MAST CELL ACTION

Nourishing Health and Happiness with MCAS

Nutrition and Wellbeing Support for people living with Mast Cell Activation Syndrome

Trusted Information Creator™
Patient Information Forum



Registered Charity Number 1164917

Disclaimers

Trigger warning - this document is about food and contains images of food.

We recognise that many of the images in this guide contain foods that are restricted on low histamine diets. The images are from stock photos and do not exactly reflect a low histamine diet. We have done our best to reduce references to high-histamine foods wherever possible.

Everyone with MCAS is different, and this is general information, not tailored to your individual needs. This resource is intended to be used alongside support from a qualified health professional. Please seek advice from your medical practitioner or dietitian for specific dietary guidance.

We hope you will be confident to adapt the guidance and recipes for your circumstances, and swap out foods that you are not able to tolerate for others that you are.

This sheet is designed for adults with Mast Cell Activation Syndrome. The nutritional needs of children and teenagers will differ, and the nutritional needs of individuals with specific medical conditions will vary.

If your diet is very limited and you feel that you are struggling to get enough nutrients in your diet or have a specific medical condition that may have specific dietary needs, then please ensure you seek individualised dietary advice from a dietitian with experience in this area.

This resource is designed to support, not replace, tailored advice from your medical team.

For more information about low histamine diets and other dietary adjustments, please see our Self-Management Toolkit HERE

CONTENTS

1 Common MCAS diets ---------- 6-8

2 Eating enough fibre with MCAS ---------- 8-11

3 Gaining weight on a low dairy diet ---------- 12-16

4 Gaining weight on a low histamine diet ---------- 17-21

5 Malnutrition and MCAS ---------- 22-26

6 Unwanted weight gain ---------- 27-29

7 Reintroducing foods safely ---------- 30-31

8 Socialising and eating out ---------- 32-38

9 MCAS supplements ---------- 33-49

10 Food and Wellbeing ---------- 50-52

11 Meal planning kit ---------- 53-57

12 Useful documents ---------- 58-59

13 Recipe ideas ---------- 60-88

14 Other resources ----------=---------- 89

Introduction

Why Does Diet Matter?

Diet plays a really important role in helping those with MCAS, but can also be one of the trickiest areas to navigate, as those with MCAS often have dietary triggers.

What you eat can directly influence mast cell behaviour and histamine levels in the body.

Common Dietary Challenges with MCAS

People with MCAS often face considerable challenges with food, including:

- Food sensitivities and intolerances: MCAS can cause reactivity to a wide range of foods.
- Variable and evolving triggers: Food triggers can change over time or vary based on other factors such as stress, hormone levels, illness, or environmental exposures.
- Digestive issues: Symptoms like bloating, nausea, abdominal pain, and altered bowel habits are common and may require additional dietary adjustments.
- Nutritional adequacy: Due to multiple food restrictions, maintaining a balanced, nutrient-rich diet can be difficult without careful planning.

Nutritional Information for MCAS

We understand that maintaining your health and wellbeing can be especially difficult when following a restricted diet.

While it's important to get the right balance of nutrients, such as vitamins, minerals, and fibre, this can feel overwhelming when you're reactive to many foods or following diets like gluten-free, dairy-free, or low histamine. Getting the nourishment you need can feel like a real challenge.

We have worked with registered dietitian, Chloe Hall, to explore some of the most common diets followed by people with MCAS, and the key nutritional concerns that often arise. Over the next few pages, we'll look at practical ways to support your diet and overall wellbeing.

There are no large-scale, high-quality clinical trials to date that look at the dietary intake of those with MCAS; however, many people with MCAS find that they experience food intolerances, and they may try a variety of short-term elimination diets. (1)

Elimination diets can be extremely restrictive and should not be done without the guidance of a registered dietitian.

1. Jennings SV, Slee VM, Finnerty CC, Hempstead JB, Bowman AS. Symptoms of mast cell activation: The patient perspective. Ann Allergy Asthma Immunol. 2021;127(4):407-9.

HELPFUL TIP
Focus on what you can have, not on what you can't



1. Common MCAS Diets

The two most commonly followed diets by those with MCAS include the low histamine diet and the low FODMAP diet. (1)

Other common dietary management strategies include dairy-free, gluten-free, low salicylate, or low oxalate diets. It is unlikely that an individual will need to follow all of these diets at the same time. If you feel that restricting foods will cause additional stress, then this may not be the best strategy for you, as stress in itself can increase histamine levels.

Always seek the support of an experienced professional before making major changes in diet that exclude certain food groups. Exclusion diets must be done with great care to avoid vitamin or nutrient deficiencies, particularly in children.

For suggestions on how to identify food triggers see our 'Self-management toolkit' here.

1. Harris CI, Nasar B, Finnerty CC. Nutritional Implications of Mast Cell Diseases. J Acad Nutr Diet. 2024.



Common Dietary Issues for those with MCAS

- Malnutrition & nutrient deficiencies
- Managing diet with chronic fatigue
- Weight gain and/or high BMI
- Identifying food triggers
- Navigating alternative diets such as the low histamine diet/low FODMAP diet
- Management of gut symptoms
- Fear of food/ disordered eating
- Implementing dietary advice for co-existing conditions e.g. gastroparesis, POTs etc
- Primary allergies
- Non-oral feeding

2. Eating Enough Fibre With MCAS

Fibre is essential to keep our gut healthy. As about 70% of our immune system is in our gut, a healthy gut is also really important for a healthy immune system.

This section will cover:

- What fibre is
- Why it is important for those with Mast Cell Activation Syndrome
- How much fibre is enough
- How to increase fibre

What is fibre?

Fibres are carbohydrates found in food that our bodies can't digest. Instead, they 'feed' the bacteria and other microorganisms in our gut. There are many different types of fibre, and rather than getting too hung up on this, it is more important to make sure you are eating fibre from a range of different food sources if you are able to.



Why is fibre important for those with Mast Cell Activation Syndrome? Including enough fibre in the diet and a wide range of different types of fibres:

- May help stabilise mast cells. (2)
- Reduce the risk of other chronic conditions such as heart disease and type 2 diabetes. (3,4)
- Contribute to keeping gut bacteria healthy and diverse. (5)
- It has a positive impact on the immune system. (6)
- It may play a role in the reduction of allergic disorders. (7)
- Help with specific gut symptoms such as constipation. (8)
- Positively influence mood and reduce the risk of depression. (9)

How much fibre is enough?

It is recommended that we should be eating around 30g of fibre a day, but on average, we are eating around 18g/day. (8) If you are having to avoid a range of plant-based food sources, the amount could be much less.

HELPFUL TIP
While food can be a trigger, it's not the only one - don't forget to consider other triggers too.

Is an increase in fibre always recommended?

Increased fibre may not be recommended for certain conditions, such as gastroparesis. Some people who have Irritable Bowel Syndrome (IBS) may also find that certain plant-based foods containing FODMAPs may cause them wind and bloating. (10)

How to increase fibre in the diet

- Add fruit, nuts, and seeds to breakfast cereals.
- Add extra vegetables and/or beans and pulses to cooked meals and salads.
- Swap white carbohydrates for wholegrain carbohydrates.
- If you are limited on energy to prepare fresh fruit and vegetables, then frozen and canned produce can be helpful.
- Base snacks around your tolerated plant-based foods.

Low Histamine sources of fibre

Some people with MCAS follow a low histamine diet. Low histamine sources of fibre include:

- Wholegrain carbohydrates such as wholegrain rice, pasta, quinoa, and bread.
- Some beans and pulses, e.g,. kidney beans, chickpeas, white beans
- Nuts (Apart from pistachios) and seeds
- Certain fruits and vegetables. (10)

Other dietary exclusions that are sometimes followed, including the gluten-free diet, can reduce fibre consumption, so it is important to consider this when planning your meals. (11)

There are some examples of meal plans containing at least 30g of fibre at the end of this guide.



Takeaway tips:

1. Fibre is really important, and a lack of fibre may increase the risk of conditions we see associated with MCAS, such as depression, allergic conditions, and gut symptoms.
2. Include a range of plant-based foods you can tolerate regularly to feed your gut bacteria.
3. Gradually increasing fibre can help you to avoid symptoms such as wind and bloating.
4. When looking at food labels, choose foods high in fibre (6g/100g) or those that are sources of fibre (3g per 100g) more regularly.
5. It can be much harder to get enough fibre with certain dietary restrictions. If you have concerns about increasing your fibre intake, then please see a registered dietitian.

HELPFUL TIP
Try listening to music or watching something fun while eating to make food feel more enjoyable on a restricted diet



Fibre and MCAS References

1. Wiertsema SP, van Bergenhenegouwen J, Garssen J, Knippels LMJ. The Interplay between the Gut Microbiome and the Immune System in the Context of Infectious Diseases throughout Life and the Role of Nutrition in Optimizing Treatment Strategies. Nutrients. 2021;13(3).

2. Folkerts J, Stadhouders R, Redegeld FA, Tam SY, Hendriks RW, Galli SJ, et al. Effect of Dietary Fiber and Metabolites on Mast Cell Activation and Mast Cell-Associated Diseases. Front Immunol. 2018;9:1067.

3. Zhu R, Fogelholm M, Poppitt SD, Silvestre MP, Møller G, Huttunen-Lenz M, et al. Adherence to a Plant-Based Diet and Consumption of Specific Plant Foods-Associations with 3-Year Weight-Loss Maintenance and Cardiometabolic Risk Factors: A Secondary Analysis of the PREVIEW Intervention Study. Nutrients. 2021;13(11).

4. Glenn AJ, Lo K, Jenkins DJA, Boucher BA, Hanley AJ, Kendall CWC, et al. Relationship Between a Plant-Based Dietary Portfolio and Risk of Cardiovascular Disease: Findings From the Women's Health Initiative Prospective Cohort Study. J Am Heart Assoc. 2021;10(16):e021515.

5. Meslier V, Laiola M, Roager HM, De Filippis F, Roume H, Quinquis B, et al. Mediterranean diet intervention in overweight and obese subjects lowers plasma cholesterol and causes changes in the gut microbiome and metabolome independently of energy intake. Gut. 2020;69(7):1258-68.

6. Cai Y, Folkerts J, Folkerts G, Maurer M, Braber S. Microbiota-dependent and -independent effects of dietary fibre on human health. Br J Pharmacol. 2020;177(6):1363-81.

7. Venter C, Meyer RW, Greenhawt M, Pali-Schöll I, Nwaru B, Roduit C, et al. Role of dietary fiber in promoting immune health-An EAACI position paper. Allergy. 2022;77(11):3185-98.

8. SACN. SACN Carbohydrates and Health Report 2021.

9. Saghafian F, Hajishafiee M, Rouhani P, Saneei P. Dietary fiber intake, depression, and anxiety: a systematic review and meta-analysis of epidemiologic studies. Nutr Neurosci. 2023;26(2):108-26.

10. Staudacher HM, Whelan K. The low FODMAP diet: recent advances in understanding its mechanisms and efficacy in IBS. Gut. 2017;66(8):1517-27.

11. Taetzsch A, Das SK, Brown C, Krauss A, Silver RE, Roberts SB. Are Gluten-Free Diets More Nutritious? An Evaluation of Self-Selected and Recommended Gluten-Free and Gluten-Containing Dietary Patterns. Nutrients. 2018;10(12).



3. Gaining Weight on a Low Dairy Diet

Although there is no official diet for those who have MCAS, many people with the condition follow a dairy-free diet as a way to manage their symptoms.

Some people with MCAS may struggle to maintain their weight and find themselves unintentionally losing weight during flare-ups, or have a low body mass index (BMI). It is important to try and maintain a healthy weight as being malnourished can have negative effects on our health (see malnutrition sheet).

Dairy-free diets can often be lower in energy and protein, which may make it harder to maintain or gain weight.

HELPFUL TIP
Create a list of your favourite 'safe' foods and keep this handy



How can you gain weight if following a dairy free diet?

- If you can't manage large meals or have a smaller appetite, then try and eat little and often throughout the day. Aim to eat 5-6 times a day or every 3 hours if possible. If this isn't achievable for you, you can try splitting meals in half or grazing throughout the day.
- Adding foods high in calories can be helpful to add extra energy without you having to eat a lot more if you are struggling with a small appetite.
- Add dairy-free cheeses based on coconut oil, nuts, or soya into pasta dishes, soups, pizza, or any other dishes.
- Have nourishing snacks such as houmous on crackers with a slice of avocado, dairy-free cheese on toast, or crackers with nut butters.
- Add nuts and seeds to salads, cereal, or have as snacks.
- If having a salad, dress with oil such as extra virgin olive oil or rapeseed oil and add 'extras' such as avocado, olives, nuts and seeds or croutons.
- Add a source of fat or sugar to breakfast cereals such as porridge, nut butters, nuts and seeds, maple syrup, or honey.

The foods suggested on this page are dairy free but are not necessarily low histamine



Be cautious about adding new foods - try things in tiny amounts, one at a time



Nourishing drinks

Nourishing drinks can be useful to supplement your meals. There are some dairy-free high energy, high protein shake-style drinks available over the counter. Alternatively, speak to your GP if your BMI is very low or you have lost a lot of weight, then they may be able to prescribe some dairy-free nutritional supplements.

Ideas to add calories and protein to a dairy-free diet

- Aim to have 500ml/1 pint of plant-based milk fortified with calcium daily. Soya milk is the highest in protein, followed by oat milk. But if neither of these is suitable, then opt for alternatives such as other nuts, peas, or rice. (Soya not for children under 6 months)
- Have plant-based milky drinks such as milkshakes, milky coffees in between meals.
- Have dairy-free desserts after your meals, such as 'free from' rice puddings, yoghurts, or dairy-free custards/cream with fruit or a dairy-free crumble.
- Add extra dairy-free butter to cooked vegetables, mashed potatoes, or to a sandwich.

Recipe Ideas for Nourishing Drinks

Ideas for nourishing drinks that can be made at home:

1. Peanut Butter Banana Smoothie

Ingredients:

- 1 Banana
- 2 tbsp peanut butter (or other nut butter)
- 240ml plant-based milk, e.g., soya or oat
- 1 tbsp chia seeds
- 1 tbsp flaxseeds
- 1-2 Medjool dates (for sweetness)
- Optional: 1 scoop of plant-based protein powder

Blend until smooth



1. Oats and Berry Smoothie

Ingredients:

- 50 g oats (soaked in water or almond milk for 10-15 minutes)
- 150 g mixed berries (frozen or fresh)
- 1 tbsp almond butter (about 15 g)
- 240 ml almond milk (or any dairy-free milk)
- 1 tbsp ground flaxseeds or chia seeds (about 10 g)

Blend until smooth

1. Vanilla Coconut Milkshake

Ingredients:

- 240 ml full-fat coconut milk
- 1 tsp vanilla extract
- 2 tbsp almond butter
- 1 tbsp chia seeds
- 1-2 tbsp maple syrup

Blend until smooth.

HELPFUL TIP
Do breathing exercises before eating to trigger a parasympathetic state. This helps with digestion!

Calcium on a Dairy Free Diet

Calcium is important for strong bones and teeth, as well as healthy muscle and nerve function. Most adults need around 700mg a day (more if you have certain medical conditions such as coeliac disease). If you are unsure about how much you need due to certain medical conditions, then please speak with a Health Professional to get individualised advice.



If you're following a dairy-free diet, you can try to add some of the foods below to your daily meals. You could include around two portions a day, depending on what works best for your body:

- 500ml calcium-fortified plant-based milk (600mg of calcium)
- 100g calcium-set firm tofu (400mg calcium)
- 150g calcium fortified plant-based yoghurt (180mg calcium)
- 2 slices of soya and linseed bread with extra calcium (222mg calcium)



Other dairy-free foods that contain smaller amounts of calcium include tahini, dried figs, green leafy vegetables, and almonds. (1)

4. Gaining Weight on a Low Histamine Diet

Although there is no official diet for those who have MCAS, many people with the condition follow a low histamine diet as a way to help manage their symptoms.

It's not uncommon for people with MCAS to experience weight loss or have a lower BMI, particularly during times when symptoms are flaring

Maintaining a healthy weight is important, as being undernourished can affect overall health and wellbeing (see our malnutrition sheet for more information).

So how can you gain weight if following a low histamine diet?

- If you can't manage large meals and have a smaller appetite, then try and eat little and often throughout the day. Experiment with eating 5-6 times a day or every 3 hours.

- The full elimination part of the low histamine diet should only be followed for 2-4 weeks before you start a gradual reintroduction of foods.

- Once you've identified which foods work well for you, it may become easier to gradually include more variety in your diet, helping you get the nutrients your body needs. If, after reintroducing foods, your diet remains very restricted due to ongoing reactions, please reach out to a health professional for personalised guidance.



HELPFUL TIP

Build up your own safe recipe book using your safe foods in different combinations. Search online for recipe inspiration and swap out any foods you can't tolerate.

Balancing Foods on a Low Histamine Diet

Try and include a low histamine protein and carbohydrate source with each meal. Ideally your plate will be made up of 1/3 carbohydrates, 1/3 protein and 1/3 vegetables.



Choose products with fewer ingredients if you have issues with additives

Low histamine protein sources include:

- Fresh and minced meats e.g., chicken, turkey, non-aged beef, lamb
- Fresh or frozen white fish
- Eggs
- Certain cheeses such as mozzarella, cottage cheese, marscapone
- Nuts (not pistachio's) and their butters and seeds

Low histamine carbohydrate sources include:

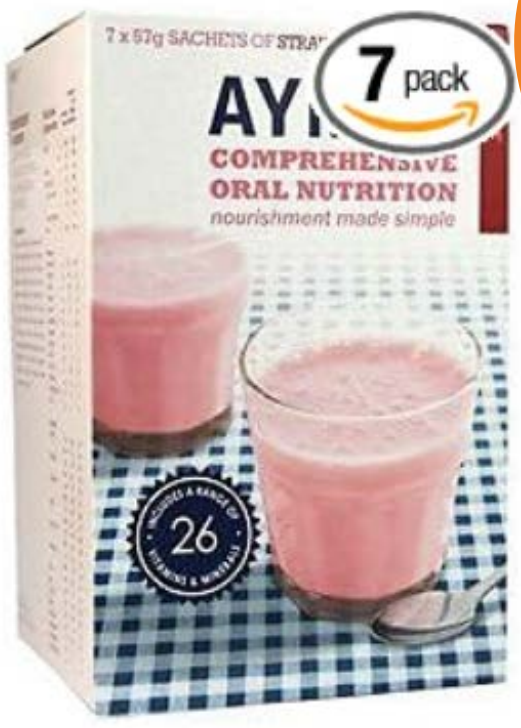
- Oats
- Quinoa
- Rice
- Wheat products such as pasta/noodles/bread/wraps/crackers, or gluten-free versions of these
- Buckwheat
- Bulgar wheat
- Potatoes/sweet potatoes
- Corn/maize products
- Sorghum. (2,3)

Gaining Weight on a Low Histamine Diet

Tips for increasing energy and protein Intake on a low histamine diet

When eating bigger portions is challenging, focusing on foods that are 'energy dense' and pack more energy into smaller amounts can be helpful..

- Add mozzarella or plant-based cheese alternatives to dishes such as soups, pasta dishes, and sandwiches.
- Avoid 'light' versions of products and opt for full-fat versions.
- Add nut butters/nuts (apart from pistachios)/seeds to salads/smoothies/stir fries.
- If you are struggling to include protein such as non-meat/fish/beans and pulses/nuts and seeds at each meal, then consider using a protein powder such as hemp, rice, powdered peanut butter, or spirulina.
- Have nutritious milky drinks between meals, such as smoothies, milkshakes, and hot milky drinks. If cow's milk isn't tolerated plant plant-based alternatives could be used, such as soya or oat milk.
- Add cream, ice cream, or custard to a bowl of low histamine fruit, such as apples, for dessert or other puddings. If avoiding dairy, use plant-based alternatives to these.
- Add cans of coconut milk to dishes such as curries, stews, and smoothies.
- Include houmous or nut/seed butters in snacks and salads.



Gaining Weight on a Low Histamine Diet

If you find it challenging to meet your nutritional needs through diet alone, prescription nutritional supplements may be available via your GP. These supplements can provide additional energy, protein, vitamins, and minerals. There are strict criteria for prescribing these, based on your BMI and how much weight you have lost.

Although they haven't been specifically tested for histamine content, your healthcare professional can guide you on which supplements might be appropriate based on their ingredients and your personal health.

1. Society TV. Calcium [Available from: https://www.vegansociety.com/resources/nutrition-and-health/nutrients/calcium.
2. Sánchez-Pérez S, Comas-Basté O, Veciana-Nogués MT, Latorre-Moratalla ML, Vidal-Carou MC. Low-Histamine Diets: Is the Exclusion of Foods Justified by Their Histamine Content? Nutrients. 2021;13(5).
3. Sánchez-Pérez S, Comas-Basté O, Rabell-González J, Veciana-Nogués MT, Latorre-Moratalla ML, Vidal-Carou MC. Biogenic Amines in Plant-Origin Foods: Are They Frequently Underestimated in Low-Histamine Diets? Foods. 2018;7(12).



Recipe Idea


LOW HISTAMINE BLUEBERRY SMOOTHIE
Small handful of oats
MILK
milk 250 ml
blueberries 150 g
Small handful of poppy seeds
a dab of honey
The Calm Gut Dietitian

5. Malnutrition and MCAS

We don't currently have specific statistics on how many people with MCAS experience unintentional weight loss or maintain a low body weight due to their symptoms. However, many healthcare professionals working with our community report seeing this challenge frequently.

In fact, our 2023 survey found that 41% of people with mast cell disorders limit their diet to 20 foods or fewer in an effort to manage their symptoms. (1)

How do I identify if I've become malnourished?

Malnutrition refers to deficiencies or excesses in nutrient intake, an imbalance of essential nutrients, or impaired nutrient utilization. (2)

In this section, we will be talking about deficiencies in nutrient intake, including protein, energy, and vitamins and minerals.

Common signs of malnutrition include:

- Unplanned weight loss
- Loss of appetite lack of interest in food and/or drinks
- Loss of muscle strength
- Tiredness
- Alterations in mood (3)

Why is it important to stop unintentional weight loss or improve body weight when it is low with MCAS?

Malnutrition can:

- increase the risk of illnesses and infection
- slow wound healing
- lead to low mood, reduce energy levels, and reduce quality of life
- reduce muscle strength

HELPFUL TIP
Create a shopping list of safe foods and ingredients to take shopping with you



Malnutrition and MCAS

Studies have shown that malnutrition can make immune cells more active and increase inflammation in the body. For people with MCAS, this often means that the more malnourished they become, the more symptoms they may experience. (4)

In addition to that, some vitamins and minerals are needed to support the histamine breakdown pathways in our bodies, so if we become deficient in these we may not be able to break down the histamine in the food we eat as well as we could. (5, 6)

How to prevent malnutrition with MCAS

Try to aim for a balanced diet as shown in the Eatwell Guide. This may be more challenging depending on your dietary triggers. If you are struggling to achieve this, please consult a registered dietitian, who will be able to provide support.

Take opportunities to add in nutritious foods wherever you can - not just cutting foods out

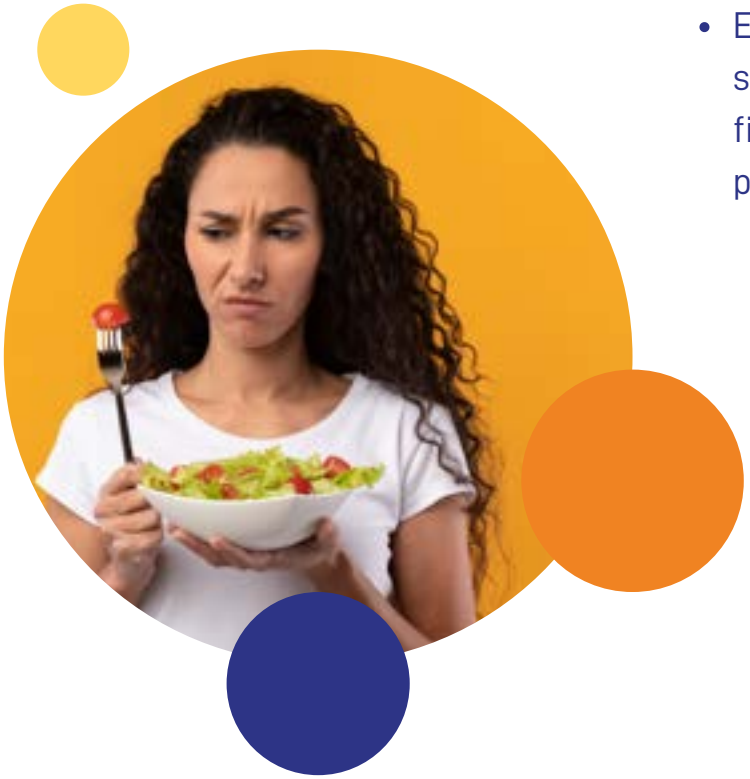


What to do if you suspect that you are malnourished and have MCAS

If you suspect you may be malnourished, connecting with a registered health professional is a key step to getting appropriate help.

To gain weight, you need to consume more calories than your body uses. If your appetite is small, increasing portion sizes at meals can be challenging, so including energy-dense foods or drinks and eating smaller meals more frequently can be helpful.

Here are some tips on how to increase your energy and protein if your appetite is low:



- Try and eat every 2-3 hours.
- Have nourishing drinks between meals such as milkshakes (can be made with alternative milks if needed), smoothies, milky hot drinks, e.t.c
- Ready-to-drink build-up drinks can be purchased without a prescription and supply energy, protein, vitamins, and minerals.
- Add extra oils such as olive or rapeseed oil (or any that you tolerate) to foods such as salads and vegetables as a dressing.
- Add nuts and seeds (whole, ground, or as nut butters) to toasts, cereals, salads, or smoothies.
- Add cheese or plant-based alternatives to foods such as cooked meals, soups, and salads.
- Ensure that you have a protein source at each meal, such as meat, fish, nuts/seeds, or beans and pulses.

Malnutrition and MCAS

- If you can tolerate milk, then you could try making 'fortified milk': Add 2 to 4 tablespoons of skimmed milk powder to 1 pint of milk and whisk well. Use this milk in place of ordinary milk as a drink, in cooking, on cereals, and in hot drinks.
- Add extra oils such as olive or rapeseed oil (or any that you tolerate) to foods such as salads and vegetables as a dressing.
- Add nuts and seeds (whole, ground, or as nut butters) to toasts, cereals, salads, or smoothies.
- Add cheese or plant-based alternatives to foods such as cooked meals, soups, and salads.



Malnutrition and MCAS

We recognise that each person with MCAS has unique triggers, and what works for one may not work for another. You might find that you're unable to follow some or all of the tips here. This sheet is intended as general guidance and does not replace personalised advice from a healthcare professional.

For additional tips, advice, and recipes on gaining weight while following elimination diets like low histamine or dairy-free, please see the dedicated sections in this pack.

References

1. Jennings SV, Slee VM, Finnerty CC, Hempstead JB, Bowman AS. Symptoms of mast cell activation: The patient perspective. Ann Allergy Asthma Immunol. 2021;127(4):407-9.
2. Organisation WH. Malnutrition 2024 [Available from: https://www.who.int/health-topics/malnutrition#tab=tab_1.
3. Association BD. Spotting and Treating Malnutrition 2022 [Available from: https://www.bda.uk.com/resourceLibrary/printPdf/?resource=malnutrition.
4. Bourke CD, Berkley JA, Prendergast AJ. Immune Dysfunction as a Cause and Consequence of Malnutrition. Trends Immunol. 2016;37(6):386-98.
5. Hrubisko M, Danis R, Huorka M, Wawruch M. Histamine Intolerance-The More We Know the Less We Know. A Review. Nutrients. 2021;13(7).
6. Harris CI, Nasar B, Finnerty CC. Nutritional Implications of Mast Cell Diseases. J Acad Nutr Diet. 2024.



6. Unwanted Weight Gain and MCAS

Many people with Mast Cell Activation Syndrome (MCAS) find that they struggle with unwanted weight gain. This may be due to some of the following reasons:

1 Chronic inflammation and the release of chemical mediators like histamine and prostaglandins can disrupt hormones involved in appetite, metabolism and fat storage (1, 2).

2 Symptoms such as fatigue, pain and gastrointestinal upset or coexisting conditions may limit activity levels and make it harder to exercise regularly.

3 Dietary restrictions used to control symptoms can sometimes lead to an unbalanced intake - such as relying on higher-calorie "safe" foods.

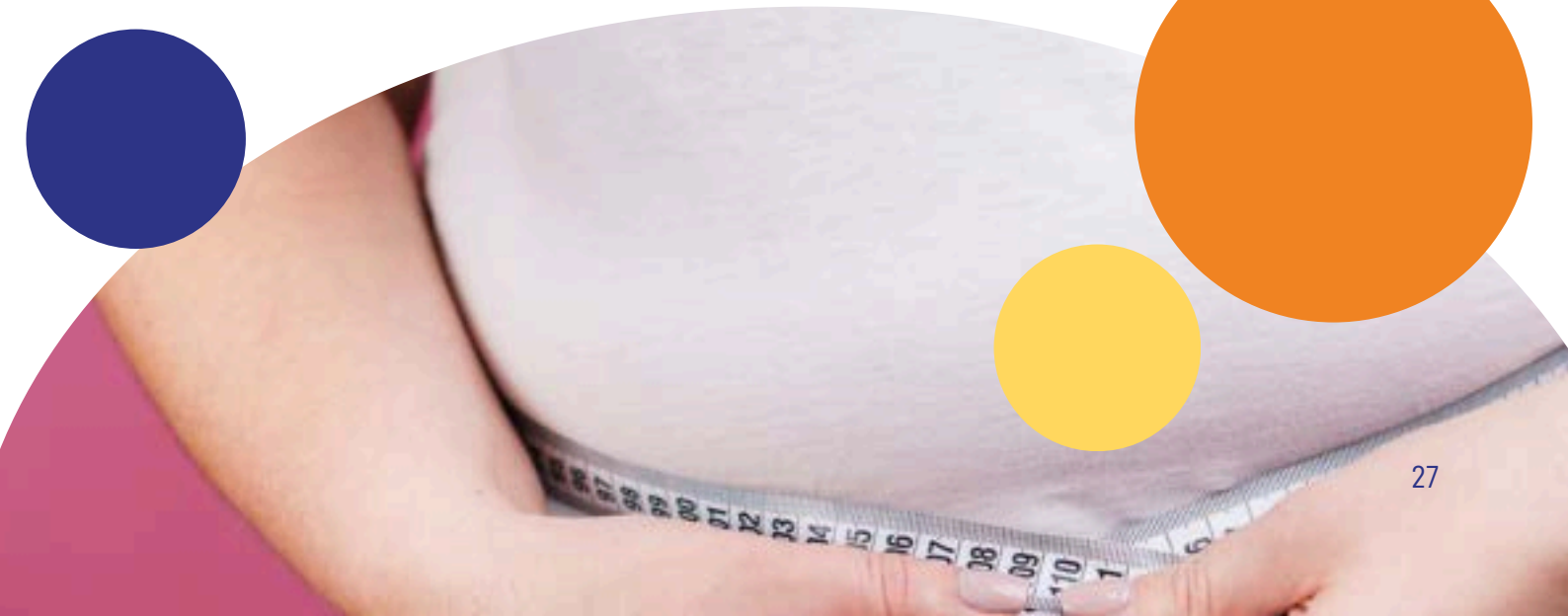
4 Medications commonly prescribed for MCAS (like antihistamines or steroids) can also contribute to weight gain or fluid retention (3).

These factors combined mean weight changes with MCAS are often not a reflection of willpower but of complex biological processes.

Often medical support is needed to stabilise mast cells in order to encourage weight loss, however some of the following tips may also help (4).

Tips to support maintaining a healthy weight with MCAS

- Focus on balance, not restriction
- Prioritise balanced meals where possible with a source of protein, healthy fat and tolerated carbohydrates at each sitting. This helps you feel fuller for longer and can reduce energy crashes that lead to cravings.
- Aim for half a plate of vegetables, ¼ of protein e.g. chicken/fish/beans and pulses, and a ¼ of carbohydrates.



Tips to support maintaining a healthy weight with MCAS

- Keep a food and symptom diary
- Tracking what you eat, how you feel and your activity level can help identify "safe" healthier foods and patterns that support your goals without triggering MCAS symptoms.
- Plan gentle, regular movement
- Even light activity (short walks, gentle stretching, chair pilates) can support metabolism and mood. If symptoms limit exercise, start with what feels manageable and build up gradually.
- Stay hydrated
- Dehydration can sometimes feel like hunger and worsen fatigue. Drink tolerated fluids regularly throughout the day.
- Get enough rest and manage stress
- Poor sleep and high stress can increase mast cell activation and disrupt appetite hormones (5). Good sleep hygiene, relaxation techniques, or support from a health professional can help.
- Work with a specialist
- A dietitian experienced in MCAS can help you create a personalised eating plan that supports both symptom control and healthy weight.



References For Unwanted Weight Gain

1) Tian, W., Wang, J., Zhu, Y., Zhang, Y., Chen, L., & Hu, C. (2025). Mast cell promotes obesity by activating microglia in hypothalamus. Frontiers in Endocrinology, 16. https://doi.org/10.3389/fendo.2025.1544213.

2) Tanaka, A., Nomura, Y., Matsuda, A., Ohmori, K., & Matsuda, H. (2011). Mast cells function as an alternative modulator of adipogenesis through 15-deoxy-delta-12, 14-prostaglandin J2.. American journal of physiology. Cell physiology, 301 6, C1360-7 . https://doi.org/10.1152/ajpcell.00514.2010.

3) Anekwe, C., Ahn, Y., Bajaj, S., & Stanford, F. (2024). Pharmacotherapy causing weight gain and metabolic alteration in those with obesity and obesity-related conditions: A review. Annals of the New York Academy of Sciences, 1533, 145 - 155. https://doi.org/10.1111/nyas.15112.

4) Wang, J., & Shi, G. (2011). Mast cell stabilization: novel medication for obesity and diabetes. Diabetes/Metabolism Research and Reviews, 27. https://doi.org/10.1002/dmrr.1272.

5) Patel, S., & Hu, F. (2008). Short Sleep Duration and Weight Gain: A Systematic Review. Obesity, 16. https://doi.org/10.1038/oby.2007.118.



7. Reintroducing Foods Safely

Many people with MCAS have tried elimination diets or had to reduce their diet to a small group of "safe" foods to control symptoms. While this can help short term, staying on a very limited diet for a longer period of time can lead to nutrient deficiencies, food fear, and a reduced quality of life. A structured reintroduction plan can help you expand your diet while keeping symptoms manageable.

Why reintroduce foods?

- Improve nutrition and variety
- Prevent nutritional deficiencies
- Reduce food anxiety
- Support mental health by improving social interaction
- Support gut health and potentially tolerance to a wider range of foods over time
- To maintain a healthy weight

Tips for re-introducing foods

1 Start during a more stable period if possible. Only begin reintroductions when your symptoms have been relatively stable for at least 1–2 weeks. This helps you see clearly if a new food causes a reaction.

2 One new food at a time. Introduce a single food before adding another.

3 Start with tiny amounts first and build up the portion size - see suggested re-introduction process below.

4 Only change one thing at a time. For example if you are trying a new medication or a new supplement then don't try a new food at the same time as it will be hard to tell what you are reacting to if a reaction occurs.



Example Reintroduction Process

When you feel ready to begin to reintroduce foods, don't feel rushed. It's ok to take this slowly, and explore what works for you.

Try a very tiny amount of the food first, possibly even one bite, just to establish if you are reacting to it.

If you don't immediately react, you might want to explore the following process.

Example re-introduction process:

- Day 1: ⅓ of your regular portion
- Day 2: ½ of your regular portion
- Day 3: Usual portion size

Consider leaving a day between increasing the portion size or build up even slower than this if:

- You have avoided the food for a long time
- You feel fearful of re-introduction
- You are really sensitive to small changes
- Your reactions are more delayed.

Work with a specialist - a dietitian experienced in MCAS can help you create a gradual reintroduction plan.



8. Socialising and Eating Out

Living with MCAS can make social situations, like gatherings and eating out, especially challenging. Yet, staying connected with others is vital for your wellbeing. With careful planning and effective advocacy for your needs, you can enjoy social activities while maintaining your health as a top priority.

Tips for Socialising

1. Host or Co-host.

Sharing meals with others can be more manageable if you host or co-host the event. This allows you to control the menu and ensure that the food is safe for you to eat. It may also be safer for you if you are triggered by environmental factors. Alternatively, you could offer to contribute by bringing a dish or two that you know are safe to make sure you have something to enjoy without worry.

2. Plan Ahead.

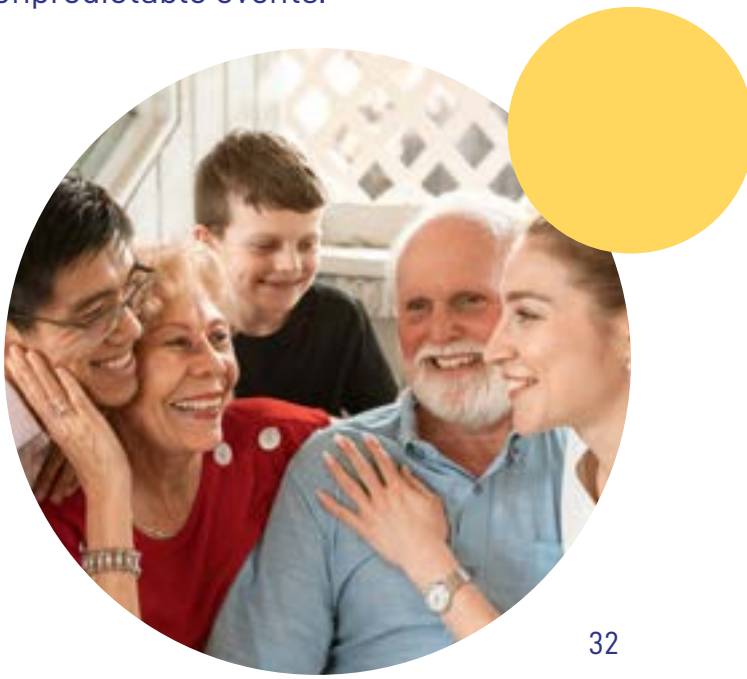
Preparation is key to reducing stress and avoiding flare-ups. Consider contacting the host or venue in advance to discuss any dietary or environmental needs. Checking menus online, bringing your safe snacks, or choosing locations with minimal triggers (such as well-ventilated spaces) can make a big difference to your comfort and safety.

3. Communicate Your Needs

It can feel daunting to explain MCAS to others. But sharing a simple explanation, such as, "I have a condition that makes me react to certain foods and environmental factors, so I need to be mindful of what I eat and where I go," can help set expectations. If you prefer not to discuss details, that's okay too - setting boundaries around what you share is entirely your choice.

4. Choose Your Gatherings Wisely

Not every event or setting will feel appropriate for you, and that's okay. Opting for quieter, smaller gatherings rather than crowded, high-stimulation environments can help you better manage symptoms. Suggesting an outdoor meet-up, a picnic, or a one-on-one catch-up in a familiar, safe space may be a good alternative to large, unpredictable events.



Tips for Social Events

5. Bring Your Essentials

Carrying a small 'Rescue Bag' can provide peace of mind when you're out and about. This might include antihistamines, an EpiPen (if prescribed), safe snacks, a mask (if you're sensitive to airborne triggers), and anything else that helps you manage symptoms. Having these items on hand can help you relax and enjoy your time with others.

6. Listen to Your Body

Social fatigue is very real, and managing MCAS means paying close attention to what your body is telling you. If you start to feel unwell, it's ok to take a break, step away, or leave if you need to. Prioritising your health over social expectations is okay; true friends and loved ones will understand and support you.

7. Have a Support Plan

If possible, attending events with a trusted friend, partner, or family member who understands your condition can provide reassurance. Having someone who can advocate for you, help manage unexpected situations, or simply offer emotional support can make socialising much less stressful.

8. Embrace Alternative Ways to Connect

If in-person gatherings are challenging, explore other ways to stay socially connected. Virtual meet-ups, phone calls, or even letter-writing can maintain relationships while honouring your health needs. Remember, meaningful connections don't always have to happen in traditional settings.

9. Be Kind to Yourself

Living with a chronic condition like MCAS means that some days will be easier than others. It's okay to decline invitations, reschedule plans, or take time for yourself when needed. Socialising should bring joy, not stress. Prioritise what feels right for you, and surround yourself with people who respect and support your needs.



HELPFUL TIP

Try eating while doing something you enjoy, like watching a favourite show or spending time with friends. Making mealtimes enjoyable can help take the pressure off eating.

Tips for Social Events

Social gatherings can sometimes be overwhelming due to environmental triggers like strong perfumes, smoke, pets, or even temperature fluctuations. Identifying and preparing for environmental triggers, where possible, such as pets or specific foods, can make a big difference in helping you feel more comfortable and in control during social situations..

Consider having a conversation with the host beforehand about any triggers you may need to avoid. They may be able to make simple accommodations, such as removing scented products or opening windows for better airflow.

Educating your friends and family about MCAS can make a big difference. It's important they understand that your needs go beyond just dietary restrictions. Greater awareness can help them be more mindful of things like avoiding strong perfumes, smoke, or other environmental triggers.

You might find it helpful to share our Guide for Loved Ones with them, it's a great starting point for building understanding and support.. Find out more here.

Crowded and noisy environments can make symptoms worse for some. If you're attending an event, it can help to plan ahead by identifying a quieter, low-stimulation space where you can take a break if needed. This might be a quiet room, a garden, or another calm spot where you can rest and reset if you start to feel unwell.

Don't hesitate to ask if certain adjustments can be made, such as using fragrance-free cleaning products or maintaining good ventilation. It's important to set clear boundaries, and it is OK to put yourself first. Politely explain your dietary restrictions and environmental sensitivities.

HELPFUL TIP
Print a list of your safe foods and have handy when out, to make it easier to remember and explain to others



Dining Out

A bit of research and preparation beforehand can help make dining out safer and less stressful.

Checking the venue – Look for restaurants that are known for accommodating special dietary needs. Check menus online and call ahead to discuss your requirements. At the end of this resource, you will find a sample email you can send in advance to explain your dietary needs.

Bringing safe food – If you have dietary triggers, you could bring your own meal or snacks. Or opt for simpler dishes from the menu to minimise the risk of hidden ingredients.

Speak with the Chef or Manager: When you arrive, politely request to speak with someone who can help ensure your meal is prepared safely.

Be selective – You don't have to explain everything. A brief, confident statement like, "I have a condition that makes me sensitive to certain foods and environments, so I need to be careful," can be enough.

Having an exit plan – Let your host or close friends know you might need to leave early if you're not feeling well.

You should feel comfortable asking about ingredients, cooking methods, and potential cross-contamination when you're at a restaurant. Clearly explaining the severity of your condition can ensure that your needs are taken seriously.



Dining Out

Also, be mindful of non-food-related triggers when dining out. These might include cleaning products, scented floral arrangements, or other triggers. Choosing to eat during off-peak hours can help reduce exposure to things like perfume or smoke and often allows for a quieter, more relaxed experience.

If the weather permits, opting for outdoor seating can provide better ventilation and reduce the concentration of indoor triggers, although you may need to avoid vaping and smoking areas.

If at any point you feel uncomfortable or sense that staff aren't taking your needs seriously, it's okay to trust your instincts. In some cases, it may be safer to leave or decide not to eat there. Your health and safety come first.

When your meal arrives, take a moment to double-check that it matches what you ordered. If you notice any ingredients that could be a trigger for you, let the staff know straight away. It's important to explain that simply removing the ingredient isn't enough, as even small traces could cause a reaction. If it doesn't feel safe, send the dish back; your health comes first.

If you have a specific allergy and are eating out abroad, translation cards are available from Allergy UK. These can help you to communicate your allergies or intolerances, where there may usually be a language barrier.



General Tips for Socialising

Building a support network of understanding and supportive people is essential for managing life with MCAS. Having friends and family members who listen, empathise, and provide encouragement can make a significant difference in your wellbeing.

Practising self-care by listening to your body and not pushing yourself too hard is important. Recognise your limits and remember to take breaks, step outside for fresh air, or even leave an event early if necessary. Your health and well-being should always come first.

Focusing on the enjoyable aspects of socialising while remembering to prioritise your health can make these experiences more positive.

It is ok to attend an event and not eat if that is safest for you. Spending time with friends and loved ones and being part of the day is more important than what you eat.

Those who really care about you and your welfare will understand that. Consider eating before you go, and just enjoying time with loved ones at the venue.



9. Supplements for MCAS

Disclaimer

Before using this resource, please remember that the information provided is general and cannot be tailored to individual needs.

Any decisions regarding supplements and vitamins should always be made under the guidance of a healthcare professional.

It's important to understand that there is no universal list of supplements for MCAS, as each person's needs and reactions can vary widely.



Supplements and MCAS

People try supplements for various reasons. However, currently, there is limited scientific evidence to support the effectiveness of many of these supplements.

Many of the supplements commonly recommended for use in MCAS have limited human trials supporting their use. Most of the studies we have were either test tube (in vitro) studies or animal studies (1)

However, in certain circumstances, individual nutritional supplements may be recommended by a health professional.

In the pages below, Dietitian Chloe Hall has provided information on some of the key supplements that we have more research on, which may be able to help support us with MCAS.

This sheet will cover:

- Why those with MCAS may consider supplements.
- Key Considerations
- Supplements that may be considered in MCAS
- Supplementing Safely

1. Harris CI, Nasar B, Finnerty CC. Nutritional Implications of Mast Cell Diseases. J Acad Nutr Diet. 2024.

HELPFUL TIP
Source supplements with the least ingredients, and as few fillers, colourings etc as possible.



Why Consider Supplements

Those living with MCAS often consider supplements to address particular needs, such as:

1. Nutritional Deficiencies: If your diet is restricted because of food triggers, you might not be getting enough of certain nutrients, which can lead to deficiencies. This risk may be higher if you have gastrointestinal conditions that affect nutrient absorption or if you experience increased nutrient loss, such as through heavy menstrual bleeding. Supplements can help prevent or correct these deficiencies, which, if left untreated, could worsen your symptoms.

2. Dietary Gaps: People following specific diets, such as vegan or vegetarian, may require supplements like vitamin B12 and iodine, which can be more difficult to obtain from plant-based foods. For those with MCAS, additional dietary restrictions (such as low histamine or dairy-free diets) may increase the need for further supplementation to ensure nutritional balance.

3. Symptom Management: Specific supplements may help to manage symptoms. For instance, magnesium oxide or citrate can aid with constipation.

4. Mast Cell Stabilisation: Many seek supplements that might help stabilise mast cells as a non-medication approach. The effectiveness of these supplements varies, and this page will look at the research supporting their use.



Key Considerations With Supplements

It's really important to approach supplements with the same caution as medications, especially in MCAS.

Overdosing on supplements, like vitamin D, can be fatal, though rare. Therefore, understanding safe dosages is essential. Always read the label and speak to a healthcare professional where possible, for detailed information on safe dosages and usage.

Key Considerations When Taking Supplements

- Whenever possible, try to get nutrients from food due to the additional health benefits food provides. Supplements should bridge gaps only when necessary, particularly in restrictive diets.
- Assess whether a supplement might do more harm than good. Consider past reactions, the quality of the supplement, and if it's in a safe dosage.
- Start one supplement at a time to monitor reactions or benefits. Introducing multiple supplements simultaneously can make it difficult to identify which one is effective.
- Choose reputable brands and ensure supplements are tested by credible sources. Avoid fillers and binders that might trigger reactions.
- Ensure the supplement form is effective and bioavailable, meaning the body can absorb and use it efficiently.



Supplements for MCAS

Vitamin C

What is it?

Vitamin C is an essential water-soluble vitamin found in most fruits and vegetables. It is a potential antioxidant that can support the immune system and help in a reduction of inflammation (1).

Why supplement?

Some people with MCAS worry about getting enough Vitamin C because common sources like citrus fruits or tomatoes may not be well tolerated. In these cases, it's important to explore alternative food sources or consider supplementation. While Vitamin C is often mentioned as a mast cell stabiliser, there is currently very limited human evidence to confirm this effect (1).

Can I just get it from food?

Yes, if you are able to eat a varied diet with plenty of plant-based foods. If you are on a restricted diet, then it may be more difficult.

Foods that are high in Vitamin C include broccoli, peppers, dark green leafy vegetables, cherries, papaya, etc. In the typical UK diet, we get a lot of our vitamin C from potatoes.

(1). Harris CI, Nasar B, Finnerty CC. Nutritional Implications of Mast Cell Diseases. J Acad Nutr Diet. 2024.

HELPFUL TIP
Onboard supplements very slowly and gradually, starting with very small doses.



Supplements for MCAS

Vitamin D

What is it?
A fat-soluble vitamin and hormone

Why Supplement?
Vitamin D helps to support healthy bones and teeth and protect muscle strength. (1) It has been suggested that vitamin D deficiency can activate mast cells and that vitamin D is necessary for mast cell stabilisation. (2)

How much?
Adults who are at higher risk of low vitamin D levels (see list to the right) are advised to consider taking a daily supplement containing 10 micrograms of Vitamin D, especially during autumn and winter months.

Can I just get it from food?
It's unlikely that you'll get sufficient Vitamin D from food alone. Most of our Vitamin D is produced in the skin when it's exposed to sunlight, especially between March and October.

Groups at risk of low Vitamin D

- those who are pregnant or breastfeeding
- people over 65 years old
- people with darker skin tones – people of Asian, African, Afro-Caribbean, and Middle Eastern descent – living in the UK or other northern climates
- if you always cover most of your skin when you are outside
- if you live further North, there is less sunlight for you to make vitamin D
- anyone who spends very little time outside during the summer
- if the air is quite polluted.

(1) Association BD. Vitamin D [Available from: https://www.bda.uk.com/resource/vitamin-d.html.
(2). Mehrani Y, Morovati S, Tieu S, Karimi N, Javadi H, Vanderkamp S, et al. Vitamin D Influences the Activity of Mast Cells in Allergic Manifestations and Potentiates Their Effector Functions against Pathogens. Cells. 2023;12(18):2271.



Supplements for MCAS

Omega-3 fatty acids

What are they?

Omega-3 fatty acids are essential polyunsaturated fats that play a crucial role in brain function, heart health, and inflammation regulation.

Why Supplement?

Omega-3 has been shown to have anti-inflammatory properties and supports brain and heart health. (1, 2) Omega-3 fatty acids are limited on the low histamine diet due to the exclusion of oily fish.

How much?

Choose a supplement that provides you with the same daily amount provided by eating one to two portions of fish per week (about 450mg EPA and DHA per daily adult dose). (3) Check the Vitamin A content of the supplement- You should not have more than 1.5mg vitamin A (1500ug) a day from food and supplements combined. Don't take supplements containing vitamin A if you are pregnant or planning to become pregnant.

What type?

Fish oil doesn't contain histamine, so omega-3 fish oil supplements are ok to take while on a low histamine diet. If you are on a plant-based diet, an algae supplement is an appropriate alternative.

Can I just get it through food?

You could include 1 or 2 of the following daily instead to get enough omega-3 on a low histamine diet:

- 1 tbsp ground linseed/flaxseed
- 6 walnut halves
- 1 tbsp chia seeds
- 2 tbsp shelled hemp seeds (4)

(1.) Gutiérrez S, Svahn SL, Johansson ME. Effects of Omega-3 Fatty Acids on Immune Cells. Int J Mol Sci. 2019;20(20).
(2.) Calder PC. Marine omega-3 fatty acids and inflammatory processes: Effects, mechanisms, and clinical relevance. Biochimica et Biophysica Acta (BBA) - Molecular and Cell Biology of Lipids. 2015;1851(4):469-84.
(3.) Association BD. [Available from: https://www.bda.uk.com/resource/omega-3.html.
(4.) Society TV. Omega-3 [Available from: https://www.vegansociety.com/resources/nutrition-and-health/nutrients/omega-3-fat.



Supplements for MCAS

Quercetin & Luteolin

What are they?

They are naturally occurring compounds, flavonoids, found in fruits and vegetables like onions and garlic. They can act as antioxidants and have anti-inflammatory properties. (1)

Why Supplement?

Some research has suggested that both luteolin and quercetin appear as effective as cromolyn sodium at reducing the release of chemical mediators, including histamine, leukotrienes, and prostaglandin D2. (2)
We need more independent studies that aren't funded by supplement companies. (1)

Can I get it from food?

You can obtain Quercetin and Luteolin naturally in foods by consuming a wide range of plant-based foods; however, the amount consumed in food may not be sufficient to achieve therapeutic doses. Further research is needed to determine whether this is the case.

How much?

Quercetin is generally considered as safe, and no common side effects have yet been found in doses of up to 1 to 2g each day. (3, 4) Safety data on Luteolin are lacking, as is guidance on the most effective dosage. (5) Consumption of flavonoids should be kept under 1-2g per day, in total, as they can have an impact on the liver at higher doses. (6)

(1.) Harris CI, Nasar B, Finnerty CC. Nutritional Implications of Mast Cell Diseases. J Acad Nutr Diet. 2024.
(2.) Weng Z, Zhang B, Asadi S, Sismanopoulos N, Butcher A, Fu X, et al. Quercetin is more effective than cromolyn in blocking human mast cell cytokine release and inhibits contact dermatitis and photosensitivity in humans. PLoS One. 2012;7(3):e33805.
(3.) Examine. Quercetin 2025 [Available from: https://examine.com/supplements/quercetin/?show_conditions=true#dosage-information.
(4.) Okamoto T. Safety of quercetin for clinical application (Review). Int J Mol Med. 2005;16(2):275-8.
(5.) Ntalouka F, Tsirivakou A. Luteolin: A promising natural agent in the management of pain in chronic conditions. Front Pain Res (Lausanne). 2023;4:1114428.
(6.) Ross JA, Kasum CM. Dietary flavonoids: bioavailability, metabolic effects, and safety. Annu Rev Nutr. 2002;22:19-34.



Supplements for MCAS

Palmithoylethanolamide (PEA)

What is it?

A chemical made from fat, which is found in egg yolks and peanuts, as well as being produced by our own bodies. (1) It is thought to affect the way food moves through our gut and positively influence gut bacteria, as well as having anti-inflammatory and antioxidant effects. (2)

Why supplement?

It is thought to downregulate mast cell receptors. (3) It may also reduce pain due to various conditions, which may be helpful for some people with MCAS. (4) We need further studies done in people with MCAS, however.

Can I just get it from food?

You can get this in foods such as eggs and peanuts; however, it is unknown whether this dose would be enough to get the benefits discussed above.

How much?

Doses of 600mg once to twice a day have commonly been used in studies. No clear recommendations exist for the duration of PEA use, and we need more studies on long-term use of this supplement. (5)

1.) Brankovic´ M, Gmizic´ T, Dukic´ M, Zdravkovic´ M, Daskalovic´ B, Mrda D, et al. Therapeutic Potential of Palmitoylethanolamide in Gastrointestinal Disorders. Antioxidants (Basel). 2024;13(5).
(2.) Pirozzi C, Coretti L, Opallo N, Bove M, Annunziata C, Comella F, et al. Palmitoylethanolamide counteracts high-fat diet-induced gut dysfunction by reprogramming microbiota composition and affecting tryptophan metabolism. Front Nutr. 2023;10:1143004.
(3.) Cremon C, Stanghellini V, Barbaro MR, Cogliandro RF, Bellacosa L, Santos J, et al. Randomised clinical trial: the analgesic properties of dietary supplementation with palmitoylethanolamide and polydatin in irritable bowel syndrome. Aliment Pharmacol Ther. 2017;45(7):909-22.
(4.) Viña I, López-Moreno M. Meta-Analysis of Palmitoylethanolamide in Pain Management: Addressing Literature Gaps and Enhancing Understanding. Nutr Rev. 2025.
(5.) Lang-Illievich K, Klivinyi C, Lasser C, Brenna CTA, Szilagyi IS, Bornemann-Cimenti H. Palmitoylethanolamide in the Treatment of Chronic Pain: A Systematic Review and Meta-Analysis of Double-Blind Randomized Controlled Trials. Nutrients. 2023;15(6).



Supplements for MCAS

Probiotics

What are they?

Probiotics are live microorganisms that, when administered in adequate amounts, confer a health benefit on the host. (1) Many people with MCAS will trial probiotics for various reasons, including to help with their gut symptoms.

Why Supplement?

Those with MCAS may consider taking probiotics for several reasons:

1. Gut Symptoms; There are no specific recommendations for Healthcare Professionals to follow when it comes to advising probiotics for those with MCAS. However, some of those with MCAS will also have other conditions, such as Irritable Bowel Syndrome (IBS), where there is guidance in terms of how long to recommend probiotics for and which strains of bacteria may help symptoms.
2. To help support their gut health with the goal to reduce MCAS symptoms; Histamine is a chemical that is used to send signals in our gut. (2) Probiotics do have the potential to regulate histamine levels; however, research in this area is in the early stages, and currently, we have no studies that look at probiotic use in MCAS. (3)

Can I just get it from food?

You can consume probiotics in fermented foods like sauerkraut, kombucha, yoghurt, etc. However, these foods tend to be high in histamine, and many people with MCAS struggle to tolerate them.

HELPFUL TIP
Don't avoid foods unnecessarily – it might not be a problem for you. Everyone with MCAS has different triggers.



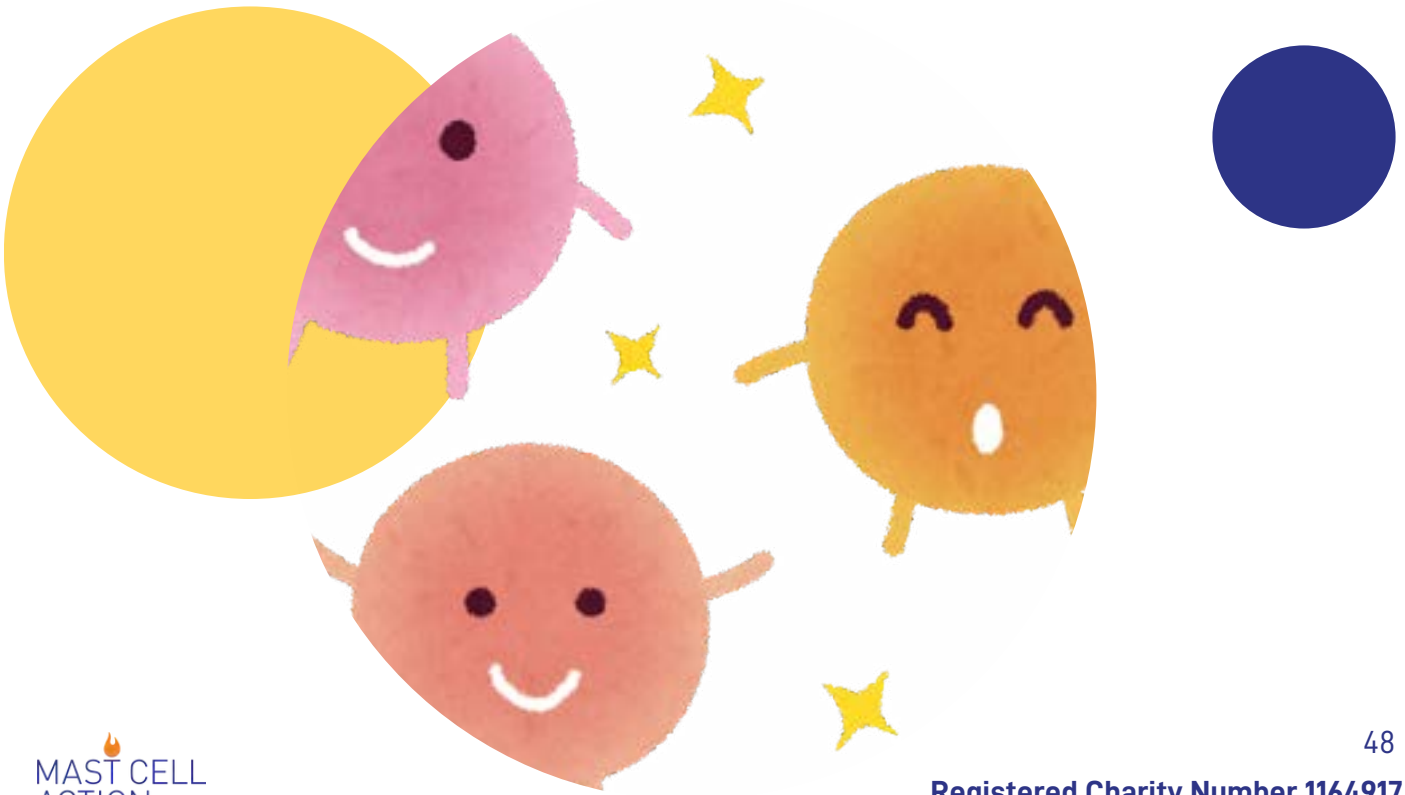
Supplements for MCAS

Probiotics Continued

Things to consider when taking probiotics with MCAS

- The efficacy of probiotics is both strain-specific and disease-specific, so we need to choose a probiotic that has evidence that the particular strain in it can help that particular symptom or disease. (4)
- Probiotics have the potential to reduce inflammation and allergic responses, but they can also sometimes worsen symptoms - so selecting the right type is very important (3).
- Some bacterial strains release histamine and not all bacterial strains have been tested in terms of histamine release. (5, 6)

(1.)Group FWw. Probiotics in food Health and nutritional properties and guidelines for evaluation. 2001
(2.) Krell T, Gavira JA, Velando F, Fernández M, Roca A, Monteagudo-Cascales E, et al. Histamine: A Bacterial Signal Molecule. Int J Mol Sci. 2021;22(12).
(3.) Harris CI, Nasar B, Finnerty CC. Nutritional Implications of Mast Cell Diseases. J Acad Nutr Diet. 2024.
(4.) McFarland LV, Evans CT, Goldstein EJC. Strain-Specificity and Disease-Specificity of Probiotic Efficacy: A Systematic Review and Meta-Analysis. Front Med (Lausanne). 2018;5:124.
(5.) Hrubisko M, Danis R, Huorka M, Wawruch M. Histamine Intolerance-The More We Know the Less We Know. A Review. Nutrients. 2021;13(7).
(6.) Stuivenberg G, Daisley B, Akouris P, Reid G. In vitro assessment of histamine and lactate production by a multi-strain synbiotic. J Food Sci Technol. 2022;59(9):3419-27.



Supplementing Safely

When thinking about supplements for MCAS, it's important to understand that some people may react to them. Often, it's not the active ingredient itself but the fillers, colourings, and additives - known as excipients - or the capsule itself, that can trigger reactions.

Try and source supplements with as few ingredients as possible, and try it in very small doses to begin with. If you struggle with tablets, explore different formats, such as sprays, topical, liquids, etc.

Please note: everyone with MCAS is different, and no one reacts the same way to supplements. Therefore, even though a supplement may appear to be 'clean', it does not mean that it is 'safe' for you. You may still react to it.

There is no one-size-fits-all approach with MCAS, and as with anything new you introduce, it involves a process of careful trial and error to find what works best for you.

It is advised that, due to the variety of formulations available on the market, you always check the label to review ingredients and avoid any potential additives that could cause or trigger any kind of adverse reaction.

Always seek medical advice from your health care professional before onboarding any supplements and ensure they have prior knowledge of your medical history and any individual needs in order to help you decide when to add more supplements.

Always proceed with any new supplement with extreme caution, and try it in very low doses to begin with, to see how your body responds to it.

If you notice an increase in symptoms after starting any new supplement, discontinue use immediately and seek medical advice.



10. Food and Wellbeing

Coping Mentally and Emotionally with Food-Triggered Flares

Experiencing a flare after eating can be upsetting, frustrating, and exhausting, and feeling as though you are losing foods can be extremely frightening. These emotional responses are completely natural, and there are ways to support yourself through the moment and reduce their effect.

During a Flare

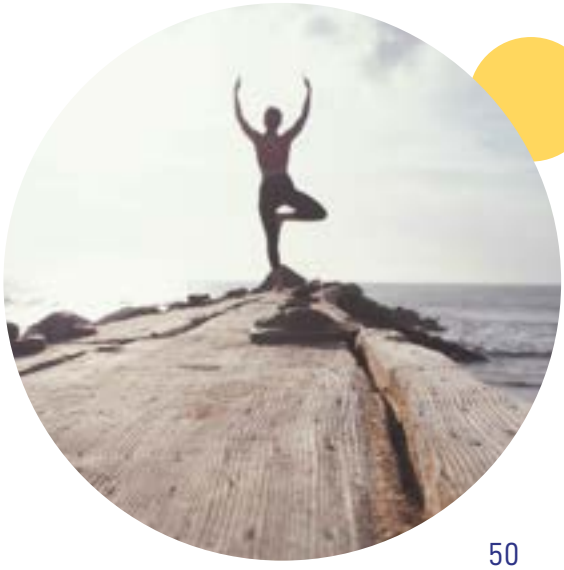
- Ground yourself: Focus on slow, steady breathing or a calming phrase (e.g. "This will pass"). This helps reduce panic and keeps the nervous system from amplifying symptoms.
- Create a flare plan in advance, This might include a quiet, safe place to rest, having safe hydration nearby, or using relaxation tools like soothing music or gentle heat/cold packs.
- Remind yourself that a flare is not your fault. Food reactions in MCAS are unpredictable, even with great care.
- Listen to the 'Coping with a Flare' meditation on our YouTube Channel.

After a Flare

- Give yourself permission to rest emotionally and physically. Reactions are very tiring, and the body and mind both need space to recover.
- If journaling helps, note what happened in a neutral way, without judgment. Over time, this can help spot patterns without fuelling fear.
- Talking through the experience with a trusted friend, family member, or therapist can help us process what happened, especially if it was a severe reaction.

Building Resilience

Each flare can feel overwhelming, but over time, developing a toolkit makes us feel more empowered, less vulnerable and more able to support ourselves through it.



Food Fear

Living with MCAS can make our relationship with food very complicated. When reactions are unpredictable eating meals, which should feel pleasurable and nourishing, can instead become a source of stress. Many people with MCAS experience food fear, a deep anxiety about eating because of the possibility of symptoms. This is completely understandable, but over time it can limit food choices more than necessary, worsening nutrient deficiencies, increasing isolation, and reducing quality of life.

Understanding Food Fear

Food fear can develop when the body and mind connect eating with danger. (1) Even though reaction risk is real, the constant anticipation of symptoms can heighten anxiety and trigger stress responses, which may make reactions even worse.

People with MCAS may initially feel resistant to this idea, as it can seem as though it implies their reactions are imagined, when we know they are real!

But it's entirely normal for your brain (not you!) to develop a fear response around food when food has actually been harmful in the past.

This can lead to the brain perceiving all food to be dangerous and triggering an unconscious 'fight or flight' reaction in response to food. This can make us feel reluctant to eat, and can make reactions worse. (2) Recognising this cycle is the first step in gently breaking it.

Tools to Work with Food Anxiety

- Mindful Eating: Before eating, take a few deep breaths, notice the food's smell, texture, and colour in a curious, non-judgemental way, and try to eat slowly. This helps shift the body into a calmer "rest and digest" state.
- Mantras: While eating mindfully, as above, say 'This is safe, I am safe' to yourself over and over.
- Create a safe space: Creating a soothing and calm environment in which to eat, perhaps with others, can help calm the brain and make it feel safe.



Food Fear

- Distraction: Try eating while doing something enjoyable, like listening to music or a funny TV programme, to encourage the brain to associate food with pleasure, rather than danger.
- Grounding Techniques: Simple practices like feeling your feet on the floor, deep breathing, using guided relaxation, or listening to calming music can reduce anxiety before and during meals.
- Notice the positives: Our brain has a natural negativity bias – it's more likely to remember and focus on the times you reacted to foods, than all the other times you ate something and didn't react. Journaling about safe experiences with food can reinforce positive associations with food.
- Support Systems: Talking about your feelings about food with a trusted healthcare professional who is experienced in MCAS, such as a dietician, health coach or therapist, can help us maintain perspective around food and reduce feelings of isolation.

HELPFUL TIP
Research the ways in which food benefits your body, and reflect on how food is helping you heal. Reframe food as a helpful and positive thing.

Compassion and Patience

It's important to be gentle with yourself. Food anxiety is not something to be ashamed of, it is a natural response to living with reactions to food. Over time, using tools like these can help reduce fear and restore a more positive relationship with food. (3)

1.https://www.sciencedirect.com/science/article/abs/pii/S0889159107000049#:~:text=Discussion,that%20are%20compatible%20with%20anxiety (accessed 26.9.25)
2.https://www.sciencedirect.com/science/article/abs/pii/S0091674903033797 (accessed 26.9.25)
3.https://www.thermofisher.com/allergy/us/en/living-with-allergies/food-allergies/living-with-food-allergy-anxiety.html (accessed 26.9.25)



11. Meal Planning

Meal Planning Kit

Weekly Meal Planning Template

This template helps you plan breakfast, lunch, dinner, and snacks for each day of the week. It also includes sections for noting any specific dietary goals.

A full-size version is available on page 55 for you to print out and complete.

WEEK OF:

DAY	Breakfast	Lunch	Dinner	Snacks	Notes/goals
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Shopping List

This template allows you to organise your shopping list based on food categories, ensuring you don't miss any essential items, and is designed to help you quickly navigate the supermarket.

A full-size version is available on page 56 for you to print out and fill in.

Category	*Items to Buy*
Fresh Meats & Fish	
Vegetables	
Fruits	
Grains & Starches	
Dairy/Dairy Alternatives	
Fats & Oils	
Herbs and Spices	
Snacks	
Beverages	
Supplements	
Other	

Meal Planning

Meal Prep Template

For those who experience fatigue as a symptom of MCAS, preparing and cooking meals from scratch every day can be challenging. Energy levels can vary, and even simple tasks may feel overwhelming at times.

Planning meals in advance makes it easier for us to ensure we are getting a balanced diet, with a sufficient range of nutrients.

This template guides you through the process of meal prep, helping you plan out cooking and preparation tasks for the week. It includes space for listing tasks by day and notes for storage and reheating instructions.

A full-size version is available on P57 for you to print out and fill in.

Task	*Day*	*Notes (Storage/Reheating, etc)*
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	

Registered Charity Number 1164917

Weekly Meal Planning Template

Week of:					
Day	Breakfast	Lunch	Dinner	Snacks	Notes/goals
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

MAST CELL ACTION

Weekly Shopping Planner

Category	Items to Buy
Fresh Meats & Fish	
Vegetables	
Fruits	
Grains & Starches	
Dairy/Dairy Alternatives	
Fats & Oils	
Herbs and Spices	
Snacks	
Beverages	
Supplements	
Other	

Registered Charity Number 1164917

MAST CELL ACTION

Meal Preparation Planning Template

Task	Day	Notes (Storage/Reheating, etc)
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	

Registered Charity Number 1164917

12. Useful Documents

Draft Email to send to restaurants in advance

Dear [Restaurant],

I am writing ahead of my visit to your restaurant on/at. I have a medical condition called Mast Cell Activation Syndrome (MCAS), which means that my immune system can react severely to certain foods and ingredients. Because of this, I need to be very careful with what I eat when dining out.

To stay safe, I must strictly avoid the following:

- [List of specific foods/ingredients – e.g., dairy, gluten, soy, shellfish, nuts, certain spices, food additives, preservatives, alcohol, vinegar, citrus, etc.]
- Any hidden sources of these ingredients (e.g., sauces, marinades, pre-prepared seasonings, stock cubes, etc.).

Meals that are often safe for me include:

- [List safe options such as Grilled Chicken with Steamed Vegetables]
- Grilled white fish with rice and Fresh Salad with Olive Oil
- Fruit Options: Pears, apples

I am always happy to discuss simple adaptations to existing menu items that might work.

It is very important that my food is prepared without cross-contamination. For example, using clean utensils, pans, chopping boards, and surfaces that have not come into contact with the foods above.

Would it be possible for your kitchen to accommodate these needs? I would be very happy to discuss options from your menu that could be adapted safely.

I completely understand that this requires additional care, and I truly appreciate your time and support in helping me eat safely. Please let me know if you feel this is something your team can manage, and if so, what dishes might be suitable.

Thank you for your understanding and assistance. I look forward to hearing from you.

Warm regards,

Name
Contact details

Draft Email to send to your host for a private function in advance

Hi [Host's Name],

Thank you so much for inviting me to [name of event]. I'm really looking forward to [the dinner/your party/seeing everyone]. I just wanted to let you know about something important around food so you're aware in advance.

You might already know that I have a medical condition called Mast Cell Activation Syndrome (MCAS), which means my body can react to certain foods and other triggers. Because of this, I need to be really careful about what I eat, and sometimes even small ingredients or cross-contamination can cause me to be unwell.

The main things I need to avoid are:

- [List specific foods/ingredients, e.g., dairy, gluten, soy, nuts, shellfish, certain spices, additives/preservatives, alcohol, vinegar, citrus, etc.]

I completely understand that this can make catering tricky, and I absolutely don't want to add stress to your hosting. To make it easier, I thought I'd share some examples of safe foods for me:

- [List safe options such as: Plain grilled or baked meat, fish, or chicken (without marinades or seasonings)]
- Steamed or boiled vegetables
- Plain rice, potatoes, or salad with just fresh ingredients

Please don't worry if it feels too complicated - I'm very happy to bring something safe with me, so you don't have to make special arrangements. I just thought it would help to let you know in case you're planning dishes and want to check what might work.

Thank you so much for understanding. I really appreciate it. Most of all, I'm looking forward to spending time together.

Warmly,

Name

Images for illustrative purposes only - does not show actual recipes.

Lower Histamine Recipe Ideas

These are a selection of recipe ideas that are lower in histamine. Feel free to adapt them and swap any ingredients that don't work for you!



Breakfast



Breakfast Recipes

Quinoa Porridge with Fresh Berries
Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 cup coconut milk or almond milk (unsweetened)
- 1 tablespoon maple syrup or honey (optional)
- 1/2 teaspoon cinnamon
- Fresh blueberries or sliced apples

Instructions:

1. In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce the heat and simmer for about 15 minutes, until the quinoa is tender and the water is absorbed.
2. Stir in the coconut milk, cinnamon, and sweetener (if using). Cook for another 5 minutes until creamy.
3. Serve warm, topped with fresh berries or apples.



Breakfast Recipes

Sweet Potato and mushroom Scramble
Ingredients:

- 1 medium sweet potato, peeled and diced
- 2 tablespoons olive oil
- Handful of mushrooms sliced
- 2 eggs (or substitute with tofu for a vegan option)
- Salt and pepper to taste

Instructions:

1. Boil the sweet potato cubes for about 10 minutes until tender, then drain.
2. In a large pan, heat olive oil over medium heat. Add the sweet potato and cook for 5 minutes until lightly browned.
3. In a frying pan, cook the mushrooms.
4. Crack the eggs into the pan and scramble with the vegetables until fully cooked. Season with salt and pepper to taste.



Breakfast Recipes

Chia Pudding with Pear and Cinnamon
Ingredients:

- 1/4 cup chia seeds
- 1 cup coconut milk or almond milk (unsweetened)
- 1 tablespoon maple syrup or honey
- 1 pear, peeled and diced
- 1/2 teaspoon ground cinnamon

Instructions:

1. In a bowl, mix chia seeds, milk, and maple syrup. Stir well and let sit for about 5 minutes, then stir again to prevent clumping.
2. Cover and refrigerate for at least 2 hours or overnight to allow the chia seeds to absorb the liquid and thicken.
3. Top with diced pear and a sprinkle of cinnamon before serving.



Breakfast Recipes

Savory Oatmeal with kale and Herbs
Ingredients:

- 1/2 cup rolled oats
- 1 cup water or coconut milk
- 1 cup fresh kale
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh chives, chopped
- Salt to taste

Instructions:

1. In a saucepan, bring water or coconut milk to a boil. Add oats and reduce the heat to a simmer. Cook for about 5 minutes until the oats are soft.
2. Stir in fresh kale and cook for an additional 1-2 minutes until wilted.
3. Mix in parsley, chives, and a pinch of salt before serving.



Breakfast Recipes

Pumpkin Spice Smoothie
Ingredients:

- 1/2 cup canned pumpkin (pure pumpkin, not pie filling)
- 1 cup coconut milk or almond milk (unsweetened)
- 1/2 teaspoon pumpkin pie spice (or just cinnamon if more sensitive)
- 1 tablespoon maple syrup or honey (optional)

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately, or refrigerate for a cool, creamy breakfast.



Breakfast Recipes

Oatmeal with Pear and Ginger
Ingredients:

- 1/2 cup rolled oats
- 1 cup water or coconut milk
- 1 pear, peeled and diced
- 1/2 teaspoon fresh ginger, grated
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup or honey (optional)

Instructions:

1. Combine oats and water (or coconut milk) in a pot and bring to a boil. Reduce the heat and simmer until the oats are soft.
2. Stir in diced pear, ginger, chia seeds, and sweetener if using. Cook for an additional 2-3 minutes.
3. Serve warm.



Lunch And Dinner



Lunch/Dinner Recipes

Grilled Chicken with Courgette Noodles
Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 courgettes, spiralized into noodles
- 1 clove garlic, minced
- 1 tablespoon fresh basil, chopped
- Salt and pepper to taste

Instructions:

1. Preheat the grill to medium-high heat. Brush chicken breasts with olive oil and season with salt and pepper.
2. Grill the chicken for about 6-7 minutes on each side until fully cooked. Remove from the grill and let rest.
3. In a pan, heat the remaining olive oil over medium heat. Add garlic and cook for 1 minute.
4. Add courgette noodles and sauté for 3-4 minutes until tender. Toss with fresh basil.
5. Slice the grilled chicken and serve it over courgette noodles.



Lunch/Dinner Recipes

Baked Cod with Sweet Potato Mash
Ingredients:

- 2 cod fillets
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 2 medium sweet potatoes, peeled and chopped
- 1/4 cup coconut milk or almond milk
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Place the cod fillets on a baking sheet, drizzle with olive oil, and season with salt, pepper, and parsley. Bake for 15-20 minutes until the fish is flaky.
2. Meanwhile, boil the sweet potatoes in water until tender, about 15 minutes. Drain and mash with coconut milk. Season with salt and pepper.
3. Serve the baked cod with the sweet potato mash on the side.



Lunch/Dinner Recipes

Turkey and Courgette Meatballs

Ingredients:

- 1 lb ground turkey
- 1 cup grated courgette (squeeze out excess moisture)
- 1/4 cup chopped fresh parsley
- 1 egg
- 1/4 cup gluten-free breadcrumbs or almond flour
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, mix all ingredients until well combined. Form the mixture into small meatballs and place on the prepared baking sheet.
3. Bake for 20-25 minutes until cooked through and golden brown.



Lunch/Dinner Recipes

Sweet Potato and Kale Salad

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 2 tablespoons olive oil
- 2 cups fresh kale, chopped
- 1/4 cup pumpkin seeds
- 1/4 cup pomegranate seeds (optional)
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Toss sweet potato cubes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes until tender.
2. In a large bowl, combine kale, roasted sweet potatoes, pumpkin seeds, and pomegranate seeds.
3. Drizzle with apple cider vinegar and toss to combine.



Lunch/Dinner Recipes

Herb-Roasted Chicken with Carrots
Ingredients:

- 2 chicken thighs or breasts
- 1 tablespoon olive oil
- 2 teaspoons dried thyme
- 2 teaspoons dried rosemary
- 2 large carrots, peeled and chopped
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Rub chicken with olive oil, thyme, rosemary, salt, and pepper.
2. Place chicken and carrots on a baking sheet. Roast for 25-30 minutes until chicken is cooked through and carrots are tender.



Lunch/Dinner Recipes

Cauliflower Rice Stir-Fry
Ingredients:

- 1 head of cauliflower, grated into rice-sized pieces
- 1 tablespoon olive oil
- 1 cup mixed vegetables (such as bell peppers, carrots, and peas)
- 2 cloves garlic, minced
- 1 tablespoon coconut aminos (optional)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pan over medium heat. Add garlic and cook for 1 minute.
2. Add mixed vegetables and sauté until tender.
3. Stir in cauliflower rice and cook for 5-7 minutes, until cauliflower is tender.
4. Season with coconut aminos, salt, and pepper.



Snacks and Puddings



Snacks and Pudding Recipes

Blueberry Coconut Energy Bites

Ingredients:

- 1/2 cup unsweetened shredded coconut
- 1/4 cup coconut flour
- 1/4 cup fresh or frozen blueberries
- 2 tablespoons maple syrup or honey
- 1 tablespoon coconut oil, melted

Instructions:

1. In a food processor, combine all ingredients and pulse until well mixed.
2. Roll the mixture into small balls and place them on a baking sheet.
3. Refrigerate for 30 minutes to firm up before serving.



Snacks and Pudding Recipes

Pear and Ginger Crumble
Ingredients:

- 3 ripe pears, peeled and sliced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup or honey
- 1/2 cup almond flour
- 2 tablespoons coconut oil, melted
- 1/4 teaspoon ground cinnamon

Instructions:

1. Preheat the oven to 350°F (175°C). Place pear slices in a baking dish and sprinkle with ginger and maple syrup.
2. In a bowl, mix almond flour, melted coconut oil, and cinnamon to create a crumbly topping.
3. Sprinkle topping over the pears and bake for 20-25 minutes until the topping is golden brown.



Snacks and Pudding Recipes

Ingredients:

- 2 apples, thinly sliced
- 1 teaspoon cinnamon

Instructions:

1. Preheat the oven to 200°F (93°C). Line a baking sheet with parchment paper.
2. Arrange apple slices in a single layer on the baking sheet. Sprinkle with cinnamon.
3. Bake for 1-2 hours, turning occasionally, until apples are crispy and dry.



Snacks and Pudding Recipes

Coconut Macaroons

Ingredients:

- 2 cups unsweetened shredded coconut
- 1/2 cup egg whites (about 3 large eggs)
- 1/2 cup maple syrup or honey
- 1/2 teaspoon vanilla extract (optional)

Instructions:

1. Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper.
2. In a bowl, mix coconut, egg whites, sweetener, and vanilla extract.
3. Drop spoonfuls of the mixture onto the baking sheet.
4. Bake for 15-20 minutes, until macaroons are golden brown.



Drinks



Drink Recipes

Herbal Tea (Peppermint and Ginger)
Ingredients:

- 1 tablespoon fresh peppermint leaves (or 1 peppermint tea bag)
- 1-inch piece of fresh ginger, sliced
- 2 cups boiling water
- Honey to taste (optional)

Instructions:

1. Place peppermint leaves and ginger slices in a teapot or heatproof container.
2. Pour boiling water over the herbs and let them steep for 5-10 minutes.
3. Strain the tea into cups and sweeten with honey if desired.



Drink Recipes

Green Smoothie
Ingredients:

- 1 cup kale
- 1/2 cucumber, peeled and sliced
- 1/2 apple, sliced
- 1/2 cup coconut water
- 1 tablespoon chia seeds

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth, adding more coconut water if needed for consistency.
3. Serve immediately for a refreshing, nutrient-rich drink.



Drink Recipes

Coconut Water with Fresh Mint
Ingredients:

- 1 cup coconut water
- Fresh mint leaves
- Ice cubes

Instructions:

1. Fill a glass with coconut water.
2. Add fresh mint leaves and ice cubes.
3. Stir and enjoy a cooling, hydrating beverage.



Drink Recipes

Warm Apple Cinnamon Drink
Ingredients:

- 2 cups apple juice (100% pure, no additives)
- 1 cinnamon stick
- 1-2 cloves (optional)
- 1/2 teaspoon vanilla extract (optional)

Instructions:

1. In a saucepan, combine apple juice, cinnamon stick, and cloves. Heat over medium heat until warm.
2. Remove from heat and stir in vanilla extract if using. Serve warm.



Drink Recipes

Mango and kale Smoothie
Ingredients:

- 1 cup fresh or frozen mango chunks
- 1 cup fresh kale
- 1/2 cup coconut water
- 1/2 cup ice cubes (optional)

Instructions:

1. Combine mango, spinach, and coconut water in a blender.
2. Blend until smooth, adding ice cubes if desired for a colder smoothie.



Drink Recipes

Herbal Mint Iced Tea
Ingredients:

- 2 mint tea bags
- 4 cups boiling water
- Fresh mint leaves
- Ice cubes

Instructions:

1. Steep tea bags in boiling water for 5-7 minutes. Remove tea bags and let cool to room temperature.
2. Pour tea over ice cubes and garnish with fresh mint leaves.



Drink Recipes

Cucumber Mint Infused Water
Ingredients:

- 1 cucumber, sliced
- Fresh mint leaves
- 4 cups water

Instructions:

1. Combine cucumber slices and mint leaves in a pitcher.
2. Fill with water and refrigerate for at least 2 hours to allow flavors to infuse.
3. Serve chilled.



Drink Recipes

Berry Smoothie
Ingredients:

- 1 cup frozen mixed berries (such as blueberries and strawberries)
- 1 cup coconut milk or almond milk (unsweetened)
- 1 tablespoon flaxseeds or chia seeds
- 1 teaspoon honey or maple syrup (optional)

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth and serve immediately.

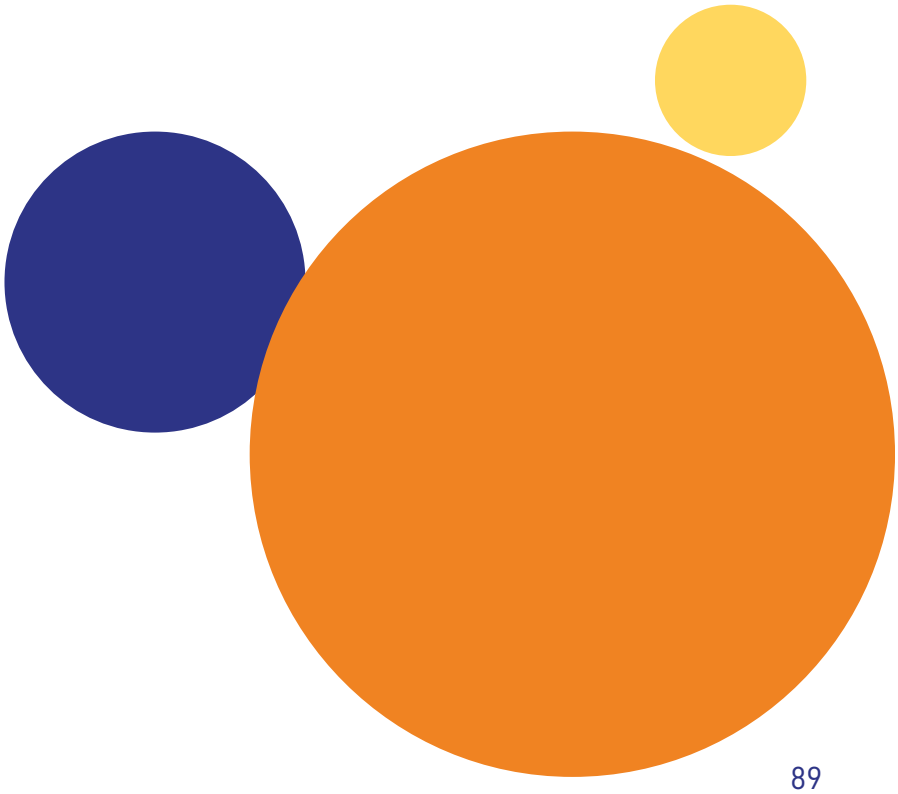


12. Other Resources

If you would like to explore any of the topics in this guide further, here are some links to external resources that might be of interest to you.

- You can find a range of tips and resources on the medical management and self-management of MCAS on our website here mastcellaction.org/managing-mcas
- You can learn more about how to manage your environment on our website here. mastcellaction.org/managing-your-environment
- You can learn more about how to identify and manage MCAS triggers on our website here. mastcellaction.org/managing-triggers
- You can download our Self-Management Toolkit here, which contains more information on managing a low-histamine diet, as well as other dietary triggers like oxalates and salicylates. mastcellaction.org/assets/_/2023/06/26/6fb5eecf-26e1-40a8-a724-0ea2d7310952/mcas-self-management-toolkit.pdf?v=1
- You can find more low-histamine recipes on these external websites.

- throughthefibrofog.com/low-histamine-recipes
- healinghistamine.com



Thank you

This work has been made possible by an award from Postcode Places Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.

Supported by players of PEOPLE'S POSTCODE LOTTERY

Awarded funds from POSTCODE PLACES TRUST

Special Thanks to:

Chloe Hall, The Calm Gut Dietician

Elanna Barrett - Artwork
Precious Osawe - Editing

We are also very grateful to members of the Mast Cell Action Community for their input and feedback on this document.