

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