



Generally safe foods in MCS (low histamine and low thiol)

Please try not to go crazy with the MCS lists. My 'generally safe foods for everyone' list is as follows. Perhaps start here and add to it as you feel fit. In brackets I have indicated if there is a chemical which could potentially be problematic (in case you find you struggle with it).

Veggies:

Roots: Beetroot (although high in oxalates), Parsnip, Sweet Potato, White potato (check if cut or processed as chips etc. may have added ingredients), Yam

Salads: Celery, Courgette, Fennel, Lettuce, Watercress, Sweetcorn / Maize (although high in Glutamates)

Squashes: Pumpkin, Butternut squash and other squashes

Others: Very fresh mushrooms might be OK (can become high histamine), Water Chestnuts

Fruits (all fresh, not dried):

Apple, Pear, Peach

Blackberries, Blueberries, Cherries

Cantaloupe/ Honeydew Melon, Watermelon

Mango, Lychee, Persimmon, Pomegranate

Fresh coconut (not shredded / dried as high in sulphites), may be tolerated. I have seen reactions to coconut products in some sensitive patients. Remember coconut yoghurt is fermented and high in histamines.

Nuts: All high apart from

Chia seeds, macadamias, chestnuts

Safe Herbs and spices: (careful – everything from garlic to turmeric is high in chemicals)

Ginger, Black Pepper, Cinnamon

Meat and other proteins:

Beef (check for sulphites)

Chicken (fresh with no preservatives)

Very fresh/ frozen pollock, cod, trout, whitefish – you could try Seafresh UK: <https://www.seafreshuk.com/>

Lamb

Egg yolks are lower in sulphur and well tolerated by some patients who are otherwise sensitive. Can be tried later.

Fats:

Coconut oil, Ghee (unless dairy sensitive), MCT

Olive Oil, Sesame oil, Vegetable oils (cold pressed and unheated)

Grains:

Rice, Oatmeal

Sweeteners:

Honey, White sugar

Fructose, Stevia, Splenda (sucralose)

Other:

Gelatine

Apologies this is not a huge list – but try your best and see if this helps. If we can get you feeling stable, then we can find your tolerances then we can slowly re-build the diet from a safe baseline.

