



## The Histamine Haven Shopping List

This abundant food list is different from other low histamine lists for many reasons...you'll have to read the book to find out. Why the difference? A low-histamine diet manages symptoms. We wanted to do better than that! The Histamine Haven Protocol aims to address many of the contributing factors to why histamines are causing troubles. It's not just about managing your symptoms, but an approach to help you take back control of your health.

<b>VEGETABLES – fresh or frozen! No canned or dried!</b>				
Artichokes	Carrots	Fennel	Okra	Squash – except pumpkin
Arugula	Cauliflower	Jicama	Onions	Sunchoke
Asparagus	Celery	Kale	Parsnip	(Jerusalem artichoke)
Beets	Collard greens	Kohlrabi	Pea shoots	Sweet potato
Bok choy	Cucumber	Leafy greens except spinach	Radishes	Turnip
Broccoli	Dandelion greens	Leeks	Rhubarb	Watercress
Brussel sprouts	Endive	Lettuce – all varieties	Romaine lettuce	Zucchini
Cabbage – all varieties	Escarole		Rutabaga	
			Shallot/Scallion	

<b>FRUIT – fresh or frozen! No canned or dried!</b>				
Apple	Cherry	Elderberry	Mango	Pear
Apricot	Cranberry	Figs	Nectarine	Starfruit
Blackberry	Currant – black or red	Honeydew melon	Peach	Watermelon
Blueberry		Lychee	Persimmon	
Cantaloupe	Dragon fruit		Pomegranate	

<b>ANIMAL PROTEIN – frozen right after slaughter! No ground meats.</b>				
Chicken, skinless	Goose, skinless	Pork	Veal	Meat stocks made from these meats (without connective tissue or bones).
Duck, skinless	Ostrich, skinless	Lamb		
Fresh cheese made from goat or sheep milk	Pheasant, skinless	Quail, skinless		
		Turkey, skinless		

<b>NUTS AND SEEDS – soaked! Purchase refrigerated</b>				
Almond	Flax seed	Macadamia nut	Pine nut	Pumpkin seeds
Brazil nut	Hemp seed	Pecan	Pistachio	Psyllium seed husk
Chia seed				



HEALTHY FATS				
Avocado oil*	Cocoa butter*	Hemp oil	Palm oil*	*these fats are heat stable and are suitable for cooking with
Duck fat*	Coconut milk – full-fat, no gums	Lard*	Sesame oil	
Grass-fed Ghee* (if tolerated)	Coconut oil*	Macadamia oil		
Goat butter*	Flax oil	MCT oil Olive oil		

FRESH HERBS and seasonings				
Basil	Cilantro	Lemongrass	Thyme	Salt – Himalayan, sea or Celtic
Chives	Dill	Nigella seed	Turmeric	
Cardamom	Garlic	Oregano	Rosemary	
Caraway seed	Ginger	Peppermint	Sage	

BEVERAGES				
Chamomile tea	Ginger tea	Peppermint tea		Good quality herbal tea blends may or may not be tolerated!
Freshly made vegetable and fruit juices	Goat milk	Sheep milk		
	Mineral water	Tulsi tea		
	Nettle tea	Water, filtered		

STARCHES				
Arrowroot starch	Plantain	Tapioca	Tiger nuts (not a nut)	
Cassava	Sweet Potato	Taro	Yam	

SWEETENERS – to be used in moderation				
Honey	Maple syrup	Monk fruit	Stevia	

MISCELLANEOUS				
Baking powder (gluten, aluminum & corn free)	Baking soda	Cream of tartar		



## The Histamine Haven Stage 2 Shopping List

Once you have spent 1-3 months eating foods from The Histamine Haven Shopping List, then it is time to start adding some additional foods and monitoring how you do with moderate histamine foods. Keep eating everything from Stage 1, and slowly add these new foods. Our book will discuss how to reintroduce new foods in detail, and how to be your own detective.

<b>VEGETABLES – fresh or frozen! No canned or dried!</b>			
Green beans	Peas	Roasted and peeled bell pepper – lower lectin content	White & other potatoes -- peeled

<b>FRUIT – fresh or frozen! No canned or dried!</b>				
Kiwi	Lemon	Lime	Plums	Raspberries

<b>ANIMAL PROTEIN – frozen right after slaughter!</b>				
Beef and other aged meats such as bison, elk, yak... Whole cuts only!	Fish frozen on the ship right after slaughter. Start with skinless salmon.	Poultry with skin.	Any meat from Stage 1 in ground form.	Meat stocks made from stage 2 meats (without skin or bones).
Egg yolk				

<b>NUTS AND SEEDS – soaked! Purchase refrigerated</b>				
Hazelnut	Sesame Seed	Sunflower seed		

<b>HEALTHY FATS</b>
Grass-fed butter

<b>FRESH HERBS and seasonings</b>		
Coriander	Cumin	Dried herbs from Stage 1

<b>BEVERAGES</b>		
Coffee – choose a brand that is low in mycotoxins	Green tea	Rooibos tea



<b>STARCHES</b>
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Potatoes, peeled
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<b>MISCELLANEOUS</b>
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Vanilla extract (alcohol free) or vanilla powder
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## The Histamine Haven Stage 3 Shopping List

This is the final stage! At this stage you are going to be continuing to figure out what does and doesn't work for your body. The detective work continues. Nutrient dense foods that are high histamine are added back in to deeply nourish you, and some low lectin grains are here too. Small quantities and slow introduction are the keys to succeeding in this stage! It's not necessarily about adding all these foods back, but rather about figuring out how you can nourish yourself in the best way possible without triggering symptoms. Our book has suggestions and some recipes to help you bring these foods back into your diet.

VEGETABLES – fresh or frozen! No canned or dried!				
Bell pepper	Eggplant	Olives (not pickled)	Potato with skin	Sea vegetables: seaweed & algae

FRUIT – fresh or frozen! No canned or dried!				
Avocado	Citrus fruits	Grapes	Papaya	Strawberry
Banana	Dried fruit – no preservatives			

ANIMAL PROTEIN – frozen right after slaughter!				
Ground beef and other ground, aged meats	Egg whites	Fish with skin	Liver and other offal	Meat stocks made from these meats with connective tissue (skin and bones)

NUTS AND SEEDS – soaked! Purchase refrigerated				
Walnuts				

HEALTHY FATS				
Heavy cream	Raw dairy			

FRESH HERBS and seasonings				
Anise	Cinnamon	Nutmeg	Peppercorn	



<b>BEVERAGES</b>
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Liquor, clear – occasional use only
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<b>STARCHES</b>
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Black rice	Millet	Sorghum	White potato	White rice
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<b>SWEETENERS – to be used in moderation</b>
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Dried fruit	Molasses			
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<b>MISCELLANEOUS</b>
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Coconut butter	Coconut, dried	Cacao	Chocolate	Ferments made using histamine degrading probiotics
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