

Anti-histamine list

Avoid or restrict



FRUIT

- Citrus fruits
- Cherry
- Cranberry
- Dried fruit
- Date
- Nectarine
- Banana
- Papaya
- Peach
- Pineapple
- Prunes
- Plums
- Raisins
- Raspberries
- Strawberries
- Jams & juices made with the above ingredients

HERBS & SPICES

- Anise
- Cinnamon
- Cloves
- Curry powder
- Paprika/cayenne
- Nutmeg

VEGETABLES

- Eggplant/ aubergine
- Pumpkin
- Sauerkraut
- Olives
- Pickled or canned vegetables
- Spinach
- Tomato
- Avocado

FISH & MEAT & LEGUMES

- All canned meat/fish
- All shellfish Leftover/refrigerated meats
- Processed, cured or smoked meats
- Raw egg whites (as in some eggnog, hollandaise sauce, or milkshakes)
- All canned beans/lentils/legumes

PROCESSED FAT

- All fats and oils with colours
- Additives or preservatives
- Prepared gravy
- Commercial salad dressings
- Hydrolyzed lecithin

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PROCESSED PRODUCTS

- All chocolate
- cocoa and carob
- All products made with artificial flavours
- Preservatives
- Artificial colourings
- Tartrazine (also found in medications and supplements)
- Hydrolyzed lecithin BHA, BHT
- Flavoured gelatin
- Mincemeat
- Prepared relishes and olives
- Soy sauce
- Miso
- Commercial ketchup
- Canned foods and ready meals
- Pickled and fermented foods
- Vinegar
- Yeast and yeast extracts
- Benzoates (also found in cosmetics), sulphites, nitrites, glutamate, food dyes

DRINKS

- Coffee
- Soda and carbonated drinks
- All tea (including green, black and mate)
- All drinks with "flavour" or "spices"
- Beer, cider and wine (unless specified)

Anti-histamine list



Allowed

FRUIT

- Apple
- Pear
- Cantaloupe
- Figs
- Mango
- Grapes
- Honeydew
- Rhubarb
- Lychee
- Coconut
- Persimmon
- Blackberries
- Blueberries
- Watermelon

ALTERNATIVES TO SWEETENERS

- Macadamias
- Chestnuts
- Chia
- Hempseeds
- Linseeds

FRESH OR FROZEN

- All fresh meat, fish and poultry. Must be bought and cooked fresh or purchased as fresh as possible and frozen immediately until use

LOW HISTAMINE PROBIOTICS

- Bifidobacterium infantis
- Lactobacillus gasserii
- Bifidobacterium breve
- Bifidobacterium bifidum
- Lactobacillus salivarius
- Lactobacillus rhamnosus
- Bifidobacterium longum
- Lactobacillus plantarum

NATURAL FAT

- Pure butter or ghee
- Cold pressed oils
- Coconut oil
- MCT oil
- Meat drippings and fat
- Homemade salad dressings