The background of the image shows several fresh thyme sprigs with small, green, needle-like leaves and thin, woody stems, resting on a light-colored wooden surface. The lighting is soft and natural, highlighting the texture of the herbs and the wood grain.

*MeasConnect*

*Low Histamine*  
**Food Swaps**

REPLACE THOSE HIGH  
HISTAMINE FOODS FOR  
SIMILAR OPTIONS THAT  
SERVE YOU.

# FOOD SWAPS

## *Low Histamine*



Tomatoes for roasted red peppers



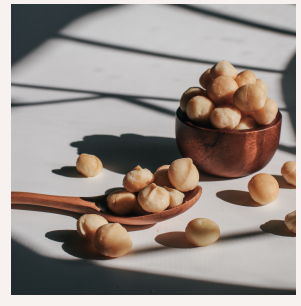
Avocado or sunflower oil for olive or coconut oil



White, red wine, or balsamic vinegar for apple cider or distilled white vinegar



Cashews, walnuts, or peanuts for macadamia nuts, brazil nuts, or pecans



Peanut butter for macadamia nut butter or pumpkin seed butter. Some people tolerate almond butter well.



Standard meat and fish (thawed or "fresh") for frozen meat and fish



# FOOD SWAPS

## *Low Histamine*



Sugar or artificial sweetener for maple syrup



Chili powder, curry, or hot paprika for turmeric or sweet paprika



Sour cream or mayo for cottage cheese



Wheat pasta for quinoa or brown rice pasta



Toast for oat cake



Hummus for tahini blended with cooked cauliflower



# FOOD SWAPS

*Low Histamine*



Cereal for oatmeal



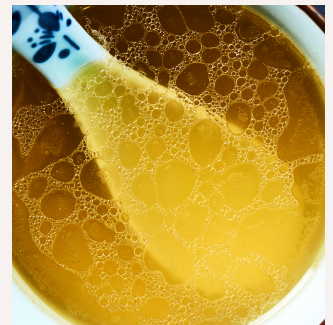
Crackers for matza



Green tea for organic peppermint tea



Chicken broth for marigold swiss bouillon powder



Wheat wrap for cassava flour wrap



Conventional butter for 100% grass fed butter or ghee

