

—ANTI-HISTAMINE FOOD LIST—

Ideally all natural, best is organic. Don't forget the [Clean 15, Dirty Dozen!](#)

APPROVED

COCONUT PRODUCTS

Coconut Meat
Coconut Milk
Coconut Oil

DAIRY SUBSTITUTES

Almond Milk
Coconut Milk
Hemp Milk
Rice Milk

EGGS

Egg Yolk

FRESH MEATS

Beef
Chicken
Duck
Elk
Goat
Goose
Lamb
Pork
Sheep
Turkey
Venison

FRUITS

Apples
Apricots
Blackberries
Blueberries
Cherries
Dates
Figs
Grapes
Melon
Nectarines
Peaches

Pears
Plums
Pomegranates
Raspberries
Watermelon

GLUTEN-FREE GRAINS

Buckwheat
Millet
Quinoa
Rice

LEAFY HERBS

Basil
Dill
Lemongrass
Mint
Parsley
Oregano
Rosemary
Sage
Tarragon
Thyme

OILS

Butter
Coconut
MCT Oil
Olive

SWEETENERS

Agave
Honey
Maple Syrup
Monk Fruit
Stevia

TEA

Herbal

VEGGIES

Anise/Fennel Root
Artichoke
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Garlic
Ginger
Green Beans
Greens (Beet, Collard, Mustard, Turnip)
Jicama
Kale
Kohlrabi
Leeks
Lettuce (Bibb, Butter, Red)
Mushrooms (All)
Okra
Onion
Parsnips
Peas
Pumpkin
Radish
Rutabaga
Rhubarb
Sprouts
Squash
Swiss Chard
Turnip
Watercress
Zucchini

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AVOID

ALCOHOL

DAIRY

Milk
Cream
Cream Cheese
Cheese
Kefir
Yogurt

EGGS

Egg Whites

FERMENTED FOODS

Kefir
Kimchi
Kombucha
Miso
Natto
Pickles
Sauerkraut
Tamari
Tempeh
Yogurt

FRUIT

Bananas
Dried Fruit
Grapefruit
Kiwi
Lemon/Lime
Mango
Oranges
Papaya
Pineapple
Strawberries
Tangerines

MEATS

Cured Meats
Leftover Meats
Processed Meats

MISC.

Artificial Colors
Canned Foods
Cocoa
Processed Foods
Vinegar
Wheat-Based Food
Yeast-Based Food

NUTS

Cashews
Macadamia Nuts

SEAFOOD

Aged Fish
Mackerel
Sardines
Shell Fish
Smoked Fish
Tuna

SPICES

Cayenne
Chili
Cinnamon
Cloves
Curry
Nutmeg

TEA

Black
Green

VEGGIES

Spinach
Tomato

PROCEED WITH CAUTION

MEATS

Frozen

NUTS AND SEEDS

Almonds
Almond Butter
Brazil Nuts
Flax
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts