

Medical Options for Wellness
Mast Cell Activation Syndrome 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
 - a. **Foods in yellow may/may not be triggers for people**, so you will have to pay attention to see if they cause a reaction for you. Best to avoid them initially and test them in once you are feeling better from the diet. (Example: Coconut products)

Type of Food	Foods Allowed	Foods Restricted
Meat, Poultry, Fish	Immediately frozen meat including ground meat Any freshly caught, gutted and cooked fish Plain Gelatin Cream of Tartar Pasture raised eggs Pasture raised chicken	Ground Meat All Shellfish, Roe and Caviar All Processed Meats (Ex: ham, smoked meats) Canned Meats/Fish (Ex: Tuna) All pickled eggs, meat and fish Flavored Gelatin Minced meat
Vegetables	All pure, fresh/frozen vegetables/juices except those listed to the right Avocado (peak freshness) Broccoli/Broccolini Zucchini (peeled) Cauliflower/Romanesco Celery Corn Cucumber (peeled) Brussel Sprouts Lettuce Cabbage Carrots (peeled) Asparagus Kale Parsnip (peeled) Fennel	Avocado Bell Peppers Broad Beans Green Beans Eggplant Mushrooms Pumpkin Sauerkraut Spinach Root Vegetables (Peeled) Sweet Potato Tomato (also, sauce/ketchup) Over-ripe vegetables Pickled Vegetables Packaged Salad Mixes Packaged Peeled Vegetables Potato
Fruit	All in-season pure, fresh or frozen fruits and their juices except those listed to the right: Melons (Watermelon) Apple (skinless) Pear (skinless) Fig	Citrus: Lemon/Lime/Oranges/ Grapefruit Stone fruit: Peaches, Nectarines, Plums, Apricots Berries: cranberries, blueberries, blackberries, raspberries , strawberries Bananas Grapes

Fruits (continued)	Passion fruit Plantain Pomegranate (fresh peeled/frozen) Rhubarb Starfruit Longans Lychees Frozen Peaches (skinned) Frozen Berries: cranberries, blueberries, blackberries, raspberries	Kiwi Currants Dates Raisins Papaya Mangos Passionfruit Pineapples Watermelon Dried Fruit including prunes/raisins, etc.
Dairy	Anything without microbial cultures (Ex: Ricotta, Feta, Mozzarella) 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 Muffins Rice Noodles Oats Puffed Rice Crackers/Cakes Millet Rice (freshly made) Tortilla Chips (without restricted ingredients) Quinoa (freshly made)	Bleached Flour Yeast-risen breads/baked goods: <ul style="list-style-type: none"> - Bread (including gluten free breads) - 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 (Including Soy Milk) Tofu Fermented Soy: <ul style="list-style-type: none"> - Soy Sauce - Bean Curd - Soybean paste - Shrimp paste - Chili Soybean paste - Miso - Teriyaki Sauce

Nuts/Seeds	All other plain nuts and their flours in small amounts <ul style="list-style-type: none"> - Ex: Unbleached almonds Macadamia nuts (small amounts)	Walnuts Pecans Cashews Coconuts** Sunflower Seeds (small amounts) Flax Seeds (small amounts)
Fats/Oils	All cold pressed oils: <ul style="list-style-type: none"> - Extra Virgin Olive Oil - Jojoba Oil Butter (without rancidity) Ghee (without rancidity)	Processed Oils Coconut Oil**
Sweets/Sweetener	Maple Syrup	Unpasteurized Honey Chocolate/Cocoa
Spices/Seasoning	All fresh, frozen or dried herbs except those to the right Baking Powder Baking Soda Dried Turmeric (stored in refrigerator) Dried Herbs (stored in refrigerator) Fresh Herbs	Vinegar Anise Black Pepper Cinnamon Chili Powder Curry Cayenne Nutmeg Baker's Yeast Nutritional Yeast Brewer's Yeast Prepared Mustards
Beverages	Plain Milk Pure Juices of Allowed Fruit/Veg Plain/Carbonated Water Coffee (fresh ground and brewed) Fresh herb teas	Sodas Apple Cider All Caffeinated Teas Chai Herbal Teas Alcohol Non-alcoholic beers