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Amines in Common Foods

This list is a guide to identify general amine levels in common foods.
This list is not exhaustive and is subject to change as new information is obtained.
Always consult a medical professional to discuss your specific needs.

Fruits

Negligible	Low	Moderate	High	Very High	
Apple	Black Currant	Banana (just ripe)	Avocado (just ripe)	Avocado (very ripe)	Nectarine
Blueberry	Lychee		Apricot	Blackberry	Orange
Dragon Fruit			Banana (ripe)	Boysenberry	Passionfruit
Guava			Coconut	Cherry	Peach
Honeydew Melon			Fig	Cranberry	Pineapple
			Mango	Currant	Plum
Loquat			Tamarillo	Dates	Processed Coconut
Melon				Grapes	Prune
Pear				Kiwi	Raisin
Pomegranate				Lemon	Strawberry
Star Fruit				Lime	Tangerine
Watermelon				Mandarin	Tomato

Vegetables

Negligible			Low/Moderate	High	Very High
Artichoke	Cucumber	Pumpkin	Potato (peeled)	Arugula	Broad Beans
Asparagus	Fennel	Radish		Broccoli	Eggplant
Beans	Kale	Shallots	Garlic	Broccolini	Mushrooms
Beetroot	Leek	Snow Peas		Cauliflower	Nori (seaweed)
Bok Choi	Lettuce	Turnip		Corn	Olives
Brussels Sprouts	Mung Beans	Water Chestnut			Pickled Vegetables
	Parsley				
Cabbage	Parsnip	Watercress			Pickles
Carrot	Peas	Zucchini			Sauerkraut
Celery	Potato (peeled)				Spinach
Chard					Truffles

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Grains

Low			Moderate	High
Amaranth	Couscous	Rye	Sourdough Bread	Oats (flavored)
Arrowroot	Oats	Sago		Polenta
Barley	Popcorn	Wheat Gluten		Popcorn (flavored)
Brown Rice	Psyllium Husks	White Rice		
Buckwheat	Quinoa	Wild Rice		

Dairy and Soy

Low		Moderate	High	Very High
Butter	Ricotta	Feta	Buttermilk	Aged Cheese
Cottage Cheese	Soy Cheese	Goat Cheese	Halloumi	Brie
Cream Cheese	Soy Milk, Yogurt	Mozzarella	Sour Cream	Camembert
Fresh Cheese	Unfermented Cheese	Tempeh	Yogurt (flavored)	Parmesan
Mascarpone				Tofu
Milk (cow, goat)	Yogurt (plain)			

Fats & Oils

Low		High	Very High	
Butter	Margarine	Coconut Oil	Almond Oil	Extra Virgin Olive Oil
Canola Oil	Rice Bran Oil	Olive Oil	Avocado Oil	
Corn Oil	Soy Oil	Peanut Oil	Commercial Salad Dressings	Mayonnaise
Ghee	Sunflower Oil			Sesame Oil
Lard				Walnut Oil

Alcohol

Negligible	Low	High	Very High	
Vodka	Gin	Bourbon	Beer	Red Wine
Whisky	White Wine	Jager	Champagne	Sake
		Rum	Hard Cider	Sherry
		Scotch	Liqueurs	Spirits
		Vodka (flavored)		

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Meat, Poultry, Seafood

Negligible	Low	Moderate	High	Very High
Chicken (skinless)	Beef (fresh)	Duck	Chicken Skin	Beef (aged)
Calamari (Squid)	Crayfish	Salmon (wild, fresh)	Salmon (farmed, fresh)	Deli Meat
Eggs (fresh)	Lamb			Ham
Octopus	Mussels	Tuna (fresh)	Venison	Liver
Oysters	Oysters			Prawns
Scallops	Rabbit			Processed Meat
Tripe	Veal			Salami
	White Fish			Sausage
				Seasoned Meat
				Shrimp
				Surimi
				Tuna (canned)

Nuts & Seeds

Negligible	Low	High		Very High
Cashews (raw or light toast)	Cashews (roasted)	Almond	Pecan	Almond Meal
		Brazil Nut	Pine Nuts	Hazelnut Meal
Poppy Seeds	Cashew Butter	Chestnut	Pistachio	Marzipan
	Chia Seeds	Hazelnut	Pumpkin Seeds	Peanut Butter
		Macadamia	Sesame Seeds	Roasted Nuts (other than cashew)
		Linseed	Sunflower Seeds	
		Peanut	Walnut	

Beverages

Negligible	Low	Moderate	High / Very High	
Herbal Tea	Decaffeinated Coffee	Coffee	Cranberry Juice	Energy Drinks
Milk			Chai	Orange Juice
Rice Milk			Cocoa	Tomato Juice
Soy Milk			Cola Drinks	Vegetable Juice
Tea				
Water				

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Condiments & Seasonings

Low	Moderate	High	Very High
Basil	Malt Vinegar	Cinnamon	Boullion Cubes
Chili	Rice Vinegar	Cloves	Fermented Products
Chives	Coconut Aminos	Curry Powder	
Garlic		Coconut milk, cream	Fish Sauce
Herbs, Spices		Nutmeg	Ketchup
Lemongrass			Meat Extract
Mint			Miso
Parsley			Mustard
Pepper			Oyster Sauce
Rosemary			Soy Sauce
Sage			Stock (liquid, powder)
Saffron			Tamari
Salt			Tomato Sauce
Thyme			Vinegar
			Yeast Extracts

Sweets & Snacks

Negligible	Low	High	Very High
Agave Syrup	Amaranth Chips	Cocoa	Caramel Syrup
Brown Rice Syrup	Buckwheat Chips	Commercial Granola	(with preservatives)
	Corn Starch	Food Coloring	Dark Chocolate
Caramel	Potato Chips (No flavor)	Milk Chocolate	Extracts, Flavorings
Carob		Muesli	Flavored Chips
Chewing Gum	Rice Cakes	White Chocolate	Flavored Crackers
Golden Syrup	Rice Crackers		Fruit-flavored Snacks
Maple Syrup	Soybean Chips		Jams, Spreads
Mint			Maple-flavored Syrup
Sugar			Packaged Cookies
			Store-bought Cakes
			Throat Lozenges