduce lectins with soaking or sprouting	High (bound salicylates)	High	High
Hazelnuts	Low	High Reduce lectins with	Low	Low	High

		soaking or sprouting			
Macadamia nuts	Low	Low	High	Low	
Pecan Nuts	Low	Low	Low	Low	High
Pistachio	Medium	Low	Low	Low	High
Walnuts	Low	Low	Medium	High	High

SEEDS	Low				
Chia seeds	Medium	High	Medium		
Sesame seeds	High	High	Low		
Flaxseeds	Low	Low	Medium		High
Sunflower seeds	Low	High Reduce lectins with soaking or sprouting	Low		
Poppy seed	Low	Low	Negligible		
Pumpkin Seeds	Low	High Reduce lectins with soaking or sprouting	High		High
Hemp seeds	Low	Low	Unknown		
Pinenuts	High	High Reduce lectins with soaking or sprouting	High		
OTHER					
Coconut	Low	Low			

FRUITS

	Oxalate	Lectin	Salicylate	Histamine	Phenols	Amines
Apple (Canned)	Low	Low	Low	High	High	
Apple (Custard)	Low	Low	Low	Low	High	
Apple (Golden Delicious)	Low	Low	Medium	Low	High	
Apple (Red Delicious)	Low	Low	Medium	Low	High	
Apple (Pink Lady, peeled)	Low	Low	Medium	Low	High	
Apple (Pink Lady, unpeeled)	Low	Low	High	Low	High	
Avocado, unspecified variety	Low	Low	High	High		High
Apple (Granny Smith)	Low	Low	High	Low	High	
Apricot	Low	Low	High	Low	High	
Avocado (Fresh), Haas	Low	Low	High	Low		
Banana	Low	Low	High	High		High
Blackberry	High	Low	High	Low	High	
Blueberry	Low	Low	High	Low	High	
Boysenberries	Low	Low	High	Low	High	
Cantaloupe (Rockmelon)	Low	High	High	Low		
Cherries (canned Sweet)	Low	Low	High	Low	High	
Cherries (sour, canned, morello)	Low	Low	Medium	Low	High	
Cherries (Sweet)	Low	Low	High	Low	High	
Cranberry (sauce & canned)	Low	Low	High	Low	High	
Currants	Low	Low	High	Low	High	
Dates	High	Low	High	Low	High	
Fig (dried)	Medium	Low	High	Low	High	
Gojiberry		High		Low		
Gooseberry	Low	Low	High	Low		
Grapefruit	Low	Low	High	Low		High
Grapefruit Juice	Low	Low	Low	Low		High
Grapes (fresh)	Low	Low	High	Low	High	
Grapes (green)	Low	Low	Low	Low		

Grapes, seedless Thompson	Low	Low	High	Low		
Grapes (red)	Low	Low	High	Low	High	
Guava, Canned	Low	Low	High	Low	High	
Guava, Fresh	Low	Low	High	High	High	
Kiwi fruit	Medium	Low	High	Low		
Lemon (fresh)	Low	Low	Medium	Low		
Loganberries	Low	Low	High	Low	High	
Loquat	Low	Low	Low	Low		
Lychee	Low	Low	Medium	Low		
Mandarin	Low	Low	Medium	Low		
Mango	Low	Low	High	Low	High	
Mulberry	Low	Low	High	Low	High	
Nectarine	Low	Low	High	Low	High	
Orange	Medium	Low	High	High	High	High
Passion fruit	Low	Low	High	Low		
Pawpaw	Low	Low	Medium	High		High
Peach (fresh/canned)(white)	Low	Low	High	Low	High	
Pear (peeled)	Low	Low	Low	High		
Pear (with peel)	Low	Low	Low	High		
Pear (Nashi/Asian)(Packham)(William)	Low	Low	Medium	High		
Persimmon	Low	Low	High	Low		
Pineapple canned or fresh	High	Low	High	High		
Pineapple juice	Low	Low	Low	High		
Plums (canned)	Low	Low	High	High	High	
Plums (fresh)	Low	Low	High	High	High	
Pomegranate	Low	Low	High	Low	High	
Prunes, canned	Low	Low	High	Low	High	
Raisins	Low	Low	High	High	High	
Raspberry, frozen or fresh	High	Low	High	High	High	
Red currants	Low	Low	High	Low	High	

Rhubarb	Low	Low	Low	Low		
Starfruit	High	Low	No data	Low		
Strawberry	Low	Low	High	High	High	
Sultanas	Low	Low	High	Low		
Tamarillo	Low	Low	Low	Low		
Tangelo	Low	Low	High	Low		
Watermelon	Low	Low	Medium	Low		
Youngberry	Low	Low	High	Low	High	

VEGETABLES

	Oxalate	Lectin	Salicylate	Histamine	Phenol	Amines
Alfalfa	Low	Low	High	Low		
Artichoke	Low	Low	High	Low	High	
Arugula / Rocket	Low	Low	High	Low		
Asparagus, canned	Low	Low	Medium	Low		
Asparagus, fresh	Low	Low	High	Low		
Bamboo shoot, boiled	High	Low	Negligible	Low		
Bamboo Shoot, Pickled	Low	Low		Low		
Beetroot	High	Low	High (Conflicting results in resources)	Low		
Bell pepper, red	Low	High Reduce if peel, deseed and cook	High	Low		
Bok choy	Low	Low	Low	Low		
Broccoli	Low	Low	Very high	Low	High	
Brussels Sprouts	Low	Low	High	Low		
Cabbage, common	Low	Low	Medium	Low		
Cabbage, fresh	Low	Low	Low	Low		
Cabbage, sauerkraut	Low	Low	High	High		High
Carrots	Low	Low	Low	Low		
Cauliflower, cooked	Low	Low	Medium (Bound SA)	Low		
Cauliflower, raw	Low	Low	High	Low	High	

Celery, raw	High	Low	Medium (Bound SA)	Low	High	
Chicory (fresh greens)	Low	Low	High	Low		
Chili, red	Low	Low	High	Low		
Chinese cabbage / Napa Cabbage	Low	Low	Negligible	Low		
Choko	Low	Low	Negligible	Low		
Choy sum	Low	Low	High	Low		
Courgette	Low	High	High	Low		
Cucumber, common, peeled	Low	Low	High	Low		
Cucumber, fermented pickles	Low	High	High	Low		
Cucumber, long, peeled	Low	Low	High	Low	High	
Cucumber, unpeeled	Low	High	High	Low	High	
Eggplant	Low	High	High	High	High	High
Eggplant, peeled, cooked	Low	High	Medium	High		
Eggplant, unpeeled, cooked	Low	High	High	High		
Eggplant, raw	High	High	High	High		
Endive, baby/fresh	Low	Low	High	Low		
Fennel bulbs	Low	Low	Low	Low		
Fennel Tops (green parts)	Low	Low	Medium	Low		
Green beans	Low	Low	High	Low		
Green Beans, cooked	Low	Low	High (cooking reduces salicylate)	Low		

Green Beans, fresh	Low	Low	High	Low		
Green bell pepper	Low	High	High	Low	High	
Leek	Low	Low	Medium	Low		
Lettuce, butter	Low	Low	High	Low		
Lettuce, cos	Low	Low	High	Low		
Lettuce, iceberg	Low	Low	Medium	Low		
Loquat	Low	Low	Medium	Low		
Mushroom, button	Low	Low	High	Low		High
Mushroom, champignon	Low	Low	High	Low		High
Mushrooms	Low	Low	Low	Low		High
Okra, canned	High	Low	High	Low		
Olives, Black, canned	Medium	Low	High	High		
Olives, Green, canned	Medium	Low	High	High		
Onion, Spanish	Low	Low	High	Low		
Onion, white	Low	Low	High	Low		
Onion, white	Low	Low	High	Low		
Parsley leaves, fresh	High	Low	Medium	Low		
Parsnip	Medium	Low	Medium	Low		
Peas, green	Low	Low	High	Low		
Peas, sugar snap	Low	Low	Medium	Low		
Pepper, green chili	Low	High Reduce with Peel, deseed and cook	Low	Low		
Pepper, yellow green	Low	High Reduce with Peel,	Low	Low	High	

		deseed and cook				
Peppers, green	Low	High Reduce with Peel, deseed and cook	Low	Low	High	
Pimientos, canned	Low	Low	Low	Low		
Potato, white, peeled	High	High Reduce with Peel, deseed and cook	Negligible	Low		
Potato, white, unpeeled	High	High Reduce with Peel, deseed and cook	Medium	Low		
Pumpkin marrow	Low	High Reduce with Peel, deseed and cook	Low	Low		
Pumpkin, Japanese (Kobach)	Low	High Reduce with Peel, deseed and cook	Low	Low		
Radish	Low	Low	Very high	Low		

Rhubarb	High	Low	High	Low		
Rutabaga /Swede	High	Low	High	Low		
shallots	Low	Low	Negligible	Low		
Spinach	High Lower if cooked	Low	High	High	High	
Spinach frozen	Low	Low	Low	Low		
Squash, baby	Low	High Reduce with Peel, deseed and cook	Low	Low		
Squash, butternut	Low	High Reduce with Peel, deseed and cook	Low	Low		
Sweet potato, white	High	Low	High	Low		
Sweet Potato, yellow	High	Low	Very high	Low		
Tomato soups	Low	High	High	High	High	High
Tomato, canned, diced	Low	High	High	High	High	High
Tomato, cherry	Low	High Reduce with Peel, deseed and cook	Low	High	High	High
Tomato, common, beefsteak	Low	High Reduce with Peel,	Low	High	High	High

		deseed and cook				
Tomato, paste / sauce / canned / sundried	Low	High Reduce with Peel, deseed and cook	Very high	High	High	High
Tomato, peeled	Low	High Reduce with Peel, deseed and cook	High	High	High	High
Tomato, Roma	Low	High Reduce with Peel, deseed and cook	Low	High	High	High
Tomato, unpeeled	Low	High	High	High	High	High
Turnip	High	Low	Low	Low		
Watercress	Low	Low	High	Low		
Yellow beans	Low	Low	Very high	Low		
Zucchini / Courgette	Low	High Reduce with Peel, deseed and cook	Low	Low	High	

How do you reduce the soluble oxalate content of food:

1. Boiling – can reduce soluble oxalate content by 30-80%.
2. Steaming – can reduce soluble oxalate content by 5-50%
3. Baking – results in no soluble oxalate loss.

How do you reduce the lectin content of food:

1. Peel & deseed.
2. Multiple Soaking and rinsing
3. Fermenting
4. Cooking at high temperatures (moist methods)
5. Sprouting
6. Adding an acidic medium when cooking

FATS & OILS

	Oxalate	Lectin	Salicylate	Histamine	Phenols
Ghee	Low	Low	Low	Low	
Olive oil (Balducci, Moro, Bertolli)	Low	Low	Low	Low	
Palm oil	Low	Low	Low	Low	
Almond oil	Low	Low	Medium	Low	
Walnut oil	Low	Low	High	Low	
Coconut oil	Low	Low	Very high	Low	
Macadamia nut oil	Low	Low	Low	Low	
Avocado oil	Low	Low	Low	Low	

BEVERAGES

	Oxalate	Lectin	Salicylate	Histamine	Phenols	Amine
Black tea	Low in a single cup with medium brewing time. Longer steeping times would increase oxalate content	Low	Low	Low		High
Instant coffee	Low	Low	Low	Low		High
Coffee, brewed from beans	Low	Low	Medium	Low		High
English Tea	Low	Low	Low	Low		
Peppermint tea	Low	Low	Low	Low		
Tea bag, Earl Grey, English Breakfast, Irish Breakfast,	Low	Low	High	Low		

Chamomile Tea	No reliable data		Medium	Low		
Herbal Fruit Tea	Low	Low	Medium	Low		
Rose Hip Tea	Low	Low	Medium	Low		

MISCELLANEOUS

	Oxalate	Lectin	Salicylate	Histamine	Phenols	Amines
Apple butter, homemade from acceptable peeled apples	Low	Low	Negligible	Low		
Saffron	Low	Low	Negligible	Low		
Vinegar, malt	Low	Low	Negligible	High		
Baking, Bi-carb Soda	Low	Low	Negligible	Low		
Baking powder	Low	Low	Negligible	Low		
Carob powder	Low	Low	Negligible	High		
Citric acid	Low	Low	Negligible	Low		
Cocoa powder	Low	Low	Negligible	High	High	High
Cream of tartar	Low	Low	Negligible	Low		
Maple syrup	Low	Low	Negligible	Low		
Pectin	Low	Low	Negligible	Low		
Psyllium husks	Low	Low	Negligible	Low		
Salt	Low	Low	Negligible	Low		
Coriander leaves, fresh	High		Low	Low		
Basil leaves, fresh	Low	Low	Medium	Low		
Lemon grass	Low	Low	Medium	Low		
Fennel powder	Low	Low	High	Low		
Coconut flakes	Low	Low	High	Low		
Honey	Low	Low	High	Low		
Vinegar, balsamic	Low	Low	High	High		High
Vinegar, white / wine	Low	Low	High	High		High

All spice powder	Low	Low	High	Low		
Aniseed powder	Low	Low	High	Low	High	
Basil leaves, powder	Low	Low	High	Low		
Bay leaf	Low	Low	High	Low		
Canella, powder	Low	Low	High	Low		
Cardamom, powder	Low	Low	High	Low		
Cayenne, powder	Low	Low	High	Low	High	
Celery, powder	Low	Low	High	Low	High	
Chili flakes	Low	Low	High	Low		
Chili powder	Low	Low	High	Low		
Chives, fresh	Low	Low	High	Low		
Cinnamon powder	Low	Low	High	Low	High	
Cumin	Low	Low	High	Low	High	
Curry powder	Low	Low	High	Low	High	
Dill, fresh	Low	Low	High	Low	High	
Dill, dried	Low	Low	High	Low	High	
Fenugreek powder	Low	Low	High	Low		
Garam masala powder	Low	Low	High	Low		
Garlic, fresh	Low	Low	High	Low		
Ginger, fresh	Low	Low	High	Low		
Mace powder	Low	Low	High	Low	High	
Mint, fresh garden	Low	Low	High	Low		
Mustard powder	Low	Low	High	Low	High	High
Nutmeg powder	Low	Low	High	Low		
Oregano powder	Low	Low	High	Low	High	
Paprika, hot powder	Low	Low	High	Low	High	

Paprika, sweet powder	Low	Low	High	Low		
Pepper, black powder	Low	Low	High	Low		
Pepper, white powder	Low	Low	High	Low		
Pimiento powder	Low	Low	High	Low		
Rosemary powder/fresh	Low	Low	High	Low	High	
Sage leaves	Low	Low	High	Low	High	
Tarragon powder	Low	Low	High	Low	High	
Thyme leaves	Low	Low	High	Low	High	
Turmeric powder	Low	Low	High	Low	High	
Vanillin					High	

Eggs

	Oxalate	Lectin	Salicylate	Histamine	Phenols
Egg (white + yolk)	Low	Low	Negligible	Low	

Poultry

	Oxalate	Lectin	Salicylate	Histamine	Phenol	Amine
Chicken / Turkey	Oxalate not present	No evidence that grain fed produce would have lectin content in the product.	No salicylate present in chicken or turkey. Possibly high in canned poultry with seasonings Paste / Spreads with seasonings	Low: Natural fresh meat from chicken or turkey. Frozen poultry, thawed rapidly. High: any processed chicken products with yeast / monosodium glutamate. Canned meat, cured, marinated, smoked or preserved products.		Cured and processed poultry, such as hot dogs, ham and bacon/macon

Red Meats

	Oxalate	Lectin	Salicylate	Histamine	Phe nol	Amines
Beef	Oxalate not present		Luncheon meats Canned meats with flavourings Meat paste with seasonings	Low: Natural fresh meat. Frozen poultry, thawed rapidly. High: any processed meat products with yeast / monosodium glutamate. Canned meat, cured, marinated, smoked, dry cured ham, bacon or preserved products. Bone-matured or dry aged meat, long hung meat (especially beef). Finely chopped/pureed/ground meat (meatloaf,		Cured and processed meats, such as salami, hot dogs, ham and bacon

				spreads, cold cuts) Histamine content rise with the degree of comminutio n Luncheon meats Meat paste		
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Fish

	Oxalate	Lectin	Salicylate	Histamine	Phenol	Amines
Fish	Low	Low	Negligible In fresh/frozen fish	High: tuna, mackerel, herring, sardines, anchovies, salmon Low: absolutely fresh caught fish, frozen fish (no long-time standing), quick thaw and use		Cured and processed meats, such as salami, hot dogs, ham and bacon

				immediately . E.g. Pollock cod, trout, whitefish, organic pangasius		
Shellfish			Negligible	High: mussels, lobsters, crabs, shrimps, prawns		
Fish, canned in oil/seasonin g			High	High		
Canned fish, marinated, salted, dried, smoked or pickled fish or seafood			High	High		High