

LOW HISTAMINE FOOD LIST

DO YOU SUSPECT YOU HAVE HISTAMINE INTOLERANCE OR MAST CELL ACTIVATION SYNDROME?

You may want to consider trying a low histamine diet to see if it will help with your symptoms.

DISCLAIMER

It's important you know that this resource is for informational and educational purposes. It's not meant to treat any health condition or to be prescriptive for anyone. If you have any medical condition, it is critical you work under the care and guidance of a licensed medical provider.

WHAT YOU'LL LEARN

- ☒ The best sources for low histamine foods
- ☒ Which foods to buy organic
- ☒ Histamine lowering foods to eat regularly

FRIENDLY REMINDERS

- Keep variety in your diet and always look for healthy replacements
- Focus on the foods you can eat
- Print the shopping list on pages 3-5 and use the blue links to order online

HI, I'M BETH O'HARA, FN

I'm so glad you are here. I'm the founder and Clinical Director of Mast Cell 360, where we help clients struggling with challenging cases of Mast Cell Activation Syndrome. I have a Doctorate in Naturopathy specializing in functional naturopathic and genetic approaches. I found the root causes contributing to my own MCAS and have been able to heal. Over 10 years of practice, I've developed the MC360™ Method that has helped even the most sensitive people.

The MC360™ Method can help you find your root causes, too. After decades of seeing traditional healthcare practitioners, I felt like I was at the end of my rope. Medications often made me worse. Being given the wrong supplements didn't help either. Finally, I discovered a 5-step approach that helped me get well, which included a low histamine diet. This, and other tools, allowed my body to finally heal.



At Mast Cell 360, we know first-hand what it's like to suffer with MCAS. But fortunately, we have the tools and experience to help you regain your health so you can reclaim your hopes and dreams.

MASTCELL360.COM

Before you change your diet on your own, please make sure you're working with a healthcare practitioner who can help you with this. Never limit foods unnecessarily, and always have a licensed medical provider who is supervising your case.

MC360™ Low Histamine Food Shopping List

Key:

Italics = particularly high in histamine lowering nutrients so emphasize these

![Food Name] = high in pesticide residue so buy organic

* = higher histamine, but contains high amounts of histamine lowering nutrients that can balance

** = Not always tolerated in elimination

VEGETABLES

Artichokes
Arugula
Asparagus
Basil
Bean Sprouts
Beets
Bok Choy
Broccoli
Broccolini
Brussels Sprouts
Cabbage – Chinese
Cabbage – Green and Red
Cabbage – Napa
Carrots
Cauliflower
![Celery]
Celeriac / Celery Root
Chives
Cilantro
Collards
Cucumber
Daikon Radishes
Dandelion Greens
Dill
Escarole
Fennel
Garlic
Ginger
Green Split Peas
Jicama
![Kale]
Kohlrabi
Leafy Greens
Leeks
Lettuce – Butter
Lettuce – Endive
Lettuce – Green & Red
Lettuce – Iceberg
Lettuce – Radicchio

VEGETABLES (con't)

Lettuce – Romaine
Mesclun
Mint
Mizuna
Mustard greens
Nopales Cactus
Okra
Onions – Any
Parsley
Parsley Root
Parsnips
![Peppers – Bell or Hot]
Perilla
Purslane
![Potatoes]
Radishes
Rhubarb
Rutabaga / Swede
Sage
Saffron
Scallions / Green Onions
Shallots
Squash – Butternut
Squash – Spaghetti
![Squash – Summer]
Squash – Winter
Squash – Yellow
Sweet Potatoes
Swiss Chard
Turnip
Watercress
Yellow Split Peas
![Zucchini]

FRUIT

![Blueberry]
Cantaloupe / Rock Melon
![Cherries]
![Cranberry]
Currant – Fresh
Dragon Fruit
Figs
Guava – Ripe
Honeydew
Kiwi
Lemon – 1/2 tsp**
Lime – 1/2 tsp**
Loquat
Mango
![Nectarine]
Passion Fruit
![Peach]
![Pear] – Bartlett or Bosc
![Pear] – Other
Persimmons / Kaki
Plantain
Pomegranate
***![Raspberries]** – 1/4 cup**
Watermelon

MC360™ Low Histamine Food Shopping List

GLUTEN-FREE GRAINS

Amaranth
[Arrowroot Flour](#)
Buckwheat
Buckwheat Flour
! [Corn]
! [Popcorn] – Fresh
Crackers – Gluten-free
Millet
Oats
Pasta – Gluten-free
Potato Starch
Quinoa
Rice – Black
Rice – Brown or White
Sorghum – Black or White
Sorghum – Popped
Tapioca Starch or Flour
Teff

RESISTANT STARCHES

[Almond Flour](#) – Blanched
[Otto's Cassava Flour](#)
[Flax Meal](#)
[Green Banana Flour](#)
[Hazelnut Flour](#)
Hi-Maize Resistant Starch
Fresh Coconut Meat
Millet
[Miracle Noodles](#)
[Miracle Rice](#)
Parsnips
! [Potatoes]
Rutabagas
Sorghum
Sweet Potatoes
[Sweet Potato Starch](#)
[Sweet Potato Starch](#)
[Noodles](#)
[Tiger Nuts](#)
[Tiger Nut Flour](#)
Turnips – Greens or Root

MEAT

Note: Choose un-aged, frozen, and not ground.

[Beef](#)
[Bison](#)
[Chicken](#)
[Duck](#)
Eggs (if tolerated)
Goose
Lamb
[Liver](#)
Ostrich
[Pork](#)
Quail
[Rabbit](#)
[Salmon](#) (gutted and frozen within 30 minutes of catch)

LEGUMES

Note: Choose fresh or dried beans, not canned. Soak dried beans overnight in water and pressure cook to reduce lectins.

Beans (kidney, black, navy, garbanzo/chickpeas, etc.)
Lentils

SWEETENERS

Note: These don't affect blood sugar.

[Coconut Sugar](#) (sparingly, avoid in elimination)
Inulin
Maple Syrup (use sparingly)
[Monk Fruit – 100%. No fillers](#)
[Stevia](#)

NUTS & SEEDS

Almonds
Brazil Nuts – only 3-4 nuts/day
Chia Seeds
Chestnut – Fresh
[Coconut Cream](#)
Coconut Meat – Fresh
[Coconut Milk](#) – No additives
[Flax Seeds](#)
Hazelnuts
Hemp Protein Powder
Hemp Seeds
[Macadamias](#)
[Pecans](#)
Pine Nuts
Pistachios
Poppy Seeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
[Tiger Nuts](#) (actually a tuber)

MILK & DAIRY

Note: Choose products sourced from grass-fed, pasture-raised cows.

A2 Milk – Plain
Butter
Cream
Cream Cheese
Ghee
Goat Milk
Ricotta Cheese
Sheep Milk

MC360™ Low Histamine Food Shopping List

FATS & OILS

Avocado Oil – Cold Pressed
(*use cautiously if DAO levels are very low*)
Butter – Grass-Fed
Coconut Oil – Extra Virgin
Flax Oil – Cold Pressed
Ghee – Grass-Fed
Lard (if kept frozen and thawed for individual use)
Macadamia Oil
MCT Oil
Meat Drippings, Fresh
[Olive Oil – Extra Virgin](#) (*use cautiously if DAO levels are very low*)
Palm Oil – Extra Virgin, Unprocessed
Rice Bran Oil
Sesame Oil
Sunflower Oil – Cold Pressed (*use sparingly; can be inflammatory*)
Tallow (if kept frozen and thawed for individual use)

SPICES & HERBS

Note: Buy fresh

Basil
Bay Leaves
Cardamom
Caraway
Chives
Cilantro
Coriander
Cumin
Curcumin Powder
Curry Leaves
Dill
Fennel
Fenugreek
Garlic
Ginger
Lemongrass
Mint
Oregano
Parsley
Peppercorns – Pink
Peppermint
Rosemary
Saffron
Sage
[Salt](#)
Shallots
Spirulina
Tarragon
Thyme
Turmeric

DRINKS

Coconut Water – Fresh
Coffee – Caffeine-free, Mold-free (like [Purity Coffee](#))
Dandelion Root Tea
Herbal teas
Juice – Freshly squeezed (juices of allowed fruits and vegetables; limit fruit juice due to sugar)
Mineral Water – Plain and Carbonated
Water – With fresh squeezed lemon or lime**

OTHER

Arrowroot
Baking Powder
Baking Soda
Brown Rice Flour
Cocoa Butter – White, No additives
Cream of Tartar
Potato Starch
[Sweet Potato Starch](#)
Tapioca Starch
White Rice Flour

TIP: Always freeze leftovers immediately!

MORE LOW HISTAMINE TIPS

- [How To Do a Low Histamine Diet Part 1](#)
- [How To Do a Low Histamine Diet Part 2](#)
- [Histamine Intolerance vs Mast Cell Activation Syndrome](#)
- [Low Histamine Recipes](#)