



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.

VEGETABLES – fresh or frozen! No canned or dried!				
Artichokes	Carrots	Fennel	Okra	Shallots
Arugula	Cauliflower	Jicama	Onions	Squash – all varieties
Asparagus	Celery	Kale	Parsnip	Sunchoke
Beets	Collard greens	Kohlrabi	Pea shoots	(Jerusalem artichoke)
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	
			Scallions	

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

ANIMAL PROTEIN – frozen right after slaughter! No ground meats.				
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		



NUTS AND SEEDS – soaked! Purchase refrigerated

Almond	Flax seed	Pecan	Pumpkin seeds	Sesame seed
Brazil nut	Hemp seed	Pine nut	Psyllium seed	
Chia seed	Macadamia nut	Pistachio	husk	

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 & corn free)	Baking soda	Cream of tartar		