

Intuitive Nutrition

Anti-Histamine or Low-Histamine Foods

Anti-histamine Herbs & Spices

(Fresh as Possible)

- Basil (esp. Holy Basil)
- Cilantro
- Dill
- Lemongrass
- Mint (Spearmint, Peppermint)
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Garlic
- Ginger
- Turmeric

Anti-histamine Vegetables

(Fresh as Possible)

- Artichoke
- Arugula
- Asparagus
- Bell Pepper
- Bok Choy
- Broccoli (& Brocolini)
- Brussels Sprouts
- Cabbage
- Dandelion Root (also good as tea)
- Greens (Mustard, Collard)
- Onion
- Radish
- Squashes (other than pumpkin)
- Watercress
- Zucchini

Other Anti-histamine Foods

- Organic Spirulina
- Hibiscus Tea
- Monkfruit Powder
- Moringa Tea
- Stinging Nettle Tea

Anti-histamine Fresh Fruits

- Apples
- Pomegranate
- Blueberries
- Blackberries
- Cherries
- Mangoes
- Kiwis
- Raspberries
- Peaches
- Pears

www.intuitivenutrition.co.nz

Tea Shop at www.oceangypsy.co.nz

Intuitive Nutrition

Avoid Histamine Stimulating Foods

Histamines are high in aged foods

- Alcohol
- Pickled or Canned Foods – sauerkraut
- Fermented Foods & Drinks kombucha, kefir, champagne & wine.
- Matured Cheeses
- Yoghurt
- Smoked Meat Products – salami, ham, sausages
- Aged Meats
- Shellfish
- Beans and Pulses – chickpeas, soy beans, peanuts
- Nuts – walnuts, cashew nuts
- Chocolates (and other cocoa-based products)
- Vinegar
- Ready Meals
- Salty Snacks, Sweets (with preservatives and artificial colorings)
- Canned Goods such as canned peaches, tomato
- Most Citric Fruits – kiwi, lemon, lime, pineapple, plums
- Papaya
- Tomatoes
- Wheat Germ
- Additives – benzoate, sulfites, nitrites, glutamate, food dyes
- Black Tea
- Energy drinks
- Green Tea
- Mate Tea
-

www.intuitivenutrition.co.nz

Tea Shop at www.oceangypsy.co.nz