

Histamine Food List

HISTAMINE FOOD LIST

Tick each item as you gather or confirm it. Add anything specific to your own circumstances in the blank rows.

Name: _____ Date completed: _____ dd / mm / yyyy

Date of birth: _____ dd / mm / yyyy Record / MRN number: _____

Prepared by: _____ Date: _____ dd / mm / yyyy

Tick each item once it is confirmed or packed. Use the blank rows for anything specific to you.

ESSENTIALS

☐ Essentials

DOCUMENTS AND PAPERWORK

☐ Documents and paperwork

USEFUL BUT OPTIONAL

☐ Useful but optional

ANYTHING ELSE

Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____
Item: _____	Quantity: _____
Who is bringing it: _____	Confirmed: _____

NOTES

Notes