

Source: [histamineintolerance.org.uk](http://histamineintolerance.org.uk), [thatpaleoguy.com](http://thatpaleoguy.com)

Items in blue are a best choice. Items in gray should be avoided.

## protein

- ☐ Seafood and Shellfish  
Best: **wild-caught + sustainably fished**  
Better: wild-caught and/or sustainable  
Good: farm-raised
- ☐ Ruminants (beef, buffalo, lamb, elk, venison, etc.)  
Best: **100% grass-fed + organic**  
Better: grass fed and/or organic  
Good: lean, fat trimmed/drained
- ☐ Eggs  
Best: **pastured + organic**  
Better: organic (omega-3 enriched optional)  
Good: store-bought
- ☐ Poultry (chicken, turkey, duck, pheasant, etc.)  
Best: **pastured + organic**  
Better: organic  
Good: store-bought, skin removed
- ☐ Non-Ruminants (pork, wild boar, rabbit, etc.)  
Best: **pastured + organic**  
Better: organic  
Good: lean, fat trimmed/drained
- ☐ Processed Meats (bacon, sausage, deli meat, etc.)  
Best: **100% grass-fed/pastured + organic**  
Better: organic  
**Avoid:** factory-farmed, or those with added sugar, MSG, sulfites or carrageenan

## vegetables

- ☐ Acorn Squash
- ☐ Anise/Fennel Root
- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Beets
- ☐ Bell Peppers
- ☐ Bok Choy
- ☐ Broccoli/Broccolini
- ☐ Broccoli Rabe
- ☐ Brussels Sprouts
- ☐ Butternut Squash
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard
- ☐ Cucumber
- ☐ Delicata Squash
- ☐ Eggplant
- ☐ Garlic
- ☐ Green Beans
- ☐ Greens (beet, mustard, turnip)
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce (bibb, butter, red)
- ☐ Mushrooms (all)
- ☐ Okra
- ☐ Onion/Shallots
- ☐ Parsnips
- ☐ Pumpkin
- ☐ Radish
- ☐ Rutabaga
- ☐ Rhubarb
- ☐ Snow/Sugar Snap Peas
- ☐ Spaghetti Squash
- ☐ Spinach
- ☐ Sprouts
- ☐ Summer Squash
- ☐ Sweet Potato/Yams
- ☐ Swiss Chard
- ☐ Tomato
- ☐ Turnip
- ☐ Watercress
- ☐ Zucchini

## fruit

- ☐ Apples (all varieties)
- ☐ Apricots
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Dates/Figs
- ☐ Exotic Fruit (star fruit, quince)
- ☐ Grapefruit
- ☐ Grapes (green/red)
- ☐ Kiwi
- ☐ Lemon/Lime
- ☐ Mango
- ☐ Melon
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears (all varieties)
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerines
- ☐ Watermelon
- ☐ Limit: Dried Fruit

## fats

- Best: **Cooking Fats**
  - ☐ Animal Fats\*
  - ☐ Clarified Butter\*
  - ☐ Ghee\*
  - ☐ Coconut oil
  - ☐ Extra-Virgin Olive Oil
- Best: **Eating Fats**
  - ☐ Avocado
  - ☐ Cashews
  - ☐ Coconut Butter
  - ☐ Coconut Meat/Flakes
  - ☐ Coconut Milk (canned)
  - ☐ Hazelnuts/Filberts
  - ☐ Macadamia Nuts
  - ☐ Macadamia Butter
  - ☐ Olives (all)
- Occasional: Nuts & Seeds
  - ☐ Almonds
  - ☐ Almond Butter
  - ☐ Brazil Nuts
  - ☐ Pecans
  - ☐ Pistachio
- Limit: Nuts & Seeds
  - ☐ Flax Seeds
  - ☐ Pine Nuts
  - ☐ Pumpkin Seeds/Pepitas
  - ☐ Sesame Seeds
  - ☐ Sunflower Seeds
  - ☐ Sunflower Seed Butter
  - ☐ Walnuts

\*Ideally, pastured or 100% grass-fed and organic.

*Avoid: Fermented foods (sauerkraut, kombucha, etc.); canned meats (salmon, tuna, etc.); processed/cured/smoked/leftover meats; vinegar and vinegar-containing foods; cocoa/chocolate; and black/green tea. Some lists also include coffee and avocado.*