

# LOW HISTAMINE & 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 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'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 Oxalate 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*

Bean Sprouts

*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]** Lacinato or Dinosaur  
(not Curly)

Kohlrabi

Leafy Greens

Leeks

Lettuce – Butter

Lettuce – Endive

### VEGETABLES (con't)

Lettuce – Green & Red

Lettuce – Iceberg

Lettuce – Romaine

Mesclun

*Mint*

*Mizuna*

*Mustard Greens*

*Onions – Any*

*Parsley – Flat or Italian*

Parsley Root

Parsnips

**![Peppers – Bell or Hot]**

*Perilla*

*Radishes*

Rutabaga / Swede

Sage

Saffron

*Scallions / Green Onions*

Shallots

*Squash – Butternut*

*Squash – Spaghetti*

**![Squash – Summer]**

*Squash – Winter*

*Squash – Yellow*

Turnip

*Watercress*

Yellow Split Peas

**![Zucchini]**

### FRUIT

Note: Fresh, not dried

**![Apple]**

Apricot

**![Blueberry]**

Cantaloupe / Rock Melon

**![Cherries]**

**![Cranberry]**

Currant

Dragon Fruit

Figs

Honeydew

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)

Watermelon

## MC360™ Low Histamine & Low Oxalate Food Shopping List

### 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)

### RESISTANT STARCHES

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

Coconut Meat – Fresh

[Flax Meal](#)

[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)

Pumpkin Seeds

Sunflower Seeds

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

### 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

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

### SWEETENERS

Note: These don't affect blood sugar.

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

Inulin

Maple Syrup (sparingly)

[Monk Fruit – 100%, No fillers](#)

[Stevia](#)

Find more low histamine resources at [mastcell360.com](http://mastcell360.com)

## MC360™ Low Histamine & Low Oxalate 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)

### GLUTEN FREE GRAINS

!**[Corn]** (if tolerated)  
!**[Corn]** – Popped, Fresh  
Millet (grain soaked  
overnight, rinsed and boiled)  
Potato Starch  
Tapioca Starch or Flour

### LEGUMES

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

Garbanzo Beans/Chickpeas  
(medium oxalate)  
Lentils – Yellow and Red  
(medium oxalate)

### 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  
White Chocolate Cocoa  
Butter – No additives  
Cream of Tartar  
[Sweet Potato Starch](#)  
Tapioca Starch

**TIP:** Always freeze leftovers immediately!

### More Low Histamine & Low Oxalate Resources

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

Find more low histamine resources at [mastcell360.com](http://mastcell360.com)