

TLH NO LIST

Low Histamine Diet Foods

FRUITS

Avocado (L)
Banana
Citrus (L)
Guava
Kiwi (L)
Papaya (L)
Pineapple (L)
Raspberry
Strawberry (L)

VEGGIES

Algae (L)
Brussel Sprouts
Beans (L)
Chick Peas (L)
Chili Peppers
Eggplant
Hot Peppers
Kelp (L)
Lentils (L)
Olives
Pickles
Pickled Vegetables
Sauerkraut
Seaweed (L)
Soy Beans (L)
Spinach
Tomato

PROTEIN

Anchovies
Cured Meats
Dried Meat (*Jerky*)
Egg White (L)
Ham (*dried & Cured*)
Processed Meat (*Lunch Meat*)
Sausages
Smoked Fish
Smoked Meat
Shellfish
Tuna

DAIRY & NON-DAIRY ALT *With No Additives*

Aged Cheese
Unprocessed "raw" Milk
Processed Cheese
Soy Milk

NUTS & SEEDS

Peanuts
Sunflower Seeds (L)
Walnuts

SEASONING & SPICES

Bouillon
Cumin (L)
Curry
Fenugreek
Mustard Seeds (L)
(*Powder*)
Pepper
Chili Powder
Hot Pepper Flakes
Red Pepper

GRAINS

Buckwheat
Malt
Wheat Germ (L)
Roasted Tiger Nuts

FATS & OILS

Walnut Oil

SWEETNERS

Malt Extract

OTHER

Balsamic Vinegar
Cocoa (L) (*Cocoa Powder*)
Chocolate (L)
Coconut Aminos
Mushrooms
Red Wine Vinegar
Soy Sauce
White Wine Vinegar
Yeast Extract (L)

DRINKS

Alcohol (L)
Beer (L)
Black Tea
Chocolate Drinks
Juices (*from Fruits on NO list*)
Energy
Ovaltine