

## Low Histamine Protein Powder Options

Would you like to get the proper amount of protein each day and improve your immune health?

You've finished preparing a personalized low histamine meal plan.

Yet you're unsure if you're going to get the proper nutritional balance of proteins.

Consume all essential amino acids by learning how to include complete protein combinations and a low histamine protein powder in your daily meals.

### What Are Low Histamine Protein Powders?

Protein powders contain a variety of antioxidants and vitamins that strengthen your immune health. It primarily produces tissues, improves blood circulation, helps you process food, and provides your body with hormones. For example, the amino acid [Lysine](#) absorbs a lot of calcium, is important for protein synthesis, produces hormones, and makes new collagen.

Protein powders contain these essentials:

- A protein isolate – pea, brown rice, or hemp
- Nutritional ingredients – flaxseed, chia seeds, or kale
- Flavor ingredients – vanilla or fruits
- Stabilizers – a blend of guar gum, acacia gum, and xanthan gum (gives it texture) (there are a variety of protein powders that don't contain stabilizers)

These ingredients are blended and result in a mix of protein isolates to balance the amino acid ingredients. The protein powder isolate is made from a plant that contains micronutrients such as fats, carbohydrates, and protein. During the phase of producing the protein powder, the protein is isolated from the fats and carbohydrates using a method called *ultrafiltration*.

Ultrafiltration consists of a plant being grounded into a flour and dissolved in an alkaline solution. The ingredients that didn't dissolve during this phase are discarded. The proteins become solid through the acidification phase and are isolated using a machine in a laboratory. It's a [common method](#) used to make protein solids that are 95% protein.

Protein powders are low histamine because the temperatures aren't warm enough during ultrafiltration and the bacteria can't make a lot of histamines.

The main protein powders you can choose to consume include collagen, whey, and plant-based, although some people have issues with collagen and whey proteins. To help you decide which protein powder option is for you, here are the pros and cons for each:

## **Collagen Protein Powder**

### **Pros**

- Reduces bone fracture and osteoarthritis
- Reduces fine lines and wrinkles
- Improves skin elasticity
- Reduces cellulite
- Improves gut health

Collagen protein powder is shown to reduce blood sugar response in patients with type two diabetes, according to a [study](#) by The International Journal of Biochemistry and Cell Biology.

### **Cons**

- Allergic reactions (contains shellfish and eggs)
- Upset stomach
- Decreased appetite

## **Whey Protein Powder**

### **Pros**

- Quick digestion (contains all amino acids)
- Improves immune health (contains cysteine, which is one of three precursors necessary to produce the glutathione antioxidant)
- Increases muscle protein

Whey protein powder is the best at stimulating muscle growth and repair, according to this [study](#).

### **Cons**

- Contains lactose (allergen)
- Weight gain (consuming large amounts causes the body to accumulate the proteins as fats)
- Processed (contains ingredients such as soybean oil, vegetable oil, and artificial flavors, all of which are irritants and may set off histamine issues)

## **Plant-Based Protein Powder**

### **Pros**

- Contains larger amounts of nutrients than dairy powders (antioxidants, vitamins, nutrients, and omega-3 fatty acids)
- Has the most fiber
- Easy digestion
- A great choice for those who are dairy intolerant

Low histamine vegan protein powder contains certain plant-based proteins (such as brown rice and pea protein) with a sufficient amount of essential amino acid ingredients that meet the requirements as recommended by the World Health Organization (WHO). Potato protein has 37% of essential amino acids. Casein has 34% and eggs have 32% of essential amino acids, according to this [study](#).

### Cons

- Has a lot of carbohydrates
- Costs more than whey protein powders
- Reduced amounts of vitamin b12 and zinc
- Lower protein serving than whey protein powder
- Doesn't have all amino acids
- Contains [phytate compounds](#) that reduce the absorption of minerals from the digestive tract

### Choosing a Protein Powder for Histamine Intolerance

Let's discuss the basics of protein powders. Even though protein powders are healthy, there are ingredients you should avoid. These toxic ingredients may cause unhealthy symptoms. Read the label before purchasing a protein powder and make sure it doesn't include:

- Skim milk – is a filler with a large number of lactose sugars that causes constipation and bloating
- Casein – causes bloating and gut distress
- Gluten – causes inflammation and fatigue
- Maltodextrin and other dextrins – increases glycemic load and fat storage occurs quicker
- Artificial sweeteners – additives such as splenda, aspartame, sucralose, and saccharin cause bloating and weight gain

Protein powders come in vanilla or fruit flavors. If you'd like to disguise the flavor then blend frozen fruits or almond milk into your protein powder smoothie.

You can add variety to your protein powder by making a smoothie. Pour your milk of choice into a blender. If you'd like a creamy taste, choose oat milk or if you'd like tropical undertones then choose coconut milk. Then add some of your favorite fruits, greens, or vegetables to increase the antioxidants. You can also consume healthy fats for your skin, hormones, and metabolism by

adding coconut oil, flaxseed oil, or macadamia nut butter. If you need more fiber, then add chia or flax seeds. Finally pour in the ice cubes and blend.

Eating nuts and seeds as an alternative to protein powder is another option for you. Nuts and seeds have the most antioxidants and proteins that you get from protein powders. Some of the benefits include:

- Contains essential fatty acids that improve immune health
- A tablespoon has seven grams of protein
- Has omega-3 fatty acids and neutralizes inflammation

Nuts and seeds also prevent the effects of excess estrogen because it contains phytoestrogens (bacteria in your gut) that transform into [enterolactone](#). The enterolactone shields the effects of estrogen.

## **Which Protein Powders Are Low Histamine?**

The protein powders that are low histamine include hemp, rice, and spirulina – they're all plant-based. Here's a basic overview of these low histamine protein sources.

### **Hemp Protein Powder**

Hemp protein is a complete option and includes all nine amino acids that your body needs. It's the best option for those who are allergic to soy because it's soy-free. It comes from the plant species *Stiva L.* Hemp was the first plant to be harvested in Turkey. Throughout the years, it was grown for fiber, food, medicine, fabric, paper, and lamp oil. You get fifteen grams of protein per serving. The vitamins and minerals it contains include iron, magnesium, manganese, and potassium. If you consume large amounts of hemp protein powder the fiber may cause gas, diarrhea, and bloating.

Hemp protein powder can be paired with these ingredients:

- Hemp low histamine protein shake – filtered water or plant-based milk, frozen fruits, vegetables, and nut butter
- Hemp protein porridge – plant-based milk, oats, frozen fruits, cinnamon or maple syrup
- Hemp protein waffles – hemp waffle mix, figs, pecans, and maple syrup
- Hemp protein bars – hemp, vanilla extract, nuts, seeds, and nut butter

### **Rice Protein Powder**

Rice protein is extracted from rice grains. Rice protein that's extracted by alkaline, [reduces](#) both cholesterol and triacylglycerol levels in the liver. It's native to southeast Asia. You get twenty-five grams of protein per thirty-gram serving. It has decreased lysine (amino acid) and contains large

amounts of vitamin c and iron. Rice protein that's sprouted from whole grain brown rice has folate, fiber, and amino acids.

Rice protein is exposed to [arsenic](#), which is a toxic trace element in the environment. There are two main types of arsenic, organic and inorganic. Both have negative effects on your health. Inorganic arsenic is the riskiest chemical because it's in water and stones. Rice is grown in fields with a lot of water, which makes it easy for the inorganic arsenic to absorb into the plant. Increased amounts of arsenic cause heart diseases, cancer, impaired cognitive behavior, and diabetes.

Rice protein can be paired with these ingredients:

- Fruit protein smoothie – frozen fruits, filtered water, vanilla powder, and ice cubes
- Rice protein porridge – oats, almond milk, almonds, and apricots
- Rice protein acorn squash pudding – pureed cooked acorn, vanilla powder, cinnamon, and maple syrup
- Turmeric latte – coconut milk, rice protein powder, cinnamon, ginger, pepper, flaxseed, oats, ice cubes, and maple syrup

## **Spirulina**

Spirulina is a blue-green algae that you can take as a supplement and has all the essential amino acids. It grows in saltwater and lakes. The blue-green algae are microscopic water organisms called cyanobacteria. The main species recommended as nutritional supplements (with sixty-five percent protein) are spirulina maxima and spirulina platensis. Taking two grams of [spirulina](#) daily for six months improves symptoms such as sneezing, nasal discharge, and congestion in adults with allergic rhinitis. [Spirulina](#) contains vitamin b, beta carotene, gamma-linolenic acid, iron, calcium, magnesium, manganese, potassium, selenium, zinc, bioflavonoids, and protein. Side effects that you may get include diarrhea, vomiting, and nausea (may also cause anxiety).

## **The Nine Essential Amino Acids**

A protein powder must have all nine amino acids to provide you with complete nutrition. Hemp protein, whey protein, and spirulina are the only options that have all amino acids. The nine amino acids include:

- Tryptophan
- Threonine
- Isoleucine
- Leucine
- Lysine
- Methionine and cystine

- Phenylalanine and tyrosine
- Valine
- Histidine

Your body uses amino acids to produce protein in your muscles, skin, hair, organs, and tissues. Consuming sufficient amino acids through a protein powder helps you prevent diseases and digest nutrients. Amino acid deficiency causes decreased immunity, digestive problems, depression, fertility issues, and decreased mental alertness.

If you decide to consume incomplete plant-based proteins that don't have all the essential amino acids (rice, collagen, and plant-based protein powders) you can include supplements. Get complete protein combinations by mixing incomplete protein powders with:

- Nuts or seeds with whole grain (nut butter and bread)
- Whole grains with beans (beans and rice, hummus and pita crackers, refried beans and tortilla)
- Beans with nuts or seeds (salad, chickpeas, and sunflower seeds)