

# Low amine diet

## What are amines?

Dietary amines come from protein breakdown in foods. Levels increase in protein foods (meat, fish, cheese) as they age or mature, and in fruits as they ripen (e.g. bananas, tomatoes).

## What foods should I avoid on a low amine diet?

Food intolerance reactions are dose dependent – a small amount of a very high or high amine food may cause no symptoms, whereas a larger amount that exceeds your threshold may provoke a reaction.

Eating small amounts regularly can cause a gradual build up with symptoms developing after a few days.

The following tables list the “high” and “very high” amine foods in our food supply. You may only need to avoid large amounts of foods from the “very high” list – individual tolerance will vary.

### Fruit

High in amines	Very high in amines
<ul style="list-style-type: none"><li>&gt; avocado (just ripe)</li><li>&gt; ripe banana</li><li>&gt; custard apple</li><li>&gt; feijoa</li><li>&gt; fig</li><li>&gt; jackfruit</li><li>&gt; mango</li><li>&gt; papaya</li><li>&gt; pawpaw</li></ul>	<ul style="list-style-type: none"><li>&gt; avocado (very ripe)</li><li>&gt; berries</li><li>&gt; blackcurrant and redcurrant</li><li>&gt; cherry</li><li>&gt; citrus</li><li>&gt; date</li><li>&gt; dried fruit (e.g. sultanas)</li><li>&gt; grape</li><li>&gt; kiwifruit</li><li>&gt; passionfruit</li><li>&gt; pineapple</li><li>&gt; plum</li></ul>

### Dairy

High in amines	Very high in amines
<ul style="list-style-type: none"><li>&gt; cheese – cheddar, Swiss, feta</li><li>&gt; cheese slices</li><li>&gt; soy cheese</li></ul>	<ul style="list-style-type: none"><li>&gt; cheese – brie, camembert, parmesan, tasty, flavoured.</li><li>&gt; fruit flavoured yoghurt</li><li>&gt; chocolate milk</li></ul>



## Vegetables

High in amines	Very high in amines
<ul style="list-style-type: none"> <li>&gt; broccoli and broccolini</li> <li>&gt; cauliflower</li> <li>&gt; Chinese broccoli (Gai lan)</li> <li>&gt; radicchio</li> <li>&gt; rocket</li> <li>&gt; tomato (fresh, peeled, sliced)</li> </ul>	<ul style="list-style-type: none"> <li>&gt; avocado</li> <li>&gt; broad beans</li> <li>&gt; choy sum</li> <li>&gt; eggplant</li> <li>&gt; Chinese spinach (Kang kong)</li> <li>&gt; olives</li> <li>&gt; pickled vegetables</li> <li>&gt; mushroom</li> <li>&gt; sauerkraut</li> <li>&gt; seaweed</li> <li>&gt; spinach – english and silver beet</li> <li>&gt; tomato (dried, sun dried, juice, puree, paste, sauce)</li> <li>&gt; truffles</li> <li>&gt; vegetable juice, stocks, soups</li> </ul>

## Meat, poultry, seafood and eggs

High in amines	Very high in amines
<ul style="list-style-type: none"> <li>&gt; chicken skin</li> <li>&gt; pork</li> <li>&gt; turkey</li> <li>&gt; fish fingers</li> <li>&gt; frozen fish</li> <li>&gt; canned salmon</li> <li>&gt; canned sardines</li> </ul>	<ul style="list-style-type: none"> <li>&gt; aged beef</li> <li>&gt; bacon and ham</li> <li>&gt; chicken nuggets</li> <li>&gt; fritz</li> <li>&gt; liver</li> <li>&gt; meat pastes</li> <li>&gt; meat pies</li> <li>&gt; offal</li> <li>&gt; salami</li> <li>&gt; sausages</li> <li>&gt; anchovies</li> <li>&gt; canned tuna</li> <li>&gt; dried, pickled, salted, smoked fish</li> <li>&gt; fish pastes</li> <li>&gt; prawns</li> <li>&gt; surimi (fake crab meat)</li> </ul>

## Baking aids, herbs, spices and condiments

High in amines	Very high in amines
<ul style="list-style-type: none"> <li>&gt; coconut milk</li> <li>&gt; coconut cream</li> </ul>	<ul style="list-style-type: none"> <li>&gt; flavouring essences (except natural vanilla essence)</li> <li>&gt; gravy and sauces</li> <li>&gt; vinegar (except malt vinegar)</li> <li>&gt; chicken salt</li> <li>&gt; curry powder</li> <li>&gt; tomato and barbeque sauce</li> <li>&gt; tomato paste</li> <li>&gt; stock cubes, liquid and powder</li> <li>&gt; fish sauce, oyster sauce, soy sauce, miso</li> <li>&gt; tamari and tempeh</li> <li>&gt; mustard</li> </ul>

## Fats and oils

High in amines	Very high in amines
<ul style="list-style-type: none"> <li>&gt; copha</li> <li>&gt; oils – coconut, olive, peanut</li> </ul>	<ul style="list-style-type: none"> <li>&gt; oils – almond, avocado, extra virgin olive oil, sesame, walnut, flavoured oils.</li> <li>&gt; commercial salad dressings</li> </ul>

## Spreads

High in amines	Very high in amines
<ul style="list-style-type: none"> <li>&gt; apple jelly</li> </ul>	<ul style="list-style-type: none"> <li>&gt; fruit jams, fruit conserves (including marmalade)</li> <li>&gt; lemon butter</li> <li>&gt; maple flavoured syrup</li> <li>&gt; yeast extracts (e.g. vegemite)</li> <li>&gt; chocolate spread</li> <li>&gt; chocolate syrups</li> </ul>

## Drinks

Very high in amines
<ul style="list-style-type: none"> <li>&gt; fruit juice – all except pear</li> <li>&gt; apple cider and flavoured mineral water</li> <li>&gt; soft drinks</li> <li>&gt; chocolate drinks and cocoa powder</li> <li>&gt; cordials made from fruit</li> <li>&gt; ginger beer</li> <li>&gt; vegetable juices</li> <li>&gt; chai tea</li> </ul>

## Legumes, nuts and seeds

High in amines	Very high in amines
<ul style="list-style-type: none"><li>&gt; nuts – almond, brazil, chestnut, hazelnut, macadamia, peanut, pecan, pine, pistachio, walnut.</li><li>&gt; seeds – linseed, pumpkin, sesame, sunflower</li></ul>	<ul style="list-style-type: none"><li>&gt; bean mixes in sauce</li><li>&gt; broad beans</li><li>&gt; falafel</li><li>&gt; hummus</li><li>&gt; almond meal</li><li>&gt; hazelnut meal</li><li>&gt; marzipan</li><li>&gt; nut pastes (e.g. peanut paste)</li><li>&gt; roasted nuts</li><li>&gt; seeds - black nigella, mustard, sesame</li><li>&gt; tahini paste</li><li>&gt; coconut</li></ul>

## Breads and cereals

Very high in amines
<ul style="list-style-type: none"><li>&gt; breakfast cereal and muesli with dried fruit or nuts.</li><li>&gt; breads containing dried fruit or nuts</li><li>&gt; snack foods containing dried fruit, chocolate or nuts</li></ul>

## Other foods

Very high in amines
<ul style="list-style-type: none"><li>&gt; chocolate</li><li>&gt; fruit flavoured sweets</li><li>&gt; butter menthol, cough lollies, throat lozenges</li><li>&gt; flavoured corn chips</li><li>&gt; flavoured rice crackers</li><li>&gt; biscuits / cakes / muesli bars / pastries containing chocolate, coconut, fruit, nuts or jams.</li></ul>

The original and educational content of this booklet has been reviewed by specialist Dietitians at the Women's and Children's Health Network (WCHN), SA Health. For any matters relating to this resource, contact the WCHN Nutrition Department on (08) 8161 7233.

Food product information contained in this resource was up to date at the time of revision. If you are not sure about a food, check with the manufacturer.

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