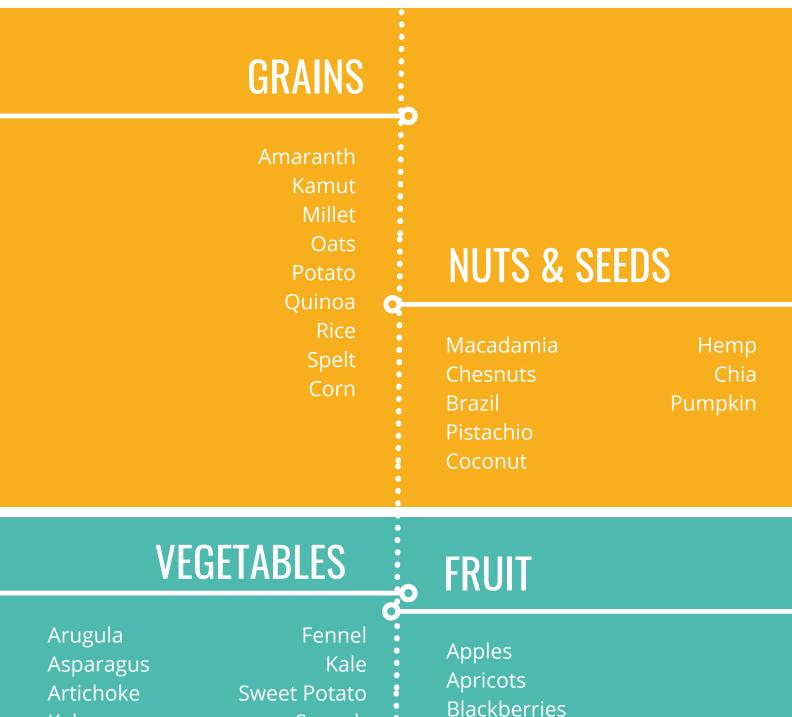
# ANTI-HISTAMINE GROCERY LIST

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.

Krista Moyer • Naturopathic Doctor • Vancouver, BC



Kale	Squash	
Beets	White Onion	Deter
Bok Choy	Yam	
Broccoli	Zucchini	
Cabbage		Grapes
Carrots		Peaches & Nectarines
		Melons (except watermelon)
Cauliflower		Demographic
Cucumber		
Endive		

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#### **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