



WHAT I EAT...
YASMINA YKELENSTAM
(THE LOW HISTAMINE CHEF)

WHAT FOLK'S ARE SAYING...

(For those with histamine related conditions) "I recommend avoiding foods with high histamine. A good site with useful information is [The Low Histamine Chef]." - *NIH funded researcher Dr. Theoharides, Tuft's University.*

[The Anti-Cookbook](#)

"I can't believe how this book has revolutionised the way I eat." - *Angela.*

"Oh my god thank you. I can eat again now." - *Lucie.*

"I had no idea there were so many beneficial foods I was completely ignoring!" - *Jane.*

"Wow. Just wow. You've changed my life. Again." - *Marianne.*

[The Anti-Cookbook \(Paleo\)](#)

"Such a relief to find a low histamine Paleo book - with antihistamine foods. Bonus!" - *Mike.*

"Yes! Finally. You've taken the stress out of eating." - *Anne Marie.*

[Low Histamine On the Go](#)

"As someone who struggles in the kitchen at the best of times, this book is a godsend." *BB.*

"The menus from the Low Histamine Chef have given me the support and guidelines to cook, grocery shop, eat at restaurants and basically get my life back with food reactions reduced to a

minimum. Best of all - the recipes are delicious." *PD.*

"Yasmina has made understanding the low-histamine way of eating accessible and easy to understand. Her recipes are luscious and personally researched!" *JMS.*

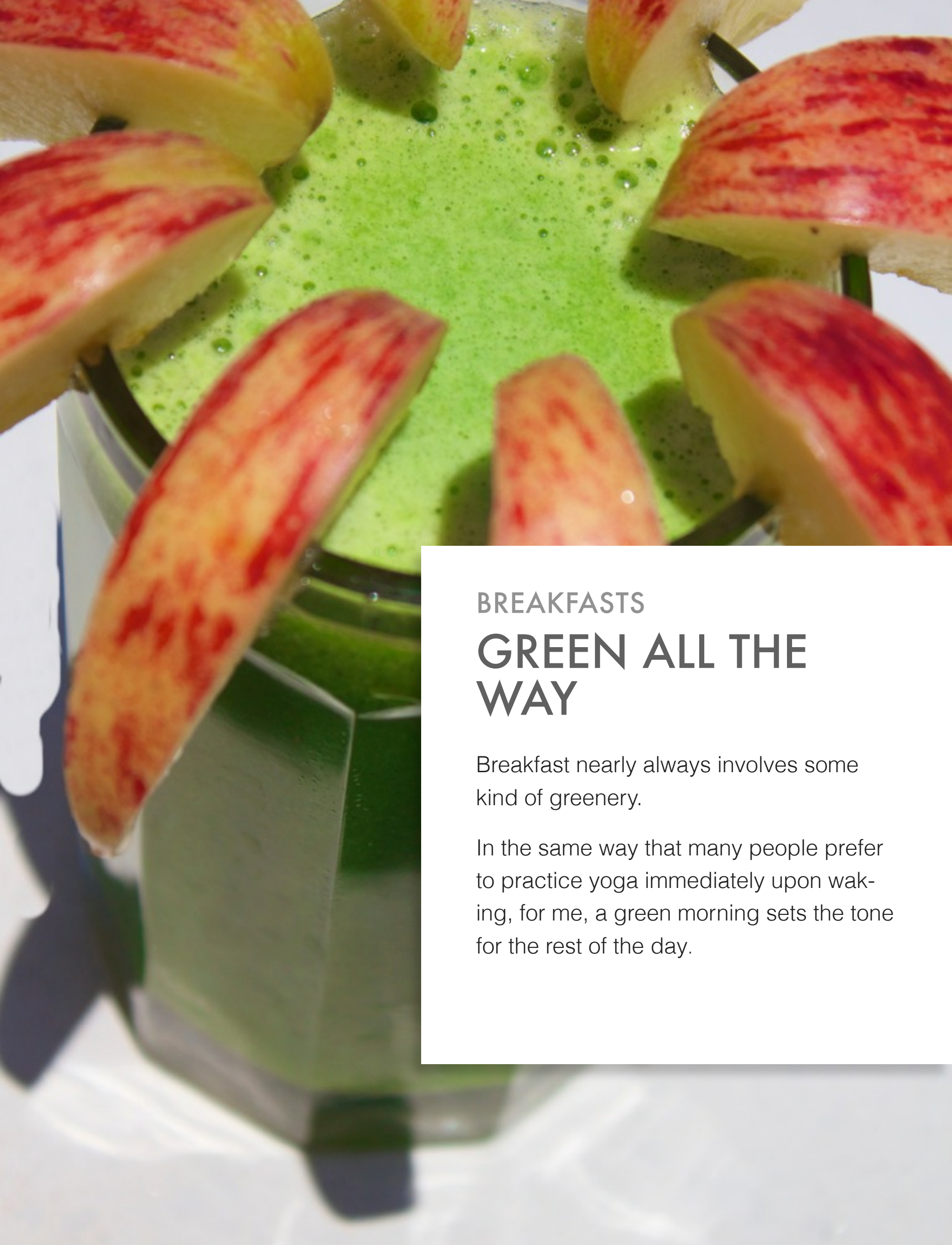
"The recipes in this book are delicious and really simple." *MAMFW.*

"...family and friends never know what to cook for me, now we can all eat together again." *SU.*

[DAO Support](#)

"This book is a life saver for me. I can't cook and being on low-histamine diet meant that I ate tasteless meals. The book completely changed my life. Now people at work can't believe how much I eat and stay skinny." *MM.*

"The shopping list and recipes are a godsend. I wasn't seeing any improvement since being diagnosed but in the three weeks since using your recipes, I'm finally starting to feel better." *DB.*



BREAKFASTS

GREEN ALL THE WAY

Breakfast nearly always involves some kind of greenery.

In the same way that many people prefer to practice yoga immediately upon waking, for me, a green morning sets the tone for the rest of the day.



FRUIT & HERBAL TEA

I know fruit can be challenging for many. In my case, I was quite convinced that I was suffering from salicylate intolerance in, addition to histamine intolerance, and I was terrified of fructose malabsorption. Once my inflammation resolved, I finally experienced relief. If you suspect sals intolerance, please don't force yourself to eat greens.

Melon, peach, mango, apple, pomegranate or banana, with a few safe nuts or seeds and a nice cup of olive leaf tea do me just fine. You can find the olive leaf tea, and others I drink, [here](#).



DUCK EGG OMELET W/ PURPLE BROCCOLI

Have egg allergies? You may tolerate duck eggs! *Please check with your doctor before trying them.* Two duck eggs provide 160% of your B12 RDA/I and they're far higher in vitamin D than chicken eggs.

My omelets have so many greens in them that you can often barely see the eggs. I also serve them up with more greens as in this picture.

You'll find recipes in the Anti-Cookbooks (regular & paleo).



BLUEBERRY ENERGY BARS

Discovering that [oxalates were behind a number of my symptoms](#) recently threw me a little.

Happily [I've found that soaking my oats and beans overnight takes care of the worst reactions](#). It's important to remember to toss out the water (that's where the oxalic acid ends up).

Why do I still eat oats once in a while? I need calories and I believe that my body is better off trying to make good gut bacteria from this type of fiber, rather than hoping whatever random bottled strain I throw at it will help.

Recipes in the [DAO Support](#) and [Low Histamine On the Go](#) ebooks.



VEGAN PROBIOTIC COCONUT YOGHURT

This stuff can take a few goes to get right. In the UK we have a brand available in supermarkets that I'll often grab as an on-the-go meal.

Though I find it hard to tolerate probiotics as a supplement, they seem to go down just fine in the yoghurt, and generally when consumed with food.

Blueberries are on some lists as high histamine and others as high benzoate. I'm just sharing what works for me, use whatever works for you, no matter what list it's on!

From the [Anti-Cookbook](#).



GREEN JUICE OR SMOOTHIE

I start almost every day with a huge serving of high nutrient, antihistamine and anti-inflammatory rich green juices or smoothies.

I'm sure you can work out recipes for yourself, but you'll find a little inspiration in the [Anti-Cookbook](#) and in the recipes section of my website.



CHICKPEA FRITTATA

I could eat beans for any meal of the day. I often do! Chickpeas are so incredibly loaded with nutrients and anti-inflammatory, despite being medium oxalate. I still eat them, soaked overnight and cooked through.

I add in a ton of antihistamine and anti-inflammatory herbs like coriander, basil, chives (and more!).

You'll find the full recipe in the [Low Oxalate Cookbook](#).

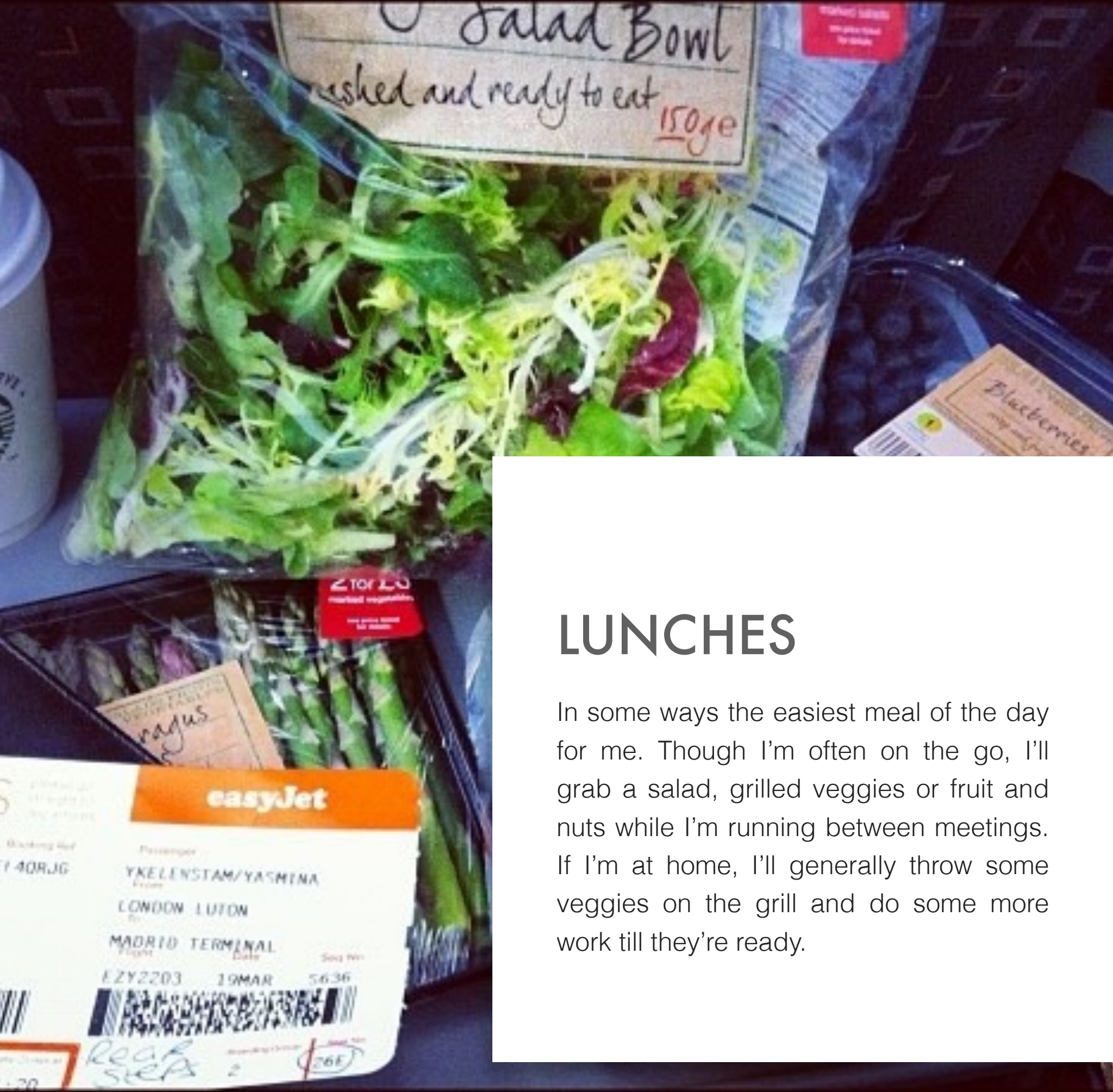


FRUIT & NUT BOWL

I could have added something else here - but the point of this booklet is to share what I eat, frequently.

These are the meals that make up my diet - they're often simple, very easy to put together, or something I can easily stow in my handbag.

Though I am watching oxalate intake, I still eat high nutrient high oxalate foods. Kind of what I do with histamine. Elimination doesn't heal...



LUNCHES

In some ways the easiest meal of the day for me. Though I'm often on the go, I'll grab a salad, grilled veggies or fruit and nuts while I'm running between meetings. If I'm at home, I'll generally throw some veggies on the grill and do some more work till they're ready.



LUNCH OUT - LEBANESE

If I truly must eat when out, or I have a meeting, I'll try to end up in a Lebanese restaurant.

The Lebanese are generally fastidious about hygiene and making food from scratch. They also traditionally start a meal with a giant bowl of raw vegetables! No wonder my Lebanese family live well into their 90s (there's no dementia either).

For me, a couple of falafel (I make sure they're not cheaping out on crappy oil first), and bit of tahini sauce or hummus with veggie sticks are more than enough.



GREEN JUICE OR SMOOTHIE

I thank my lucky stars (often) that I was able to return to live in London. One of the very many reasons, other than access to decent healthcare and safe transportation (this was a huge concern when I lived in Cairo), is organic foods and the proliferation of juice bars!

Thanks to Dr Fuhrman's teachings and my experiences in fasting - I know real hunger. I also know that experiencing it for a few hours/days isn't going to kill me.

And so one of my favourite on the go lunches (or even at home) is a green juice or smoothie.



ARTICHOKES W/ BEANS

I like to use chickpeas in this dish, but anything works really. In Italy it's traditionally made with cannellini beans. Peel the outer leaves of a few baby chokes, par boil, grill or sauté . Toss in anti-histamine herbs. Add in chickpeas, toss in olive oil and lemon.

Yes, citrus may be a trigger for some, but come on, I'd rather have a squeeze than a coffee, teaspoon of sugar in my tea or any other little indulgence that many don't think twice about.

You'll find more on my high histamine/high nutrient vs food list philosophy in the [Low Histamine 101 Guide](#) and this recipe in the [Anti-Cookbook](#).



SPIRALISED ZUCCHINI SALAD

Zucchini (courgettes) are highly anti-inflammatory and antihistamine. They're served up two ways in the [Anti-Cookbook](#) and the [On the Go book](#).



CREAMY GREEN SOUP

Soup is a mainstay of my diet. According to Dr Fuhrman (and others), liquid foods put less of a strain on our stomach enzymes. There are many permutations of the soup but it's generally a combination of antihistamine and anti-inflammatory vegetables and herbs. I drink this stuff by the gallon when I'm building up to or experiencing a bad histamine reaction.

You'll find the full recipe in the [Anti-Cookbook](#).



BAKED LAMB SPRING ROLLS W/ ANTIHISTAMINE HERBS

I have so much fun making these now! It was quite fiddly but persistence paid off!

They're rice paper rolls stuffed with rice or mung noodles, ground lamb, basil and other antihistamine herbs.

[You'll find the full recipe here.](#)



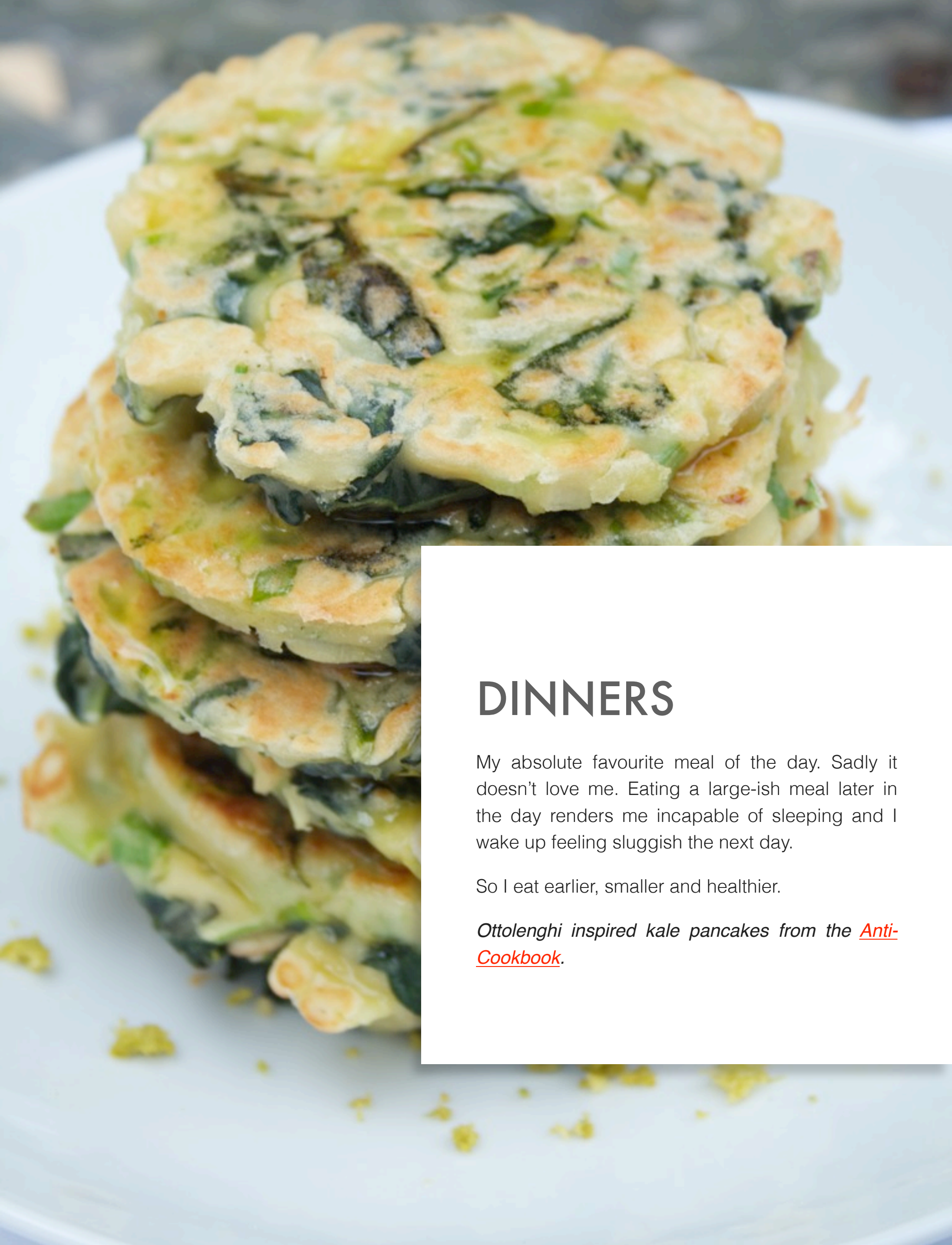
LARGE SALAD W/BEANS

My absolute favourite salad!

Swiss chard, onion, chickpeas, carrots.

I'll have it raw or cook it up in a bit of olive oil.

So many chickpeas - I honestly didn't think I ate THAT many of them...they're just so darn tasty!



DINNERS

My absolute favourite meal of the day. Sadly it doesn't love me. Eating a large-ish meal later in the day renders me incapable of sleeping and I wake up feeling sluggish the next day.

So I eat earlier, smaller and healthier.

Ottolenghi inspired kale pancakes from the [Anti-Cookbook](#).



GINGER LENTIL DAAL

Lentils, so many nutrients. I do know however that they are high in lectins, which can be a mast cell trigger. Given that I know this, the solution to me is not to stop eating these cancer fighting pulses, but rather to soak them overnight to inactivate the anti-nutrients.

From the [On the Go Cookbook](#).



GRILLED AUTUMNAL ROOTS W/TAHINI SAUCE

One of those hearty meals I make over and over. It might not seem like a meal, but when served as in the [Anti-Cookbook](#) - believe me, there won't be any room for dessert afterwards!



SWEET POTATO GNOCCHI

These are soooooo tasty!

Guests love them too...

Now I have my lovely [creamy artichoke sauce](#) to diversify with.

From the [Anti-Cookbook](#).



SAUTEED LOTUS ROOT W/ CAULIFLOWER

As with many Indian foods, lotus root is an antihistamine and anti-inflammatory food that has been used in traditional Ayurvedic healing.

It has an interesting texture, a cross between apple and raw potato (when cooked!). I've started adding some mint to it. You can find lotus root [here](#).

I had the most incredible deep fried lotus root at the restaurant of a former El Bulli intern in Bangkok.



NOODLES W/ GREENS

Simple simple simple. If I have to think too much about my food, meal after meal, I pull my hair out. Those days are over. I now have my play days and my eat what's in the fridge days.

I don't eat many grains anymore (a few times a month), but when I'm in a rush or too tired to stand at the stove, I'll quickly wok up some noodles with oodles of antihistamine and anti-inflammatory greens and herbs.

And who doesn't love noodles?

When I'm feeling particularly virtuous I'll make zucchini noodles with more greens!



LEBANESE MEATBALLS

I struggled with my conscience over re-introducing meat into my diet. It came down to: constantly verging on anemia and not tolerating iron supps, the fact that I was down to a handful of foods, that it was one of the few foods that really doesn't bother me, and that if I'm honest with myself, I do like it once in a while.

I missed these suckers in particular.

Served with hummus or tahini sauce, or you can go for an Italian sub, or zucchini spaghetti with meatballs.

From the [Anti-Cookbook](#).



SALMON W/ JERUSALEM ARTICHOKES

Jerusalem artichokes are what's known as a pre-biotic food. They're high in a type of fiber that our body turns into probiotics (good intestinal bacteria). It's also anti-inflammatory.

Salmon, always a part of my diet, is something I try to include at least once a week. Yes, I know there are other ways to get omega 3 fatty acids, ie from the seaweed/plankton that feeds the fish to start with, but honestly I really enjoy salmon. Thankfully [Dr Joneja cleared up for us](#) that darker fleshed fish is NOT higher histamine than white. I highly recommend checking out my interview with her. I just sauté everything with a bit of thyme and garlic.



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