



UniqueNutrition
SOLUTIONS

Top 10
Low
Histamine
Food Swaps



Low Histamine Food Swaps

Starting a low-histamine diet might feel overwhelming and bland, especially with so many flavorful seasonings, like vinegar, being off-limits. But don't worry! Here are 10 game-changing food swaps to help you stay on track while tackling histamine intolerance.

To dive deeper into low-histamine cooking and discover more delicious swaps, sign up for my Cooking Low Histamine Program, which launches on September 9, 2024. Learn how to cook flavorful, low-histamine meals and transform your diet. [Get on my waitlist today!](#)



Swap Tomatoes & Tomato Based Sauces

- **Instead of:** Tomatoes, Ketchup, Tomato Sauces
- **Try:** Fresh Sweet/Red Peppers, Roast Red Pepper (sauce), and Beets w/Carrots Sauce. [Link to the recipe.](#)



Swap Citrus Fruits for Lower Histamine Fruits

- **Instead of:** Oranges, Lemons, Grapefruits, Mandarin
- **Try:** Apples, Pears, Blueberries, Blackberries, Melon



Swap Spinach Lower Histamine Greens

- **Instead of:** Spinach
- **Try:** Arugula, Kale, Swiss Chard



Swap Walnuts for Lower Histamine Nuts

- **Instead of:** Walnuts, Pecans
- **Try:** Hazelnuts, Macadamia, Brazil



Swap Soy or Tamari Sauce

- **Instead of:** Fermented Soy Sauce, Tamari
- **Try:** Coconut Aminos



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Swap Chocolate for Carob or White Chocolate

- **Instead of:** Dark or Milk Chocolate
- **Try:** Carob Powder, White Chocolate (in moderation)



Swap Aged Cheese for Fresh Cheese

- **Instead of:** Cheddar, Parmesan, Gouda
- **Try:** Ricotta, Fresh Mozzarella, Cream Cheese, Paneer, Halloumi



Swap Balsamic Vinegar, Red Wine Vinegar

- **Instead of:** Balsamic Vinegar, Red Wine Vinegar
- **Try:** White Distilled Vinegar, Apple Cider Vinegar



Swap Peanut Butter

- **Instead of:** Peanut Butter
- **Try:** Seed Butter - Pumpkin, Sunflower



Swap Alcoholic Beverages for Non-Alcoholic Options

- **Instead of:** Wine, Beer, Champagne
- **Try:** Herbal Teas (cold), Sparkling Water

[Want to learn more about to Cook Low
Histamine?
Cooking Low Histamine 4-Week Program](#)



Thank You...

I hope my guide has helped you navigate a low-histamine diet. It can be tough, especially since it cuts out many beloved foods like yogurt and the occasional glass of wine.

Having followed a low-histamine diet for years, I understand how challenging it can be, especially with all the confusing food lists. For me, the key was addressing the root cause: my genes and gut health.

Are you ready to tackle histamine intolerance once and for all?

Learn more about my
Resolve Histamine Intolerance
programs!



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