

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 Potatoe
Squash
White Onion
Yam
Zucchini

FRUIT

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

SWEETENERS

Agave
Xylitol
Honey
Maple Syrup
Stevia

MEAT

Chicken
Beef
Duck
Turkey
Fish
Trout

HERBS & SPICES

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

OILS

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