

# Low Histamine SHOPPING LIST

BY: LOWHISTAMINEEATS.COM



## Breakfast

- rolled oats (for making oatmeal)
- milk (or dairy-free milk alternative)
- puffed rice or plain corn flakes (for cereal)
- eggs, if tolerated
- butter, if tolerated
- gluten-free bread



## Sides

- carrots
- butternut squash
- broccoli
- sweet potatoes
- kale
- onions
- garlic
- potatoes
- rice or quinoa



## Snacks

- plain potato chips
- blue corn chips
- salted rice cakes
- popcorn or sorghum kernels (to pop at home)
- tahini (to make hummus)
- dried chickpeas (to make hummus)
- pecans, pistachios, or macadamias (also for making nut butter & candying)
- almond flour crackers from Simple Mills (Thrive Market has a great selection)



## Desserts

- coconut sugar
- monk fruit powder
- gluten-free flour (for baking)
- psyllium husk powder (as binder for the gf flour)
- chia seeds (for chia pudding)
- low histamine fruits (apples, blueberries, cherries, peaches, pomegranates, pears, & mangoes)



## Drinks

- frozen low histamine fruits
- coconut milk (for smoothies)
- hemp protein powder (for smoothies)
- herbal teas of choice (mint, ginger, hibiscus, etc.)



## Lunch or Dinner

- fresh chicken
- fresh pork
- olive oil
- coconut oil
- dried lentils (for lentil stew)
- fresh ginger
- low histamine spices (turmeric, cumin, cardamom, rosemary, oregano, etc.)



## Others

list the other foods you tolerate on your own

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