

THE ANTI-HISTAMINE DIET

for premenstrual and menstrual disorders

avoid the following:

FOODS

- **melons, oranges & limes**
- **all dried fruits** (dates, prunes, figs, raisins)
- **cheese** (all cheese, especially aged cheese)
- **vinegar + vinegar containing foods** (mayonnaise, mustard, green olives, pickles, salad dressings, relish, etc.)
- **fermented foods & sauces** (kimchi, kombucha, all types of yogurt, soy sauce, etc.)
- **sauerkraut & tomatoes** (fresh, cooked tomatoes can be OK)
- **pickled & smoked meats and fish** (deli foods, sausages, hotdogs, corned beef, ham & bacon)
- **peanuts, truffles & mushrooms**
- **canned goods** (tomatoes, beans, soups, sauces)
- **soured breads & baked goods made with large amount of yeast** (sourdough, coffee cakes, cinnamon rolls)
- **over-ripened/old fruits & vegetables**
- **pre-packaged meals**

BEVERAGES

- **alcoholic liquors, beer, wine & sake**
- **cider & homemade root beer**
- **canned juice, soda, packaged fruit juices**
- **regular cacao powder, coffee, tea**

PREPARATION OF FOODS TO AVOID:

- **meat, fish and leftovers over 24+ hours old**
- **hamburgers, meatloaf, hash & croquettes made from leftover meat**

EAT FRESH, SO ENJOY:

- **freshly opened canned foods**
- **freshly prepared fruits & vegetables**
- **unfermented cacao products**
- **Mediterranean/ Whole-Foods diet**

Need recipe ideas?

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