

# ANTI-HISTAMINE GROCERY LIST

Included below are the histamine "safe" foods. This is not an exhaustive list. New research on histamine content is still in its infancy & thus if you're having a reaction to any food, it is best to eliminate it.



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## GRAINS

Amaranth  
Kamut  
Millet  
Oats  
Potato  
Quinoa  
Rice  
Spelt  
Corn

## NUTS & SEEDS

Macadamia  
Chesnuts  
Brazil  
Pistachio  
Coconut

Hemp  
Chia  
Pumpkin

## VEGETABLES

Arugula  
Asparagus  
Artichoke  
Kale  
Beets  
Bok Choy  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Cucumber  
Endive

Fennel  
Kale  
Sweet Potato  
Squash  
White Onion  
Yam  
Zucchini

## FRUIT

Apples  
Apricots  
Blackberries  
Blueberries  
Dates  
Goji  
Grapes  
Peaches & Nectarines  
Melons (except watermelon)  
Pomegranate

## SWEETENERS

Agave  
Xylitol  
Honey  
Maple Syrup  
Stevia

## HERBS & SPICES

*Basil, Mint, Oregano, Parsley,  
Rosemary, Sage, Cardamom,  
Cilantro, Coriander, Paprika*

## MEAT

*\*\*\*purchase frozen*  
Chicken  
Beef  
Duck  
Turkey  
Fish

## OILS

*Olive oil, Coconut oil, Pumpkin  
Seed oil, Safflower oil*