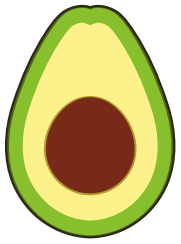
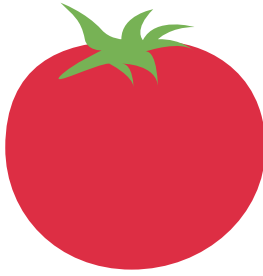


Low Histamine Diet Challenge

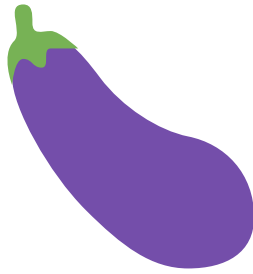
Foods to Avoid



avocado



tomato



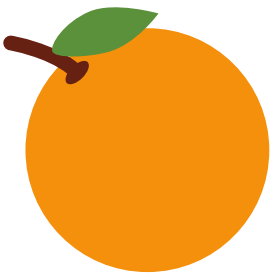
eggplant



spinach



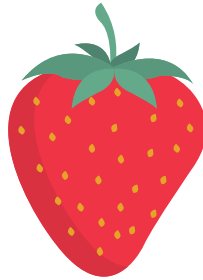
sauerkraut



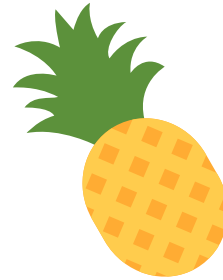
all citrus



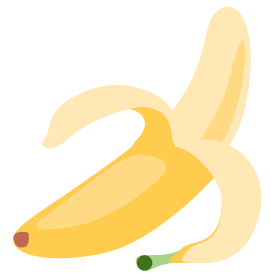
papaya



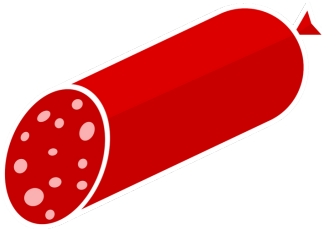
strawberry



pineapple



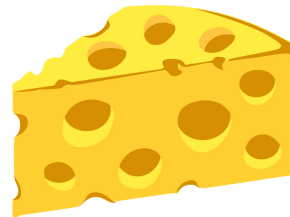
banana



salami



deli meat



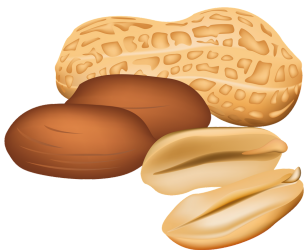
aged cheese



all dairy



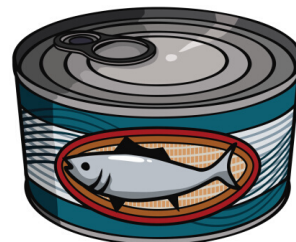
vinegar



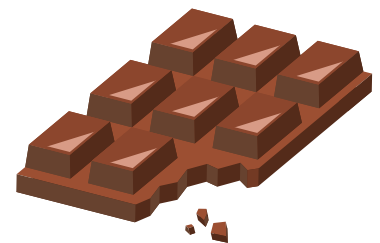
peanuts, cashews,
walnuts



bone broth



canned fish



chocolate