

Mast Cell Diet

1. No leftovers – freeze everything in individual portion size
2. No fermented foods – kimchi, sauerkraut, kombucha, pickles, relish, fermented soy foods like miso
3. No high histamine foods (those in yellow may/may not be triggers for people)

Type of Food	Foods Allowed	Foods Restricted
Meat, Poultry, Fish	Immediately frozen meat Any freshly caught, gutted and cooked fish Plain Gelatin Cream of Tartar Pasteur raised eggs	Ground Meat All Shellfish, Roe and Caviar All Processed Meats Canned Meats/Fish All pickled eggs, meat and fish Flavored Gelatin Mincemeat Ham Smoked Meat/Fish Tuna
Vegetables	All pure, fresh or frozen vegetables and their juices except those listed to the right	Potato Avocado Broad Beans Green Beans Eggplant Pumpkin Sauerkraut Spinach Sweet Potato Mushrooms Tomato (also, sauce/ketchup) Over-ripe vegetables Pickled Vegetables Packaged Salad Mixes Packaged Peeled Vegetables
Fruit	All pure, fresh or frozen fruits and their juices except those listed to the right Melons Apple Pear Fig Kiwi	Citrus: Lemon/Lime/Oranges/ Grapefruit Stone fruit: Peaches, Nectarines, Plums, Apricots Berries: cranberries, blueberries, blackberries, raspberries, strawberries Bananas

	Passion fruit Rhubarb Starfruit Longans Lychees Mangos	Grapes Currants Dates Raisins Papaya Pineapples Dried Fruit
Dairy	Anything without microbial cultures (Ex: Panir, Ricotta, Mascarpone) Ice Cream free from restricted ingredients Cream Plain Pasteurized Milk – Skim/Lactose Free/Goat Milk Substitutes – Rice and Coconut Milk(*)	Fermented milk products: <ul style="list-style-type: none"> - Cheese - Sour Cream - Buttermilk - Yogurt - Kefir
Grains	Unbleached Flour/Grain Biscuits Quick Breads Soda Bread Scones Muffins Yeast Free Crackers like Biscuits Rice Noodles Oats Puffed Rice Crackers Millet	Bleached Flour Yeast-risen breads/baked goods: <ul style="list-style-type: none"> - Bread - Pizza Dough - Buns - Pita Bread - Croissants - English Muffins - Crumpets - Cracker with yeast
Legumes	Lima Beans Dried Beans: <ul style="list-style-type: none"> - Chickpeas - Pinto Beans - White Beans - Navy Beans - Black-Eyed Peas - Black Beans - Lentils - Split Peas 	Green Peas Sugar/Sweet Peas Red Beans Soybeans Tofu Fermented Soy: <ul style="list-style-type: none"> - Soy Sauce - Bean Curd - Soybean paste - Shrimp paste - Chili Soybean paste - Miso

Nuts	All other plain nuts and their flours (all nuts should be eaten in small amounts)	Walnuts Pecans Cashews
Fats/Oils	All cold pressed oils: <ul style="list-style-type: none"> - Extra Virgin Olive Oil - Coconut Oil(*) - Jojoba Oil 	Processed Oils
Sweets/Sweetener	Pasteurized Honey Maple Syrup	Unpasteurized Honey Chocolate/Cocoa
Spices/Seasoning	All fresh, frozen or dried herbs except those to the right Baking Powder Baking Soda	Vinegar Anise Chili Powder Cinnamon Curry Cayenne Nutmeg Baker's Yeast Nutritional Yeast Brewer's Yeast Prepared Mustards
Beverages	Plain Milk Pure Juices of Allowed Fruit/Veg Plain and Carbonated Water Coffee	Sodas Apple Cider All Caffeinated Teas Herbal Teas Alcohol Non-alcoholic beers

*Coconut is not tolerated by all Mast Cell Patients.