

LHAD



Low Histamine and Autoimmune Diet

Protein

- ☐ Wild caught fish
- ☐ Grass fed beef, buffalo, lamb, elk, venison
- ☐ Pasture raised organic eggs
- ☐ Pasture raised organic chicken, turkey, duck, pheasant

Vegetables

- ☐ Organic vegetable broths
- ☐ Artichokes
- ☐ Arugula
- ☐ Asparagus
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Cilantro
- ☐ Collard Greens
- ☐ Cucumbers
- ☐ Dandelion
- ☐ Dill weed
- ☐ Fennel
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce
- ☐ Parsley
- ☐ Rhubarb
- ☐ Squash
- ☐ Watercress

Healing Root Vegetables

- ☐ Beets
- ☐ Celeriac
- ☐ Onions
- ☐ Turnips
- ☐ Rutabagas
- ☐ Sweet Potatoes
- ☐ Carrots
- ☐ Jicama
- ☐ Parsnips
- ☐ Radishes
- ☐ Yams

Fruits

- ☐ Apples
- ☐ Apricots
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Raspberries
- ☐ Avoid lemon and lime

Fats

- ☐ Animal Fats
- ☐ Clarified Butter
- ☐ Ghee
- ☐ Coconut oil
- ☐ Extra Virgin Olive Oil
- ☐ Avocado
- ☐ Coconut butter
- ☐ Coconut meat/flakes
- ☐ Olives
- ☐ Avoid nuts and seeds

Dairy Substitutes

- ☐ Coconut milk

Healing Herbs

- ☐ Basil
- ☐ Bay leaves
- ☐ Chamomile
- ☐ Chives
- ☐ Cilantro
- ☐ Dill
- ☐ Lavender
- ☐ Lemongrass
- ☐ Lemon Balm
- ☐ Marjoram
- ☐ Mint
- ☐ Oregano
- ☐ Parsley
- ☐ Peppermint
- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Spearmint
- ☐ Tarragon
- ☐ Thyme

Spices and Sweeteners

- ☐ Cinnamon
- ☐ Garlic
- ☐ Onion Powder
- ☐ Saffron
- ☐ Stevia
- ☐ Cloves
- ☐ Ginger
- ☐ Pink salt
- ☐ Shallots
- ☐ Turmeric

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Pantry Style Items

- ☐ Coconut flakes
- ☐ Olives
- ☐ Sardines
- ☐ Coconut flour
- ☐ Coconut butter
- ☐ Canned salmon
- ☐ Flax crackers

Fermented Foods

These foods are high in histamine.

Using a soil based probiotic such as Prescript Assist is tolerated well by people with a histamine intolerance.

Teas and other

- ☐ Pure water
- ☐ Organic green tea
- ☐ Dandy blend-coffee substitute
- ☐ Teeccino coffee substitute
- ☐ Organic herbal teas

