Histamine Diet

Foods to Include

- → Fresh, unprocessed foods
- Fruits and vegetables that have not been out of the fridge for too long!
- Protein rich foods including fresh meat (check the date of packaging) and eggs
- Frozen meat that has been thawed rapidly
- Fresh caught fish (directly from fishermen), or frozen fish, thawed and cooked quickly
- → Cream cheese (mozzarella, curds, cottage cheese, goat cream cheese)
- → Potatoes, corn, rice, grains
- → All vegetables (exceptions listed in Foods to Avoid)
- → All fruit (exceptions listed in Foods to Avoid)
- → Coconut oil, ghee, avocado oil, fish oil, olive oil
- → Coconut milk, coconut water, macadamia nuts, chestnuts
- → Apple cider vinegar water, herbal teas, rooibos, almond milk
- → Mild spices, herbs, garlic, table salt
- → Sugar, agave, honey, stevia

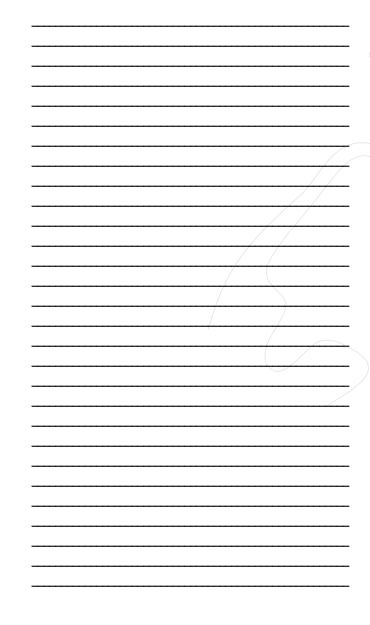
Foods to Avoid

- → Fermented or aged foods including alcohol products, vinegar, yeast containing foods, sauerkraut, kombucha, pickled foods
- → Canned, dried, cured, smoked, preserved meats ie. bacon, jerky, dry-cured ham, almost all sausages, canned fish, salted fish
- → Finely chopped, pureed meat including spreads like liverwurst, cold cuts, fish sauces
- → Shellfish
- → Cheeses (aside from those listed above)
- → Vegetables including spinach, tomatoes (also ketchup, tomato juice, tomato sauces), eggplant, avocado, olives
- → Legumes such as lentils, beans, soy
- → Sourdough, pastries
- → Strawberries, raspberries, citrus fruits, tropical fruits (banana, pineapple, kiwi, papaya, guava)
- → Nuts like, walnuts, cashews, peanuts
- → Cocoa and forms of chocolate
- → Juices and sodas, energy drinks
- → Nettle tea

General Rules

- → Fresh is best! Choose fresh produce and meats as much as possible
- → Freeze leftovers (soups, stews, and casseroles are great additions to meal preparation)
- → Be aware of restaurant foods as many of these will sit out
- → Avoid foods that have been stored, re-heated or kept warm
- → Avoid anything canned

NOTES



Integrative