

ANTI HISTAMINE FOODS LIST

Herbs

- Basil (esp. Holy Basil)
- Cilantro
- Dill
- Lemongrass
- Mint (Spearmint, Peppermint)
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme



Spices

- Black Cumin (nigella sativa)
- Caraway
- Cardamom
- Cumin
- Fennel Seed
- Garlic
- Ginger
- Turmeric



Vegetables

- Artichoke
- Arugula
- Asparagus
- Bell Pepper
- Bok Choy
- Broccoli (& Broccolini)
- Brussels Sprouts
- Cabbage
- Dandelion Root (also good as tea)
- Greens (Mustard, Collard)
- Onion
- Radish
- Squashes (other than pumpkin)
- Watercress
- Zucchini

Fruits

- Apples
- Pomegranate
- Blueberries
- Blackberries
- Cherries
- Mangoes
- Kiwis
- Raspberries
- Peaches
- Pears

Other Natural Antihistamines

- Aloe vera
- Fresh capers
- Hibiscus
- Manuka honey
- Moringa
- Monk Fruit Powder
- Spirulina
- Stinging Nettle

