

# 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's 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](#)