

LOW HISTAMINE, LOW LECTIN, & LOW OXALATE 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 & low oxalate 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 look for healthy replacements
- Focus on the foods you can eat
- Always reduce oxalates slowly
- 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 Oxalate & Low Lectin Food Shopping List

Note:

ALWAYS lower oxalate levels slowly. Never go cold turkey.

Key:

Italics = particularly high in histamine lowering nutrients so emphasize these

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

VEGETABLES

Arugula

Asparagus

Basil

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

Kohlrabi

Leafy Greens

Leeks

Lettuce – Butter

Lettuce – Endive

Lettuce – Leaf Green & Red

Lettuce – Iceberg

Lettuce – Romaine

Mesclun

Mint

Mizuna

VEGETABLES (con't)

Mustard Greens

Onions – Any

Parsley – Flat or Italian

Parsley Root

Parsnips

Perilla

Radishes

Rutabaga / Swede

Sage

Saffron

Scallions / Green Onions

Shallots

Turnip

Watercress

MEAT

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

[Beef](#)

[Bison](#)

[Chicken](#)

[Duck](#)

Eggs (if tolerated)

Goose

Lamb

[Liver](#)

Ostrich

[Pork](#)

Quail

[Rabbit](#)

[Salmon](#)

FRUIT

![Apple]

Apricot – Fresh

![Blueberry]

![Cherries]

![Cranberry] – Fresh

Currant – Fresh

Dragon Fruit

Figs – Fresh

Guava – Ripe

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

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

MC360™ Low Histamine, Low Oxalate & Low Lectin Food Shopping List

RESISTANT STARCHES

[Otto's Cassava Flour](#) (under 1/4 cup)

Coconut Meat – Fresh

[Flax Meal](#)

Flaxseeds

[Green Banana Flour](#)

Hi-Maize Resistant Starch

Millet (grain soaked overnight, rinsed and boiled)

[Miracle Noodles](#)

[Miracle Rice](#)

Parsnips

Rutabagas

Sorghum

[Sweet Potato Starch](#)

[Sweet Potato Starch](#)

[Noodles](#) (starch is low oxalate, flour is high oxalate)

[Tiger Nuts](#)

[Tiger Nut Flour](#)

Turnips – Greens or Root

NUTS & SEEDS

[Coconut Cream](#)

Coconut Meat – Fresh

[Coconut Milk](#), no additives

[Flax Seeds](#)

[Macadamias](#) (under 1/4 cup)

[Pecans](#) (under 1/4 cup)

Pistachios (under 1/4 cup)

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

SPICES & HERBS

Note: Buy fresh

Basil

Bay Leaves

Cardamom

Caraway

Chives

Cilantro

Coriander

Curcumin Powder (can replace turmeric)

Curry Leaves

Dill

Fennel

Fenugreek

Garlic

Ginger

Lemongrass

Mint

Oregano

Parsley – Flat Leaf

Peppermint

Rosemary

Saffron

Sage

[Salt](#)

Shallots

Tarragon

Thyme

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](#) (sparingly, avoid in elimination)

Inulin

Maple Syrup (sparingly)

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

MC360™ Low Histamine, Low Oxalate & Low Lectin Food Shopping List

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)

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

OTHER

Baking Powder
Baking Soda
Cocoa Butter – White, No
additives
Cream of Tartar
Tapioca Starch

TIP: Always freeze leftovers immediately!

More Low Lectin & Low Histamine Resources

- [The Mast Cell 360 Starter Low Histamine Diet](#)
- [Oxalates and the Mast Cell Activation Syndrome](#)
- [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?](#)
- [Low Lectin Recipes](#)
- [Low Oxalate Recipes](#)
- [Low Histamine Recipes](#)

Find more low histamine resources at mastcell360.com