

# THE QUICK START LOW HISTAMINE GUIDE

- Ok so you have completed week 1 and now comes the time to modify your diet.
- Use this quick start guide for simple swaps and products to get you started.
- Aim to eat 3 meals a day within your eating window, your body & bowel want consistency.
- Keep meals simple to reduce stress: choose 2 breakfasts to rotate, 2 lunches to rotate and dinner can be something different each night.
- Prepare your space: make sure you have a dedicated shelf in the fridge and cupboard for your low histamine foods. Freeze, throw out, donate or hide high histamine foods that you want to avoid.
- Plan: make a list of meals and a shopping list.
- Meal prep: one of the best things you can do to reduce your stress is prep and immediately freeze (to keep histamine content low) individual meals for the week.
- Get the Food Intolerances app (see Module 3 video 8 below)

- **Vegetables:** Artichoke, Asparagus, Beet Greens, Beetroot, Butternut, Squash, Bok Choy, Brussel Sprouts, Celery, water Chestnut, Cucumber, Fennel, Lettuce, Okra, Parsnip, Rutabaga, Sweet Corn, Sweet Potato, Turnip, Water Chestnut, Yam, Zucchini
- **Fruit:** Apple, Apricot, Blackberries, Blueberries, Cherry, Pear, Nectarine, Peach, Persimmon, Pomegranate
- **Protein:** Chicken, Goose, Quail, Turkey, Beef, Lamb, Veal, Chicken Eggs (Yolks Only), Duck, Duck Eggs, Quail Eggs, White Fish (flash-frozen only)
- **Protein Powders:** Hemp Protein, Whey Protein Isolate (unless intolerant to or allergic to whey)
- **Grains:** Barley, Egg Pasta, Couscous, Farro, Bulgur, Oats, Rye, Spelt, Wheat Bran, Amaranth, Millet, Potato Starch, Quinoa, Rice, Rice Noodles, Rice Flour, Rice Cakes, Rice Krispies, Tapioca
- **Oils and Fats:** Butter, Flax Oil, Ghee, Hemp Oil, Macadamia Oil, Olive Oil
- **Nuts and seeds** (stored in freezer): Chia, Flax, Hemp, Linseed, Nigella Sativa, Poppy, Sesame
- **Sweeteners:** Honey, Maple Syrup, Stevia
- **Other:** Baking Soda, Cream of Tartar, Ginger, Himalayan Salt, Horseradish, Lemongrass, Lotus Root, Pectin, Saffron, Sea Salt, Turmeric.

## If a food is not listed and is not in the app then some questions to ask that can help determine the histamine content:

- Is the food very fresh or frozen immediately? (If yes it is likely low histamine)
- All aged and fermented foods are high in histamine (avoid)
- All protein and cooked starches increase in histamine as it ages. Only freezing slows histamine formation. Fish needs to be gutted and frozen within 12 hours of the catch.
- If fruit ripens off a tree it increases in histamine as it ripens.