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Title of Presentation	Daily dietary histamine intake is not associated with symptom severity in mastocytosis: Preliminary Findings Using the DREAMS app.
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Abstract of Presentation	Background: Dietary factors, particularly the so-called histamine-rich and histamine-releasing foods, are anecdotally implicated in symptom exacerbations in mastocytosis, yet supporting evidence remains scarce. The DREAMS study aimed to prospectively investigate the association between daily dietary intake and symptom severity using a

	mobile application with artificial intelligence-assisted food recognition. Methods: Adults with mastocytosis or monoclonal mast cell activation syndrome (MMAS) were followed over 14 days. Meals were documented through photographs uploaded to a mobile application. Symptom severity was assessed daily using the validated Mastocytosis Activity Score. The association between dietary histamine, fried food and alcohol intake and the daily MAS was analysed using generalised linear mixed models, with adjustment for energy intake, clinical variables, and genetic factors. Results: Twenty patients were included (65% female; median age 39 years), comprising nine (45%) with indolent systemic mastocytosis, five (25%) with bone marrow mastocytosis, four (20%) with cutaneous mastocytosis, and two (10%) with provisional diagnosis of MMAS. Dietary histamine, fried food and alcohol intake was not associated with daily symptom severity across all three models (all $p > 0.05$). Conclusion: Daily dietary histamine, fried food and alcohol consumption were not associated with symptom severity in patients with clonal mast cell disease. These findings argue against indiscriminate dietary restriction and suggest that counselling should be guided by individually confirmed triggers. Future studies with larger cohorts and

	validated dietary tools are needed to confirm these results.
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