

LOW HISTAMINE FOOD PLAN & SHOPPING GUIDE

Source: histamineintolerance.org.uk, thatpaleoguy.com



Items in **blue** are the recommended choice. Items in **gray** are to be avoided.

PROTEIN

- Seafood/Shellfish**
Wildcaught + sustainably fished
- Ruminants** (beef, buffalo, lamb, elk, venison, etc.)
100% grass-fed + organic
- Eggs**
Pastured + organic
- Poultry** (chicken, turkey, duck, pheasant, etc.)
Pastured + organic
- Processed Meats** (bacon, sausage, deli meat, etc)
Avoid: factory-farmed, or those with added sugar, MSG, sulfites or carrageenan

VEGETABLES

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Jimaca | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Anise/Fennel Root | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Kale | <input type="checkbox"/> Snow/Sugar Snap Peas |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Carrots | <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Leeks | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Celery | <input type="checkbox"/> Lettuce (bibb, butter, red) | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Collard | <input type="checkbox"/> Mushrooms (all) | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Okra | <input type="checkbox"/> Sweet Potato/Yams |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Delicata Squash | <input type="checkbox"/> Onion/Shallots | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Broccoli/Broccolini | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Garlic | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Radish | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Buttercup Squash | <input type="checkbox"/> Greens (beet, mustard, turnip) | <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Zucchini |

FRUIT

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Apples (all varieties) | <input type="checkbox"/> Exotic Fruit (star fruit, quince) | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Oranges | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Grapes (green/red) | <input type="checkbox"/> Papaya | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Peaches | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Lemon/Lime | <input type="checkbox"/> Pears (all varieties) | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Mango | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Limit: Dried Fruit |
| <input type="checkbox"/> Dates/Figs | <input type="checkbox"/> Melon | <input type="checkbox"/> Plum | |

FATS

- | | | | |
|---|---|--|--|
| COOKING FATS | EATING FATS | OCCASIONAL: NUTS & SEEDS | LIMIT: NUTS & SEEDS |
| <input type="checkbox"/> Animal Fats* | <input type="checkbox"/> Avocado (small amount at a time) | <input type="checkbox"/> Almonds | <input type="checkbox"/> Flax Seeds |
| <input type="checkbox"/> Clarified Butter* | <input type="checkbox"/> Cashews | <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Pine Nuts |
| <input type="checkbox"/> Ghee* | <input type="checkbox"/> Coconut Butter | <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Pumpkin Seeds/Pepitas |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Coconut Meat/Flakes | <input type="checkbox"/> Pecans | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Extra-Virgin Olive Oil | <input type="checkbox"/> Coconut Milk (canned) | <input type="checkbox"/> Pistacio | <input type="checkbox"/> Sunflower Seeds |
| | <input type="checkbox"/> Hazelnuts/Filverts | | <input type="checkbox"/> Sunflower Seed Butter |
| | <input type="checkbox"/> Macadamia Nuts | | <input type="checkbox"/> Walnuts |
| | <input type="checkbox"/> Olives (all that are not in vinegar) | | |

*Must be pastured or 100% grass-fed and organic.

Avoid: Fermented foods (sauerkraut, kombucha, etc.); canned meats (salmon, tuna, etc.); processed/cured/smoked/leftover meats; vinegar and vinegar-containing foods; cocoa/chocolate; black/green tea. Some lists also include coffee, avocado and raw egg white.