

LOW HISTAMINE & LOW LECTIN FOOD LIST

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

You may want to consider trying a low histamine & low lectin 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 & Low Lectin Food Shopping List

Key:

Italics = particularly high in histamine lowering nutrients so emphasize these

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

VEGETABLES

Artichokes

Arugula

Asparagus

Basil

Beets

Bok Choy

Broccoli

Broccolini

Brussels Sprouts

Cabbage – Chinese

Cabbage – Green and Red

Cabbage – Napa

Carrots

Cauliflower

![Celery]

Celeriac / Celery Root

Chives

Cilantro

Collards

Daikon Radishes

Dandelion Greens

Dill

Escarole

Fennel

Garlic

Ginger

Jicama

![Kale] – Curly

![Kale] – Lacinato or

Dinosaur

Kohlrabi

Leafy greens

Leeks

Lettuce – Butter

Lettuce – Endive

Lettuce – Leaf Green & Red

Lettuce – Iceberg

VEGETABLES (con't)

Lettuce – Radicchio

Lettuce – Romaine

Mesclun

Mint

Mizuna

Mustard Greens

Nopales Cactus

Okra

Onions – Any

Parsley – Any

Parsley Root

Parsnips

Perilla

Purslane

Radishes

Rhubarb

Rutabaga / Swede

Sage

Saffron

Scallions / Green Onions

Shallots

Sweet Potatoes

Swiss Chard

Turnip

Watercress

FRUIT

Note: Fresh, not dried

![Apple]

Apricot

![Blackberry]

![Blueberry]

![Cherries]

![Cranberry]

Currant

Dragon Fruit

Figs

Guava

Kiwi

Lemon – 1/2 tsp (not always tolerated in elimination)

Lime – 1/2 tsp (not always tolerated in elimination)

Loquat

Mango

![Nectarine]

Passion Fruit

![Peach]

![Pear] – Bartlett or Bosc

![Pear] – Other

Persimmons / Kaki

Plantain

Pomegranate

***![Raspberries]** – 1/4 cup (not always tolerated in elimination)

MC360™ Low Histamine & Low Lectin Food Shopping List

GLUTEN FREE GRAINS

Amaranth

[Arrowroot Flour](#)

Millet (grain soaked overnight, rinsed and boiled)

Millet

Sorghum – Black

Sorghum – Popped

Sorghum – White

Tapioca Starch or Flour

Teff

RESISTANT STARCHES

[Almond Flour](#) – Blanched

[Cassava Flour](#)

Coconut Meat – Fresh

[Flax Meal](#)

[Green Banana Flour](#)

[Hazelnut Flour](#)

Hi-Maize Resistant Starch

Millet (grain soaked overnight, rinsed and boiled)

Millet

[Miracle Noodles](#)

[Miracle Rice](#)

Parsnips

Rutabagas

Sorghum

Sweet Potatoes

[Sweet Potato Starch](#)

[Sweet Potato Starch](#)

[Noodles](#)

[Tiger Nuts](#)

[Tiger Nut Flour](#)

Turnips – Greens or Root

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 – Any

Peppercorns – Pink

Peppermint

Rosemary

Saffron

Sage

[Salt](#)

Shallots

Spirulina

Tarragon

Thyme

Turmeric

MEAT

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

[Beef](#)

[Bison](#)

[Chicken](#)

[Duck](#)

Eggs (if tolerated)

Goose

Lamb

[Liver](#)

Ostrich

[Pork](#)

Quail

[Rabbit](#)

[Salmon](#)

NUTS & SEEDS

Almonds – Blanched (no skin, it's high lectin)

Brazil Nuts – 3-4 nuts/day max

Chia Seeds

Chestnuts – Fresh

[Coconut Cream](#)

[Coconut Milk](#) – No additives

[Flax Seeds](#)

Hazelnuts

Hemp Protein Powder

Hemp Seeds

[Macadamias](#)

[Pecans](#)

Pine Nuts

Pistachios

Poppy Seeds

Sesame Seeds

[Tiger Nuts](#) (actually a tuber)

MC360™ Low Histamine & Low Lectin 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)

SWEETENERS

Note: These don't affect blood sugar

[Coconut Sugar](#) (use sparingly, avoid in elimination)

Inulin

Maple Syrup – Use sparingly

[Monk Fruit – 100%, No fillers](#)
[Stevia](#)

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

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 (if tolerated)

OTHER

Arrowroot

Baking Powder

Baking Soda

[Cassava Flour](#)

Cocoa Butter – White, No additives

Cream of Tartar

[Sweet Potato Starch](#)

Tapioca Starch

TIP: Always freeze leftovers immediately!

More Low Lectin & Low Histamine Resources

- [Lectins, Low Lectin Foods, and the Mast Cell Connection](#)
- [Do You Need to Worry About Oxalates and Lectins with Mast Cell Activation Syndrome and Histamine Intolerance?](#)
- [The Mast Cell 360 Starter Low Histamine Diet](#)
- [Low Lectin Recipes](#)
- [Low Histamine Recipes](#)