



JOANNE KENNEDY  
NATUROPATHY

## DYSBIOSIS/ LOW HISTAMINE FOOD LIST

This diet plan has been adapted from [www.sibotest.com](http://www.sibotest.com)

Foods marked in **Bold** with a **('H')** are high in histamine. Please also avoid these foods until we get your histamine levels down by treating the gut. Histamine is also high in leftovers, so it's best to cook food fresh.

	ENJOY	AVOID
<b>PROTEIN</b>	Beef Lamb Pork Chicken Turkey Eggs Fish Fresh shell fish Animal protein must be fresh. If you are going to have mince, get the butcher to mince it fresh, consume that day or freeze.  Hemp protein powder	<b>Smoked fish</b> <b>Tinned fish</b> <b>Cured meats (ham, bacon, salami etc)</b> <b>Bone broths</b> <b>Slow cooked meat dishes/casseroles</b>
<b>DAIRY PRODUCTS</b>	Butter Ghee <b>Yoghurt ('H')</b> <b>Cheese (aged 1 month or more, eg. Parmesan, pecorino) ('H')</b>	All other dairy products
<b>VEGETABLES UNLIMITED</b>	Alfalfa sprouts Bamboo shoots Bok choy Capsicum / bell peppers Cucumber <b>Eggplant (H)</b> Ginger Kale Lettuce Parsnips Radicchio Radish Rocket	Canned vegetables Garlic Mushroom Onions Potatoes Starch powder (arrowroot, corn, rice, tapioca) Corn <b>Fermented vegetables (kimchi, sauerkraut, pickles etc)</b> <b>Olives</b>

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	ENJOY	AVOID
	Spring onion Sunflower sprouts <b>Tomatoes (H)</b> Witlof Carrots Cauliflower	
<b>VEGETABLES</b> <b>1-2 SERVES PER MEAL</b>	Asparagus – 2-3 spears Artichoke hearts – ¼ cup Beetroot – 2 slices Broccoli – ½ cup Brussels sprouts – ½ cup Cabbage – ½ cup Celery – 1 stock Chili – 11cm/28g (4.25in/1oz) Fennel bulb – ½ cup Green beans – 10 Leak – ½ Green peas – ¼ cup Pumpkin – ¼ cup Sweet potato ¼ cup Snow peas – 5 pods <b>Spinach leaves – 15 leaves/150g</b> Zucchini – ¾ cup	
<b>FRUIT</b> <b>2 SERVE PER DAY</b>	<b>Avocado ¼ (H)</b> <b>Banana ½ (H)</b> Berries (all varieties) – ½ cup <b>(expect Strawberries (H))</b> Cherries – 3 <b>Citrus – 1 piece (H)</b> Grapes – 10 Honeydew – ¼ cup Kiwi – 1 piece Lychee – 5 Passion fruit – 1 piece <b>Paw paw – ¼ cup (H)</b> <b>Pineapple – 1.4 cup (H)</b> Pomegranate – ¼ cup of seeds Rhubarb – 1 stalk Rockmelon – ¼ cup	Apple Apricot Blackberries Canned fruit Custard apple Fig All Jams Mango Nashi Nectarine Peach Pear Persimmon Plum Watermelon



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	ENJOY	AVOID
<b>GRAINS, STARCHES, BREADS, CEREALS 1 SERVE PER DAY</b>	Oats Quinoa Buckwheat	All grains (wheat, spelt, rice, barley, millet) All breads (wholegrains, white, spelt, sourdough) Cakes Biscuits
<b>LEGUMES</b>		Avoid all legumes (lentils, chickpeas, beans)
<b>NUTS &amp; SEEDS</b>	Almonds – 10 Almond flour/meal – 2tbsp Almond milk – 1 cup Coconut – ¼ cup Coconut flour- ¼ cup Coconut milk (without thickeners or gums) – ¼ cup Coconut cream – 2-3tbsp Hazelnuts – 10 Macadamias – 20 Pecans – 40 Pine nuts – 1tbsp Pumpkin seeds – 2tbsp Sesame seeds – 1tbsp Sunflower seeds – 2 tsp <b>Walnuts – 10 (H)</b> <b>Peanuts – 10 (H)</b> <b>Cashews – 10 (H)</b>	Chia seeds Flaxseeds Peanuts
<b>FATS/OILS</b>	Coconut oil MCT Ghee Butter Flaxseed oil Olive oil Pumpkin seed oil Sesame oil Sunflower seed oil Walnut oil	Hydrogenated vegetable oils (canola, soybean, palm, cottonseed)
<b>CONDIMENTS</b>	Apple Cider Vinegar All fresh herbs and spices Stevia	Honey Maple syrup Coconut sugar



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	ENJOY	AVOID
		<b>Vinegar ('H') (except Apple Cider Vinegar)</b> <b>Fermented vegetables (H)</b> <b>Fish sauce (H)</b> <b>Soy sauce (H)</b> <b>Tamari (H)</b> <b>Miso (H)</b> <b>Mustards (H)</b> <b>Wasabi (H)</b> <b>Cacao ('H')</b> <b>Cocoa ('H')</b> Spice sachets or pre-mixes containing maltodextrin, starches, sugar etc Gums/carrageenans/thickeners
<b>BEVERAGES</b>	Coffee – 1 cup Black tea – 1 cup Almond milk (no added sugar) Coconut milk (no added sugar) Herbal teas Water Alcohol (clear spirits) no more than 30ml every other day	<b>Wine ('H')</b> <b>Beer ('H')</b> Energy drinks Fruit juices Dark liqueurs and spirits Soft drinks