

MAST CELL
360[®]

LOW HISTAMINE FOOD LIST



mastcell360.com



Welcome!

At Mast Cell 360, our mission is to provide evidence-based information, practical resources, and supportive community for those struggling with Mast Cell Activation Syndrome (MCAS), Histamine Intolerance (HIT), Mold Toxicity, and commonly associated illnesses. We are glad you found us. Welcome!

A Note on Our Living Resources: The science of MCAS and related conditions is constantly evolving. Many food compounds like oxalates, lectins, and salicylates were rarely tested until recent years, but community-driven research is rapidly expanding that knowledge. Our food lists are updated as new data and clinical evidence becomes available. Even then, things like oxalates are very nuanced (cooking methods, growing conditions, portion, and more effect how you may do with them). It is still very much an individual journey.

Our team and clinic have guided hundreds of people through their own healing journeys over the past 8+ years. We hope sharing these resources will make your way easier. We're all better together, you don't have to do this alone.

How to Use This Food List

GETTING STARTED

1. **Read our post on using a [low histamine diet](#)**
2. Print this list and keep it handy for shopping and meal planning
3. **Swap instead of drop foods** whenever possible! (ie arugula for spinach) Variety is important.

TOP TIPS

- Remember **histamine builds up over time** so:
 - Buy fresh produce (or frozen)
 - Buy frozen, unaged, pasture-raised meats
 - Avoid long thawing or cooking times
 - Use an Instant Pot for quick cooking meat
 - Freeze leftovers immediately
 - Limit eating out, or avoid it altogether. Especially avoid deli counters, buffets, hot bars. If you must eat out, look for fresh options.
- Batch cook and freeze meals in silicone cubes!

IMPORTANT REMINDERS

- This list is just a starting point, not a complete list
- Diets are a temporary support, not a long-term fix! Work on getting to your root causes, so you can get more healthy foods back into your diet!
- **If you struggle with many foods on this list, you need to look more closely at:**
 - Nervous system work
 - Environmental triggers
 - Mast cell stabilizing supplements
 - Other food intolerances
- Work with your practitioner to decide what is right for you.

CHECK OUT THESE FREE RESOURCES

[CLICK LINKS BELOW FOR MORE INFORMATION](#)

TIPS: LOW HISTAMINE EATING

- [Low Histamine Kitchen & Cooking Guide](#)
- [Low Histamine Recipes](#)
- [Low Histamine Meat Tips & Resources](#)

OTHER FOOD INTOLERANCES

- [What is FODMAP Intolerance?](#)
- [What is Oxalate Intolerance?](#)
- [What is Salicylate Intolerance?](#)
- [What is Lectin Intolerance?](#)

HISTAMINE INTOLERANCE & MCAS

- [Histamine Intolerance vs Mast Cell Activation Syndrome](#)
- [Mast Cells 101](#)
- [The Best Antihistamines For Histamine Intolerance & MCAS](#)

Find Our Full Food List at >>>
[MASTCELL360.COM/FOODLIST](https://mastcell360.com/foodlist)

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

List Key:

✓ = particularly high in histamine lowering nutrients so emphasize these

!**[Food Name]** = buy organic, otherwise often high in pesticide residue

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

Underlined = items are clickable links in the online version

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

VEGETABLES (cont)

Lettuce – Iceberg
 Lettuce – Radicchio
 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

Note: Buy fresh or frozen, as dried is higher histamine.

✓!**!Apple**
 Apricot
 ✓!**!Blackberry**
 ✓!**!Blueberry**
 Cantaloupe / Rock Melon
 ✓!**!Cherries**
 ✓!**!Cranberry**
 Currant – Fresh
 Dragon Fruit
 Figs
 Guava – Ripe
 Honeydew
 Kiwi
 **Lemon – ½ tsp (not always tolerated in elimination)
 **Lime – ½ tsp (not always tolerated in elimination)
 Loquat
 ✓ Mango
!Nectarine
 Passion Fruit
!Peach
!Pear – Bartlett or Bosc
!Pear – Other
 Persimmons / Kaki
 Plantain
 Pomegranate
 ✓***!Raspberries** – ¼ cup (not always tolerated in elimination)
 Watermelon

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GLUTEN-FREE GRAINS

Amaranth

Arrowroot Flour

Buckwheat

Buckwheat Flour

!**[Corn]** (if tolerated)

!**[Popcorn]** (fresh popped)

Crackers (gluten-free)

Millet – soak overnight, rinse, boil

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 (rinse thoroughly)

Parsnips

!**[Potatoes]**

Rutabagas

Sorghum

Sweet Potatoes

Sweet Potato Starch

Sweet Potato Starch Noodles

RESISTANT STARCHES (cont)

Tiger Nuts

Tiger Nut Flour

Turnips – Greens or Root

SPICES & HERBS

Note: Buy fresh and organic where possible

✓ Basil

Bay Leaves

✓ Cardamom

✓ Caraway

✓ Chives

✓ Cilantro

Coriander

✓ Cumin

Curcumin Powder (can replace turmeric)

Curry Leaves

✓ Dill

Fennel

Fenugreek

✓ Garlic

✓ Ginger

✓ Lemongrass

✓ Mint

✓ Oregano

Parsley

Peppercorns – Pink

✓ Peppermint

✓ Rosemary

✓ Saffron

✓ Sage

Salt

Shallots

Spirulina

Tarragon

Thyme

✓ Turmeric

NUTS & SEEDS

Almonds

Baru Nuts

Brazil Nuts – Only 3 to 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)

SWEETENERS

Note: These don't affect blood sugar

Inulin

Monk Fruit – 100%, No fillers

Stevia – No natural or artificial flavors added

Note: These do affect blood sugar, so use more sparingly. (increases in blood sugar = increases in histamine)

Maple Syrup (sparingly)

Coconut Sugar (sparingly)

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MEAT

Note: Choose un-aged, frozen, and not ground. Get more [details on meats here](#)

[Beef](#)

[Bison](#)

[Chicken](#)

[Duck](#)

[Turkey](#)

Goose

Ostrich

Quail

Eggs (if tolerated)

[Lamb](#)

[Liver](#)

[Pork](#)

[Rabbit](#)

[Salmon](#) (gutted and frozen within 30 minutes of catch)

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

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

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](#) (*go slowly, may not be tolerated with severe Histamine Intolerance*)

Palm Oil – Extra Virgin (unprocessed)

Rice Bran Oil

[Sesame Oil](#)

Sunflower Oil – Cold-Pressed (sparingly, can be inflammatory)

Tallow (if kept frozen and thawed for individual use)

BEVERAGES

Coconut Water – Fresh

Coffee – Caffeine and 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 or

Carbonated

Water – With fresh squeezed lemon or lime (if tolerated)

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](#)

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Join as a Founding Member and **get 10% off supplements, courses, and Strategy Sessions** — plus support our mission to bring MCAS resources to more people!



Community Reviews



You're doing an amazing job for free, so I'd like to express my gratitude.

– Marta

Changing my diet has greatly reduced my symptoms. I want to keep learning and be knowledgeable about Histamine Intolerance and what I can do about it.

– Marion

Mast Cell 360 is supporting me in my navigation through the tough terrain of Histamine Intolerance.

– Kathy

We're a small team passionate about making MCAS resources accessible to everyone. Your membership helps us keep creating free content for the entire community. Thank you for your support. ❤️



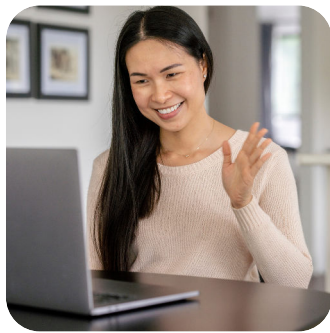
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You are not alone. We help people just like you every day!

Get Ongoing Support in the Clinic

Work with our Lead Practitioners for comprehensive, advanced support beyond stabilization.

- Work with our Lead Practitioners
- Advanced support
- Deeper dives into root causes
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"I swear by this method, and when I was at my lowest this group was a very big help in learning to navigate this horrible condition and begin to heal."
– Barbara D

Most Popular

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50-minute 1:1 appointment with a MC360 Health Coach

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- ✓ **Get clarity** on where you are in your healing journey
- ✓ **Discover your next steps** according to the MC360 Method with personalized guidance
- ✓ **Self-book instantly** – no waiting for callbacks

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- I want comprehensive support**
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- I prefer self-paced learning**
➔ [Top 8 Supplements Course](#)

Top 8 Supplements Master Class

This self-paced course provides **in-depth Information** about the top 8 mast cell stabilizing supplements used in the clinic. You'll find:

- **Step-by-step** guide used in the clinic to introduce supplements successfully
- **Supplements and Ingredients** you should avoid when you have MCAS
- **Tried and true troubleshooting tips**
- **What to do** if you experience a flare
- **Q & A** from the original recording
- **Printable Quick Sheets**
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For additional resources visit www.mastcell360.com

MAST CELL 360™