

## Food Amine Content List

Amines arise as a result of protein breaking down. Therefore, aged, overcooked and processed meats are high in amines. Browning, grilling, charring will increase amine level and therefore microwave cooking or steaming may give better results.

Amines also increase in ripening fruits that go soft, e.g. banana, avocado.

In the table below foods high in glutamates and amines are marked as follows:

\* also high in naturally occurring glutamates or added MSG

# also high in salicylates

A more complete list of salicylate contents can be found in the [Salicylate List](#).

The following amounts are equivalent:

- 1 serve from the MODERATE group
- 1/10 serve from the HIGH group
- 1/100 serve from the VERY HIGH group

1 Serve = 1 Cup = 250 ml

Fruit				
Negligible	Low	Moderate	High	Very High
Apple # Apricot # Gooseberry # Peach # Pear Rhubarb # Strawberry #	Blackcurrant # Cherry # Grapefruit # Honeydew # Redcurrant # Rockmelon #	Dates # Kiwifruit # Lime # Orange # Passionfruit # Pawpaw Tangerine #	Avocado # Banana Fig # Grapes # Lemon # Mandarin # Pineapple # Plum # Raspberry # Sugar Banana #	

Amines increase in ripening fruits that go soft, e.g. banana, avocado.

Vegetables				
Negligible	Low	Moderate	High	Very High
Asparagus # Cabbage Capsicum # Carrot # Celery Corn # *		Broccoli # * Cauliflower # Dill Pickle # Olives #	Egg Plant # Mushroom # * Tomato # *	Sauerkraut # Spinach #

Cucumber # French Beans Green Peas Lettuce Lima Beans Onion # Potato Soy Bean Turnip # Zucchini #				
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### Nuts and Snack Foods

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Plain Corn Chips # * Plain Potato Crisps # * Tacos # *	Almonds # Beechnut # Cashews Macadamia Nuts # Pinenut # Pistachio #	Brazil Nut # Filbert # Sesame Seeds Sunflower Seeds	Coconut # English Mackernut # Peanut # Pecan # Sweet Pignut #	Black Walnut # Butternut # Cheese Or Spicy Flavoured Snack Foods # *

### Sweets

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Caramels Carob Golden Syrup Maple Syrup Sugar			Cocoa Milk Chocolate White Chocolate	Dark Chocolate

### Condiments

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Herbs # Pepper # Spices #			Bonox # * Meat Extracts # * Soy Sauce * Vegemite * Vinegar Worstershire Sauce # *	Marmite *

### Beverages

<b>Negligible</b>	<b>Low</b>	<b>Moderate</b>	<b>High</b>	<b>Very High</b>
Carob Powder Coffee # Gin Lemonade Milk (Goat, Cow) Soy Milk		Ale # Champagne # Sake # Stout #	Beer # Chianti # Claret # * Fruit Wines # Port # * Red Wines # *	Chocolate Flavoured Drinks Cocoa Cola Type Drinks # Orange Juice # Tomato Juice #

Tea # Vodka Whisky			Sherry # * White Wine #	Vegetable Juice #
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Meat, Chicken, Fish and Eggs				
Negligible	Low	Moderate	High	Very High
	Eggs Beef ^ Chicken (No Skin) ^ Fish (White Meat) ^ Lamb ^ Rabbit ^ Sausage Casing ^ Turkey (No Skin) ^ Veal ^	Canned Salmon Chicken Liver Chicken Skin Meat, Fish, Chicken Older Than 2 Days Frozen Chicken Frozen Meat Frozen Turkey Fresh Tuna	Aged Meats Bacon Canned Sardines Frozen Fish Gravy (Meat Juices) Ham Pork	Anchovies Beef Liver Brains, Kidney, Tripe Canned Tuna Devon # Dried, Smoked Or Pickled Fish Fish Roe Meat Pies, etc. # Pate # Salami # Sausages # Smoked Meat or Chicken

^ Buy fresh and eat within two days

- Amines can form as a result of protein breakdown so aged, overcooked and processed meats are high in amines.
- Browning, grilling, charring will increase amine level.

Dairy Foods and Soy Products				
Negligible	Low	Moderate	High	Very High
Fresh Cottage Cheese ^ Fresh Ricotta ^ Yoghurt (plain or low amine fruit) ^ Soy Milk Tofu Tofu Ice Cream (with low amine fruit)			Mild Cheese	Tasty Cheese e.g.: Brie * Camembert * Cheshire Cheddar Cracker Barrel Danish Blue Edam Emmental Gouda * Gruyere * Jaalsberg Leicester Liederkratz Limberger Mozarella Munster Parmesan * Provolone Roquefort * Romano Stilton Swiss

				Wensleydale Miso * Tempeh *
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^ Do not use these unless **very** fresh.

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