

# TLH MAYBE LIST

## Low Histamine Diet Foods

### FRUITS

Boysenberry\*  
Dates\*  
Figs  
Grapes\*  
Mango  
Pear  
Plum (L)  
Prune (L)  
Rhubarb  
Rose Hips (L)  
Water Melon

### VEGGIES

Brussel Sprouts (L)  
Chard  
Green Beans  
Horseradish (L)  
Kohlrabi  
Leek  
Onion (L)  
Peas (L)  
Snow Peas  
Split Peas

### PROTEIN

Egg Yolk\*  
Pork (*fresh & untreated*)  
Venison

### DAIRY & NON-DAIRY ALT *With No Additives*

Buttermilk  
Feta  
Kefir  
Lactose Free Milk  
Sour Cream  
Plain Yogurt  
Powdered Milk  
Oat Milk  
Rice Milk

### NUTS & SEEDS

Almonds  
Cashew (L)  
Hazelnut (L)  
Macadamia\*  
Pine Nut  
Pistachio\*  
Sesame

### SEASONING & SPICES

Chives  
Dill  
Garlic  
Ginger  
Nutmeg  
Poppy Seed  
Vanilla Extra  
Vanilla Pod

### GRAINS

Baked Goods  
Barley  
Bread  
Rye  
Wheat

### FATS & OILS

Sunflower Oil

### SWEETNERS

Artificial Sweeteners

### OTHER

Apple Cider Vinegar  
Mushrooms  
White Button  
Yeast (*Fresh, dried, All Forms*)

### DRINKS

Coffee  
Espresso  
Green Tea  
Histamine Free Wine (L)