

Low Histamine Level Foods

Fresh Meat (Cooled, Frozen or Fresh)

Poultry (Skinned & Fresh), Lamb, Beef, Bison

Fresh Wild Caught Fish

Cod, Haddock, Trout, Sea Bass, Halibut

Fresh Fruits

(with the exception of Tangerines, Pineapple, Grapes & Strawberries)

Fresh Vegetables

(with the exception of Tomatoes, Spinach, Mushrooms, Avocados & Eggplant)

Gluten Free Grains

Rice Noodles, Yeast Free Rye Bread, Rice Crisp Bread, Oats, Puffed Rice Crackers,
Millet Flour, Pasta (spelt and corn based)

Nuts/ Seeds

Almonds, Pumpkin Seeds, Pine Nuts, Chia Seeds, Flax Seed, Quinoa

Beans

(with the exception of Chickpeas and Soy Beans)

Black Beans and Pinto Beans (soaked)

Fresh Pasteurized Milk and Milk Products

Cream Cheese, Butter

Cheese

Mozzarella, Ricotta, Feta, Galotiri, Brie, Queso Fresco, Panela

Milk Substitutes

Coconut Milk and Rice Milk

Herbs

Non-Citric Fruit Juices

Herbal Teas

(with the exception of black tea, green tea, and matcha tea)