

Foods Based on Lectin Content

Lectins are proteins found in many plants which are intended to harm the person consuming them. You can think of them as the way that the plants protect themselves from being eaten.

These lectins are found in high concentrations in certain foods. Consuming foods high in lectin may cause symptoms including:

- Bloating
- Gut problems
- Fatigue
- Brain fog
- Anxiety
- Skin problems
- Joint discomfort
- Pain in the body
- Inability to lose weight
- Water retention
- Headaches/migraines
- Sleep issues

Even though lectins have the potential to cause disease and problems it doesn't mean that they will cause problems in every single person who consumes them. In this way, lectin sensitivity exists on a clinical spectrum.

On one side you have some patients who can tolerate lectins just fine. On the other side you have a number of people who find themselves to be exquisitely sensitive to lectins. In addition, there are also people who have a mild intolerance.

Why are we even talking about lectins here?

The reason is because lectins are commonly found in healthy food products. This sets up a situation in which you may be eating a healthy diet but still feeling poorly and not understanding why this is happening. The answer may be caused by lectins and your sensitivity to them.

To put this into context consider that gluten is also a dietary lectin. Lectins found in other foods also cause a similar reaction as does gluten if consumed by those with Celiac disease. Consuming these lectins may cause gut damage, lead to intestinal permeability, and reduce your weight loss efforts.

And that's why we are talking about them as part of this program. It's important to at least consider the fact that you may be lectin sensitive.

I don't want you to jump into this diet right away, but I want it to be available to you in case you find that you don't respond to the meal plans that I have provided for you.

If you believe that you are reacting to lectins in your diet then you can use this list of foods based on lectin content and try to avoid those healthy foods high in lectin and eat those healthy foods which are low in lectin.

Foods with Low Lectin Content (Ideal foods to eat):

- Beef
- Chicken
- Salmon
- Sardines
- Beef or chicken liver
- Pea protein
- Rice Protein
- Hemp protein
- Collagen
- Raw Honey
- Hi-Maize resistant starch
- Waxy Maize
- Glucose/dextrose
- Bee Pollen
- Animal fat
- Caprylic acid
- Safflower Oil
- Extra virgin olive oil
- Hemp oil
- Grapeseed oil
- Avocado oil

- Ghee
- Coconut oil
- Black Cumin Seed Oil
- Romaine lettuce
- Cucumbers
- Celery
- Broccoli Sprouts
- Sunflower Lecithin
- Brewer's Yeast
- Nutritional Yeast
- Italian Seasoning
- Curry
- Stevia
- Xylitol
- Trehalose
- Caffeine-free kombucha
- Apple cider vinegar
- Leafy Greens
- Steamed kale
- Steamed spinach
- Sauer kraut
- Pickles
- Mushrooms
- Steamed broccoli
- Steamed collard greens
- Steamed green beans
- Decaf tea
- Carob
- Mustard
- Sriracha
- Vanilla
- Cinnamon
- Most spices
- Spirulina

Foods with slightly higher lectin content but still not terribly high:

- Anchovies
- Pork
- Eggs
- Raw honey
- Purple sweet potatoes
- Cantaloupe
- Mango
- Avocados
- Papaya
- Pineapple
- Blueberries
- Pomegranate
- Tangerines
- Watermelon
- Honeydew
- Goldenberries
- Cooked tempeh
- Beef gelatin
- Garlic
- Onions
- Sugar snap peas
- Snow peas
- Green beans

Foods with moderate lectin content:

- Fully sprouted lentils or repeated soakings over 48 hours
- Summer Squash
- Japanese sweet potatoes
- Arrowroot
- Sunflower seeds
- Flax seed -preferably sprouted
- Coconut shreds
- Chia seeds
- Coconut Milk
- Sesame seeds
- Soaked/sprouted quinoa
- Hemp seeds

- Dates
- Grapefruit
- Oranges
- Kiwi
- Guava
- Pears
- Blackberries
- Raspberries
- Cherries
- Cranberries
- Apples (better for Th1 dominant)
- Strawberries
- Plums
- Peaches
- Nectarines
- Beets
- Kale chips
- Kudzu
- Jasmine Tea

Avoid completely if you suspect Lectin Sensitivity:

- Brown rice Chickpeas
- Lentils
- Corn on the cob
- Basmati White rice.
- Parboiled rice.
- Soaked lentils
- Taro
- Cassava
- Plantains
- Winter Squash
- Carrots
- Pumpkin
- Pistachio nuts
- Skinned almonds
- Olives
- Walnuts

- Almonds
- Brazil nuts
- Wild blueberries
- Tomato

Avoid these foods if you have any other food sensitivities in addition to suspected lectin sensitivity:

- Herring
- Sourdough bread
- Mouldy cheeses
- Ripe bananas
- Figs
- Raisins
- Sprouted buckwheat/Go Raw Granola
- Grapes
- Whey
- Hummus without additives
- Chocolate/Cocoa
- Caffeine
- White potatoes
- Most legumes
- Beta-lactoglobulin
- Oats
- Unmodified Potato starch
- Orange sweet potatoes
- Tuna
- Buckwheat
- Kefir

Never consume these foods:

- Yeast
- Gluten-containing grains and all grains
- Carrageenan

- Almond milk, nut milks.
- Cashews
- Peanuts
- Pinto beans
- Kidney beans
- Various legumes
- Gluten
- Casein