

# Low Histamine Diet Grocery list

Below is a list of foods generally considered "safe" for a low-histamine diet. Please note this list is not exhaustive. Since research on histamine content is still evolving, it's important to eliminate any food that triggers a reaction, even if it's listed here.

## GRAINS

Amaranth	Quinoa
Kamut	Rice
Millet	Spelt
Oats	Corn
Potato	

## VEGETABLES

Arugula	Fennel
Asparagus	Kale
Artichoke	Sweet Potato
Kale	Squash
Beets	White Onion
Bok Choy	Yam
Broccoli	Zucchini
Cabbage	Cucumber
Carrots	Endive
Cauliflower	

## SWEETENERS

Agave  
Xylitol  
Honey  
Maple Syrup  
Stevia

## HERBS & SPICES

*Basil, Mint, Oregano, Parsley, Rosemary, Sage,  
Cardamom, Cilantro, Coriander, Paprika*

## NUTS & SEEDS

Macadamia	Hemp
Chesnuts	Chia
Brazil	Pumpkin
Pistachio	
Coconut	

## FRUIT

Apples  
Apricots  
Blackberries  
Blueberries  
Dates  
Goji  
Grapes  
Peaches & Nectarines  
Melons (except watermelon)  
Pomegranate

## MEAT

\*\*\*purchase frozen  
Chicken  
Beef  
Duck  
Turkey  
Fish

## OILS

*Olive oil, Coconut oil, Pumpkin Seed oil, Safflower oil*