

LOW-HISTAMINE ENJOY & AVOID LIST

ENJOY:



MEAT

Enjoy all fresh meats and poultry (must be bought and cooked fresh)



VEGETABLES

Enjoy all vegetables not listed in the restrict list on the next page.



MILK

Milk should be avoided for first 2 weeks then reintroduced as tolerated



EGGS

Enjoy plain eggs with whites fully cooked (avoid dishes with raw egg whites like in eggnog, milkshakes, and hollandaise sauce)



SWEETENERS

Enjoy in minimal amounts, honey, molasses, maple syrup, pure jams and jellies, mashed banana, and homemade desserts (with allowed ingredients)

FRUIT



Enjoy apples, melon, figs, grapefruit, grapes, mango, pear, rhubarb, lychee, persimmon, blackberries, blueberries, coconut

FATS & OILS



Enjoy pure butter/ghee, coconut oil/milk, meat drippings/lard, avocado oil, olive oil, macadamia nut oil, chia/flax/hemp seeds, cashews, hemp seeds, homemade salad dressings (with allowed ingredients)



SPICES & HERBS

Enjoy all fresh herbs and spices except the ones listed on the next page.

OTHER

Enjoy apple cider vinegar, baking soda, plain gelatin, corn starch, lentils, black beans, kidney beans, garbanzo beans and gluten-free baking powder

Kelly Schmidt

WELLNESS

RESTRICT:



FERMENTED FOODS/DRINKS

Alcohol (*Wine, champagne, beer*) sauerkraut, vinegar (*including foods with vinegar like pickles, mayo, olives*), soy sauce, kefir, yogurt, kombucha



CURED MEAT

Bacon, salami, pepperoni, luncheon meats, hotdogs



DAIRY PRODUCTS

Milk should be avoided for first 2 weeks then reintroduced as tolerated, always avoid sour cream, sour milk, buttermilk, and aged cheese (including goat cheese)



VEGETABLES

Avoid eggplant, pumpkin, sauerkraut, spinach, tomato, avocado, olive, pickled veggies

SPICES & HERBS

Avoid anise, cinnamon, cloves, curry powder, paprika/cayenne, chili powder, nutmeg, foods labeled with "spices"

SEAFOOD

All fish (unless fresh caught), all shellfish,



FRUIT

Avoid most citrus fruit, bananas, papaya, pineapple, strawberries, cherries, cranberries, currants, nectarines, peaches, raspberries, dried fruit (*apricots, prunes, dates, raisins*)

SPECIFIC INGREDIENTS

Avoid artificial preservatives & dyes, chocolate, wheat germ, energy drinks, green & black tea

FATS & OILS

Avoid fats/oils with color or preservatives, prepared gravy, commercial salad dressings, hydrolyzed lecithin

NUTS/SEEDS/LEGUMES

Avoid for the first 2 weeks then reintroduce, always avoid soy, most beans (minus black and garbanzo beans, peas and lentils), peanuts, and walnuts

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WELLNESS