

## APPENDIX 6. DESCRIPTION OF SYSTEMATIC FOOD AVOIDANCE DIETS

### Pseudo-allergen free diet (*definition based on the description of the protocol from Zuberbier et al.*)

	Permitted: pure, natural food products, free of artificial additives and flavours	Prohibited: all food products containing artificial additives, for example prepared foods, candies
<i>Beverages</i>	Pure water, mineral water, coffee, black tea, milk, buttermilk	Herbs, rosehip or fruit teas, water and tea with flavouring (e.g. citrus, bergamot, vanilla), instant coffee
Basic foodsuffs	Potatoes, pasta (egg-free), rice, pure bread and rolls, flour (not self-raising), rice cakes and untreated cereals (e.g. pure corn flakes)	Others: for example, bread or rolls with herbs, raisins, seeds (e.g. sunflower, pumpkin or flax seeds), chips, cakes, cookies
Fats	Butter, refined vegetable oils	Others (for example margarine, cold-pressed oils)
Dairy products	Milk, pure cream, pure buttermilk, pure curdled milk, fromage frais without additives, young gouda (mild)	Others (for example fruit yoghurt, cocoa, herb cheese, cream cheese, and all other flavoured dairy products)
Meat, fish, eggs	Fresh meat without any additives or seasoning (prepared only with salt and oil)	Others: fish, eggs, meat with seasoning or additives
Vegetables	All except those listed as prohibited (for example lettuce, carrots, zucchini, cabbage, broccoli)	Tomatoes and tomatoe-based products, bell peppers, olives, spinach, rhubarb, mushrooms, green peas, artichokes, onions
<i>Fruits</i>	None	All sorts of fruits, including fruit juices, fruit puree, stewed fruits and dried fruits (e.g. raisins)
Herbs and spices	Salt, sugar, vinegar (pure or diluted with water; free of herbs, balsamic or wine aroma)	Others, including chives, pepper, chili, herbs, garlic or other seasoning, sweeteners
Candies, containing	Honey, sugar beet molasses, (mild gouda)	Any others

## **Low-histamine diet**

### **Permitted foods**

Dairy products: milk, cream, sour cream, buttermilk, fromage frais, sour milk, fromage blanc	Meats and eggs: eggs, cooked ham, unsalted beef, veal, pork, mutton, chicken
Fish (fresh or frozen): flounder, saithe, cod, haddock, trout, hake, perch	
Candies and snacks: fruit candies, gumballs, chewing gum, popcorn	Desserts: cold sweet soups, rice pudding, cooked fruit,* sherbet and ice cream, fruit yoghurt or fromage blanc with fruit,* vanilla custard * Only permitted fruits
Fruits: all, excepting strawberries, raspberries, citrus fruits, bananas, kiwis, plums, papaya	Vegetables: any fresh or frozen vegetables, except tomatoes, spinach, avocados, egg plant
Cereals/potatoes/pasta: bread and pastries, pasta, all varieties of potatoes, cereals, grains (rice, corn), millet, buckwheat	Beverages: carbonated water, homemade fruit* juice and vegetable juice * Only permitted fruits