



Low Histamine

# Food Swaps



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# Low Histamine Food Swaps

**This for That:**



**Tomatoes for roasted red peppers.**

**This for That:**



**Avocado or sunflower oil for olive or coconut oil.**

**This for That:**



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

**This for That:**



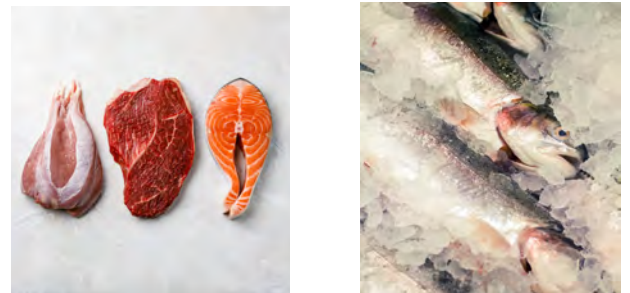
**Cashews, walnuts, or peanuts for macadamia nuts, brazil nuts, or pecans.**

**This for That:**



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

**This for That:**



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

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**This for That:**



Sugar or artificial sweetener for maple syrup.



**This for That:**



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



**This for That:**



Sour cream or mayo for cottage cheese.



**This for That:**



Wheat pasta for quinoa brown rice pasta.



**This for That:**



Toast for oat cake.



**This for That:**



Hummus for tahini blended with cooked cauliflower.





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**This for That:**



**Cereal for oatmeal.**

**This for That:**



**Crackers for matza.**

**This for That:**



**Green tea for organic peppermint tea.**

**This for That:**



**Chicken broth for marigold swiss bouillon powder.**

**This for That:**



**Wheat wrap for cassava flour wrap.**

**This for That:**



**Conventional butter for 100% grass fed butter or ghee.**





**Learn more!**  
**[flccc.net](http://flccc.net)**

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