

Low Histamine Seasonings

LEVEL 0

BASIL
BAY LEAF
CILANTRO*
CINNAMON
CLOVES*
CORIANDER
DISTILLED WHITE VINEGAR
MINT
ONION (WHITE)
OREGANO
PARSLEY
ROSEMARY
SAGE
SWEET PAPRIKA
(NOT HOT)
THYME
TUMERIC
*SMALL AMOUNTS

LEVEL 1

APPLE CIDER
VINEGAR
CHIVES*
DILL*
GARLIC*
GINGER*
NUTMEG*
POPPY SEEDS
VANILLA EXTRACT*

*SMALL AMOUNTS