

TLH YES LIST

Low Histamine Diet Foods

FRUITS

Apple
Apricot
Blackberry
Blueberry
Cherry
Coconut
Cranberry
Dragon Fruit
Goji Berry
Gooseberry
Lychee
Melons (*except Watermelon*)
Nectarine
Peach
Persimmon
Pomegranate
Star Fruit

VEGGIES

Artichoke
Asparagus
Beet
Bell Pepper
Bok Choi
Broccoli
Cabbage
Carrot
Cauliflower
Celery
Corn
Cucumber
Endive
Fennel
Lettuce

Napa Cabbage
Parsnip
Potato
Pumpkin
Radish
Squash
Sweet Potato
White Onion
Yam
Zucchini

PROTEIN

Quail Eggs
Beef (*fresh*)
Chicken
Duck
Quail
Turkey
Veal
Fish (*freshly caught*)

DAIRY & NON-DAIRY ALT

With No Additives

Butter
Cream Cheese
Coconut Milk
Coconut Cream
Cottage Cheese
Farmer's Cheese (*similar to Cream Cheese*)
Goat Milk
Heavy (Whipping) Cream
Mascarpone
Milk
Mozzarella (*fresh*)
Ricotta
Sheep Milk

NUTS & SEEDS

Brazil Nut
Chestnut
Chia
Hemp Seed
Tiger Nut (*a tuber, nut substitute*)
Psyllium
Pumpkin

SEASONING & SPICES

Basil
Caraway
Cardamom
Cilantro
Cloves
Coriander
Fennel
Mint
Nutmeg
Onion Powder
Oregano
Parsley
Paprika
Smoked Paprika
Thyme
Turmeric
Rosemary
Sage
Salt
Savory

GRAINS

Millet
Oats
Quinoa
Rice
Rice Cakes

Rice Noodles/Pasta
Spelt
Wild Rice

FATS & OILS

Canola Oil
Cocoa Butter
Coconut Oil
Lard
Olive Oil
Palm Oil
Pumpkin Seed Oil
Safflower Oil

SWEETNERS

Agave Syrup
Dextrose
Fructose
Glucose
Honey
Maple Syrup
Sorbitol
Stevia
Sucrose
Sugar
Xylitol

OTHER

White Vinegar

DRINKS

Chamomile Tea
Lime Flower Tea
Peppermint Tea
Rooibos Tea
Sage Tea
Verbena Tea
Sparkling Water
Juices from Fruit in YES list (*no additives*)