

living with amines

	Low	Moderate	High	Very High
Fruit	Pears, fresh, ripe, peeled	Banana, just ripe	Avocado - just ripe	Avocado - soft
	Pears, canned in syrup		Custard Apple	Berries - blackberry, boysenberry, cranberry, raspberry
	Apples		Feijoa	Blackcurrant
	Loquat		Fig	Cherry
				Citrus - grapefruit, lemon, lime, mandarin, orange, tangelo
	Apple		Grape	Date
	Apricot		Jackfruit	Dried Banana and Pawpaw
	Berries		Pawpaw	Dried currants, dates, figs, mango
	Dragonfruit		Tomato - fresh, peeled, sliced	Dried prunes, raisins, sultanas,
	Durlan			Fruit confectionary, cordials, drinks, ices and juices
	Guava			Fruit flavours, jams and jellies
	Longan			Grape
	Lychee			Kiwifruit
	Nectarine			Passionfruit
	Peach			

Persimmon
Pomegranate

Rambutan
Rhubarb
Rockmelon
Starfruit
Watermelon

Dried apple, apricot
and peach
Strawberry

Pineapple
Plum

Tomato - puree,
paste, sauce, dried,
juice, sundried

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	Low	Moderate	High	Very High
Veggies	Potato - all		Avocado - just ripe	Avocado - soft
	Lettuce - all		Broccoli, broccolini	Broadbeans
	Bamboo shoots		Cauliflower	Choy Sum
	Beans		Corn	Eggplant
	Bean shoots		Gai lan	Kang kong
	Brussel sprouts		Radicchio	Olives
	Cabbage		Rocket	Pickled Vegetables
	Celery			Mushroom
	Chives			Nori
	Choko			Sauerkraut
	Garlic			Seaweed
	Leek			Spinach
	Mungbean Shoots			Truffles
	Shallot			Vegetable juice, soups, stock
	Suede			
	Asparagus			
	Beetroot			
	Bok Choy			
	Carrot			
	Cucumber			
	Kumara			

Marrow
Parsnip
Peas
Pumpkin
Sweet Potato
Turnip
Zucchini
Alfalfa
Artichoke
Endive
Fennel
Parsley
Radish

Snow pea sprouts
Water chestnut
Watercrest

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	Low	Moderate	High	Very High
Meat	Chicken (no skin)	Duck	Chicken skin	Beef - aged, biltong, corned, dried, jerky, salami, smoked, seasoned
	Lamb		Gravy - home made	Chicken nuggest, pressed, seasoned, smoked
	Veal		Game meats	Devon
	Beef - fresh		Pork	Gravy - all
	Rabbit		Turkey	Ham
	Eggs			Liver
				Meat Pastes
				Meat Pies
				Offal
				Salami
				Sausages
				Stock

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	Low	Moderate	High	Very High
Fish	White fish - bream, flathead, ling, perch, snapper, whiting Crab	Fresh Salmon Fresh Tuna	Fish Fingers Frozen Fish	Anchovies Canned Tuna Fish - dried, pickled, salted, smoked
	Lobster Calamari Sea Scallops Natural Oysters Mussels	Sahimi	Canned Salmon Canned Sardines	Fish Pastes Fish Roe Prawns Surimi

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	Low	Moderate	High	Very High
Legumes	Bean mixes - three beans, four bean, five bean Black eye beans Borlotti beans Butter beans Canellini beans Chick peas Haricot beans Lentils - brown, red, yellow Lima beans Lupin Mungbeans Red Kidney beans Soup mix Soya Beans Split peas - green and yellow White beans			Bean mixes - with sauce Broad Beans Canned baked beans in sauce Felafel Hummus Textured Vegetable protein (TVP)

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	Low	Moderate	High	Very High
Nuts and Seeds	Cashews - raw or lightly toasted	Cashew - roasted	Almond	Almond meal
	Poppy seeds	Cashew Paste	Brazil	Hazelnut meal
		Coconut - Fresh	Chestnut	Marzipan
			Hazelnut	Nut paste - all
			Macadamia	Peanut Butter
			Peanut	Roasted nuts - all
				Coconut - desiccated, shredded
			Pecan	Black Nigella
			Pine Nut	Mustard
			Pistachio	
			Walnut	Sesame seed paste
			Linseed	
			Pumpkin	
			Seasame	
			Sunflower	

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	Low	Moderate	High	Very High
Baking Aids and Condiments	Agar Agar	Bakers Yeast - fresh, dried	Brewer's yeast	Fermented products
	Baker's Yeast - baked in bread	Lecithin - eggs, lupin, soy	Coconut milk and cream	Flavouring essences, syrups, food colours - artificial
	Baking Powder	Malt vinegar	Food colours - natural	Sauces - all
	Bicarb Soda		Gravy - homemade	Pastes - fish, meat, tomato
	Carob Powder		meay juice	Stock - cubes, liquid, powder
	Citric Acid			Vinegar
	Cornstarch and cornflour			Yeast extracts and spreads - Vegemite
	Cream of tartar			Chicken Salt
	Garlic			Fish sauce, oyster sauce
	Gelatin			Hydrolysed vegetable protein
	Gums - guar, xanthan			Meat Extracts
	Natural Vanilla essence			Mustard

Tartaric Acid

Vanilla Pods

Chives

Parsley (sprinkle)

Saffron threads

Shallots

Salt - sea, rock,
table, iodized

Herbs and Spices

Basil

Chilli

Lemongrass, lime
leaves

Mint

Pepper

Peppermint

Rosemary, sage,
thyme

Soy sauce, miso,
tamari, tempeh

Curry powder,
tandoori mix

Tomato sauce,
ketchup

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	Low	Moderate	High	Very High
Fats and Oils	Ghee	Lard	Copha	Margarine with sorbate preservative (200-203) or annatto colour (1608)
	Margarine - all		Suet	Almond oil
	Corn oil		Coconut oil	Avocado Oil
	Canola oil		Olive oil	Olive oil - extra virgin
	Rice bran		Peanut Oil	Sesame oil
	Safflower oil		Home made salad dressing and mayo using low, moderate or high ingredients	Walnut oil
	Soy oil			Flavoured oils
	Sunflower oil			Salad dressings and mayo - commercial
	Home made salad dressing and Mayonaise using low ingredients			

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	Low	Moderate	High	Very High
Drinks and Milk alternatives	Water - all	Gin and Tonic	Flavoured Gin, vodka, whisky	Fruit juices - all except pear
	Rice drink - plain, vanilla, carob			Apple cider
	Decaf Coffee			Chocolate flavoured drinks and syrups
	Gin			Cocoa Powder
	Vodka			Cola Drinks
	Whisky			Cordials
	Lemon drinks - home using sugar, water, citric acid			Flavoured mineral waters
	Lemonade			Ginger beer
	Pear juice - home made			Organe juice
	Tea Substitutes			Soft drinks
	Coffee Substitutes			Tomato juice
	Elderberry cordial			Vegetable juice
	Pear juice - commercial			Chai Tea

Coffee

Camomile Tea

Decaffeinated

Tea

Tea

Herbal Tea

Beer

Champagne and
sparkling wine

Cider

Spirits and Liquers

Wine - all

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	Low	Moderate	High	Very High
Grains	White and brown rice - arborio, short, medium, long grain, calrose, white glutinous rice Rice bran Rice crumbs Rice flour Ground rice Rice flakes Puffed Rice Baby rice cereal Amaranth Arrowroot flour Besan flour Buckwheat flour Maize cornflour Millet - flour, cereal, puffed Potato Flour Psyllium Husks		Corn Cornmeal Maize flour Polenta	Baby rice cereals

Quinoa - flour,
flakes, puffed,
grain

Sago

Sorgham Flour

Tapioca

Barley

Coucous

Malt

Oats

Rye

Wheat

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	Low	Moderate	High	Very High
Jams, Sugars, Sweets, Syrups	Sugar - white, brown, castor, icing sugar			Caramel syrup with preservatives Chocolate, chocolate/hazelnut spreads, syrups Conserves Fruit spreads, syrups
	Pear jam and chutney Caramel syrup Golden Syrup			Jams - apricot, berry Jellies Lemon butter Maple flavoured syrup
	Liquid glucose Maple syrup Rice syrup			Marmalade Butter menthol, cough lollies, throat lozenges
	Carob Powder Honeycomb - low ingredients			Chocolate Coloured sweets
	Marshmallows - low ingredients Meringues - low ingredients Toffee - low ingredients			Fruit flavoured sweets
	Carob buttons			

White jelly beans

Apple jelly

Molasses, treacle

Raw sugar

Chewing gum

Mint flavoured
sweets

Peppermints

Liquorice

Honey

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	Low	Moderate	High	Very High
Cereals	Rice bran		Breakfast cereals and museli containing corn - cornflakes	Breakfast cereals and museli containing cocoa, coconut, dried fruit, honey, nuts, artificial colours and flavours Museli - commercial
	Puffed rice Baby rice cereal Breakfast cereal and museli made from low ingredients			

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	Low	Moderate	High
Breads	Bread - without vinegar, honey, corn, seeds or preservatives Crumpets	Sourdough Bread	Corn bread Bread mix with vinegar, corn but without honey and seeds
	Muffins Pancakes Pappadums Pikelets Pizza bases Rice paper Scones Bagles Breadcrumbs - from low ingredients Croissants All need to be made from low ingredients - home made or commercial		

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Very High

Breads containing
dried fruit, nuts,
coconut, vinegar,
propionates (280 -
283)

Breadcrumbs from
high ingredients

Crumpets, muffins,
pita bread, bread
improver containing
282, 202, 220 - 228

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	Low	Moderate	High	Very High
Pasta and Noodles	Buckweat Pasta/Noodles Chickpea Pasta/Noodles Legume Pasta/Noodles Rice Pasta/Noodles	Maize, corn pasta	Pasta made from wheaten, barley, rye with fillings made from high ingredients	Noodles - coloured, flavoured Spaghetti canned in tomato sauce
	Pasta - wheaten, barley, rye, with low fillings			
	Noodles - wheaten, without colour, flavour, preservative, antioxidants			

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	Low	Moderate	High	Very High
Biscuits	Rice cakes		Rice cakes made from corn, sesame, sunflower	Flavoured rice crackers
	Rice crackers		Biscuits, cakes, museli bars, pastries made with fresh coconut and maize flour	Corn chips - flavoured
	Potato Chips - plain			Biscuits, cakes, museli bars, pastries containing chocolate, coconut, fruit, nuts, jams, antioxidants, colours, preservatives
	Pretzels			Flavoured snack foods containing honey, fruit, nuts, cheese, herbs, soy sauce, spices, tamari, colours, flavours

Cakes - made
with low
ingredients

Biscuits - made
from low
ingredients

Amaranth Chips

Buckwheat chips

Mung bean chips

Soy bean chips

Museli bar made
from low
ingredients

Hot potato chips -
commercial
containing 310 -312,
319 - 321, chicken salt

Potato chips -
flavoured

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	Low	Moderate	High	Very High
Dairy and Soy	Milk - plain	Bocconcini	Mild cheese - cheddar, swiss	Milk with chocolate, banana and strawberry
	Milk - flavoured with allowed ingredients	Tofu - firm	Cheese slices	Brie, Camembert, Parmesan
	Butter		Fetta	All Tasty cheeses
	Ghee		Halloumi	Flavoured cheeses
	Cream		Soy cheese - hard	Yoghurt with fruit
	Sour Cream			Miso
	Fresh cheeses - ricotta, cottage, quark, marscapone, cream cheese			Soy sauce
	Fresh Yoghurt - plain, natural, vanilla flavour			Tamari
	Soy drinks - plain, vanilla, carob			Tempeh
	Soy custard - plain or vanilla			Textured Vegetable Protein
	Soy cream cheese			

Soy yoghurt -
plain, vanilla,
carob

Tofu - soft

Vanilla tofu ice
cream