



Histamine Haven's Replacement List

This list is to help you find replacement ideas for some of the foods you might be sensitive to. Use this list together with the Stage 1 (Shopping List).

Histamine	Replacement
Meat & Fish	Frozen right after slaughter or catch
Tomato	Squash, carrots, beets or a combination of these
Tea, green and black	Chamomile, nettle, peppermint, tulsi
Milk	Goat or sheep milk if tolerated, macadamia or hemp seed milk
Bone broth	Meat stock frozen into serving sizes
Canned foods	Frozen foods
Walnuts and cashews	Almonds, pistachios, macadamias
Spinach	Arugula or other dark leafy greens
Vinegar	Histamine Haven vinegar (recipe in cookbook)
Yeast	Baking powder – gluten, corn and aluminum free
Alcohol	Clear spirits in extreme moderation (Stage 3)
Pop/sodas	Sparkling mineral water
Chocolate	Treats made with cocoa butter
Cheese	Fresh goat cheese (homemade) or macadamia cream
Pasta	Zoodles, spaghetti squash, cabbage, sweet potato noodles, parsnip
Rice	Cauliflower rice
Breads and baking	Baking using cassava flour, almond flour, sweet potato or plantain
Sugar	Honey, maple syrup, stevia and monk fruit in moderation
Fats for cooking	Coconut oil, ghee, avocado oil, and rendered fats like pastured lard and duck fat
Salad oils	Olive oil, avocado oil or nut/seed oils
Yogurt	Chia Macadamia Parfait (recipe in cookbook)
FODMAPs	Replacement
Onion	Green onion, green parts only
Apples	Blueberries
Mango	Honeydew melon
Peach/nectarine	Blueberries
Watermelon	Honeydew melon
Asparagus	Sunflower sprouts
Broccoli	Kale
Cabbage	Bok choy
Cauliflower	Parsnip
Sunchokes	Parsnip
Leeks	Green onion, green parts only
Garlic	Garlic Infused Oil



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Salicylates	Replacement
Berries	Pomegranate
Apricot, nectarines, peaches	Mango
Cherries	Peeled pear or apple
Asparagus	Bok Choy
Broccoli	Bok choy
Cucumber	Celery
Endive	Red cabbage
Radish	Rutabaga or turnip
Arugula	Lettuce
Sweet potato	Peeled white potato, plantain or parsnip
Watercress	Lettuce
Zucchini	Celery
Almonds, Brazil, macadamia, and pistachio	Sunflower/pumpkin seeds, hazelnuts, pecans
Coconut oil	Ghee
Olive oil	Avocado oil
Honey	Maple syrup
Peppermint tea	Chamomile
Bay leaf, basil, caraway, cardamom, celery seed, dill, ginger, mint, rosemary, turmeric	Parsley. Most herbs are high in salicylates, but small amounts may be tolerated.
Oxalates	Replacement
Almonds	Pumpkin seeds
Brazils, hazelnuts	Pistachio, pecans, macadamia
Beet	Carrot or turnips
Berries	Apple, cantaloupe, honeydew, mango
Endives	Radicchio
Plantain	Kohlrabi
Rhubarb	Sour apple varieties
Greens: chard, collard, sorrel, dandelion	Boil or steam well to reduce oxalates, or replace with arugula, bok choy, or lettuces
Sweet potato, yam (all potato varieties)	Cauliflower mash, sweet potato noodles, butternut squash, celeriac
Parsley	Cilantro
Okra	Asparagus
Early AIP	Replacement
Nuts and seeds	Coconut, fresh
Red pepper	Celery for crunch or cooked beets for color
Nut Allergy	Replacement
Almond	Pumpkin seed
Macadamia	Coconut cream
Any nuts	Equivalent weight (oz/g) of seeds