

Low Histamine SHOPPING LIST

NATURAL ANTIHISTAMINE FOODS

Fruits

- ☐ apples
- ☐ apricots
- ☐ blackberries
- ☐ blueberries
- ☐ cantaloupe
- ☐ cherries
- ☐ coconut
- ☐ cranberries
- ☐ currants
- ☐ dragon fruit
- ☐ kiwis
- ☐ mangoes
- ☐ peaches
- ☐ pears
- ☐ persimmons
- ☐ pomegranate
- ☐ raspberries

Vegetables

- ☐ artichoke
- ☐ arugula
- ☐ asparagus
- ☐ bean sprouts
- ☐ beets
- ☐ bell peppers
- ☐ bok choy
- ☐ broccoli
- ☐ brussels sprouts
- ☐ cabbage
- ☐ carrots
- ☐ cauliflower
- ☐ celery
- ☐ chives
- ☐ collard greens
- ☐ cucumber
- ☐ escarole
- ☐ fennel Leaves
- ☐ garlic
- ☐ kale
- ☐ lettuces (all)
- ☐ okra
- ☐ onions
- ☐ parsley
- ☐ parsnips
- ☐ potatoes
- ☐ radishes
- ☐ rhubarb
- ☐ rutabaga
- ☐ scallions
- ☐ summer squash
- ☐ sweet potatoes
- ☐ swiss chard
- ☐ turnips
- ☐ watercress
- ☐ yuca (cassava)
- ☐ zucchini

Herbs & Spices

- ☐ basil (esp. holy basil)
- ☐ cilantro
- ☐ dill
- ☐ green onions
- ☐ lemongrass
- ☐ mint (spearmint, peppermint)
- ☐ oregano
- ☐ parsley
- ☐ rosemary
- ☐ sage
- ☐ thyme
- ☐ black cumin (nigella sativa)
- ☐ caraway
- ☐ cardamom
- ☐ coriander seed
- ☐ cumin
- ☐ fennel seed
- ☐ garlic
- ☐ ginger
- ☐ saffron
- ☐ turmeric
- ☐ vanilla bean

Grains & Starches

- ☐ almond flour
- ☐ all-purpose gf flour
- ☐ arrowroot flour
- ☐ brown rice flour
- ☐ buckwheat flour
- ☐ cassava flour
- ☐ coconut flour
- ☐ oat flour
- ☐ sweet rice flour
- ☐ sorghum flour
- ☐ tapioca flour

Sweeteners

- ☐ monk fruit / Luo Han Guo
- ☐ allulose
- ☐ stevia
- ☐ coconut palm sugar
- ☐ date syrup
- ☐ date sugar
- ☐ tapioca syrup

Protein Powder

- ☐ hemp protein powder
- ☐ pumpkin seed protein powder
- ☐ rice protein powder
- ☐ sunflower seed protein powder
- ☐ spirulina protein powder

Cheeses

- ☐ fresh cheeses
- ☐ cream cheeses
- ☐ mascarpone cheese
- ☐ fresh sheep's milk cheese
- ☐ fresh goat cheese
- ☐ ricotta cheese
- ☐ cottage cheese
- ☐ mozzarella cheese
- ☐ cheese curds

Nuts & Seeds

- ☐ almonds
- ☐ brazil nuts
- ☐ chestnuts
- ☐ chia seeds
- ☐ flax seeds
- ☐ hazelnuts
- ☐ hemp seeds
- ☐ macadamia nuts
- ☐ pecans
- ☐ pili nuts
- ☐ pine nuts
- ☐ pistachios
- ☐ pumpkin seeds (pepitas)
- ☐ sesame seeds
- ☐ sunflower seeds

Other

Natural Antihistamines

- ☐ aloe vera
- ☐ fresh capers
- ☐ hibiscus
- ☐ manuka honey
- ☐ moringa
- ☐ stinging nettle

Others

list the other foods you tolerate on your own

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐