

Dr. Becky's Low Histamine Plan

THE YES/NO/MAYBE LIST

YES FOODS

(EAT FREELY)

Protein

(Must be fresh or frozen)

Beef
Bison
Chicken
Duck
Elk
Lamb
Pasture Raised Eggs
(Whites cooked)
Pheasant
Pork
Rabbit
Seafood (Must be very
fresh)
Turkey
Venison
Wild Boar

Fruits

(Must be fresh or frozen)

Apples
Apricots
Blackberries
Blueberries
Cherries
Exotic Fruit (Star fruit,
quince)
Grapes
Melon
Pears

Fats

Extra Virgin Olive Oil
Ghee
Grass-fed Butter
Coconut Oil

Sweeteners

Black Strap Molasses
Honey (local is best)
Maple Syrup/ Maple Sugar
Coconut sugar

Flours

Arrowroot
Cassava
Tapioca

Vegetables

Anise/Fennel Root
Artichoke
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cucumber
Garlic
Green Beans
Greens (Beet, Mustard,
Turnip)
Jicama
Kale
Leeks
Lettuce (Bibb, Butter
, Red)
Onions/Shallots
Parsnips
Rutabaga
Sweet Potatoes/Yams
Swiss Chard
Turnip
Watercress
Zucchini

Others

Celtic or Himalayan Sea
Salt
Leafy Herbs
Pepper
White Tea and Herbal
Teas

NO FOODS

(DO NOT EAT)

Protein

Anything that is in the
Yes Protein List that is
not fresh and/or leftovers

Fruits

Avocado
Citrus
Dried Fruit (Apricots,
Prunes, Dates, Figs,
Raisins)
Strawberries
Tomato
Banana

Vegetables

Eggplant
Spinach

Nuts

(Highest in histamine)

Cashews
Walnuts

Additional Foods

(Not all high in
histamine, but may
cause inflammation)

Alcohol (especially red
wine)
Beans
Chocolate
Cinnamon
Dairy
Fermented Foods
Gluten
Grains
Peanuts
Soy

Vinegars

All vinegars (except
gluten-free distilled
white vinegar and
apple cider vinegar,
which are lowest in
histamine)

Vinegar containing
products (e.g. Olives,
Mustard, Ketchup,
Mayo)

Spices

Anise
Cinnamon
Cloves
Curry Powder
Paprika/Cayenne
Nutmeg
Seasoning packets with
restrictive ingredients
Food labeled *with
spices*

MAYBE FOODS

(EAT IN MODERATION)

Fruits

Raspberries
Kiwi
Lemon
Lime
Mango
Nectarine
Papaya
Peach
Plum
Pineapple

Vegetables

Mushrooms
Peas
Pumpkin
Squash

Nuts

Soaked Almonds,
Pecans, Pistachios
Soaked Brazil and
Pine Nuts

Other

Apple Cider Vinegar
Coconut Products
(Coconut milk,
Coconut butter,
Shredded Coconut)
Dried Herbs/Spices
Gelatin/Collagen
Gluten-Free Distilled
White Vinegar
Yeast

Seed and Seed Butters

Flax, Sesame,
Sunflower
Pumpkin

Flours

(Most people do ok with
these, but check your
tolerance)

Almond Flour