

## **Are High Lectin Foods Bad for You?**

As we will examine in more detail foods high in lectins can unfold quite health-endangering effects according to current studies.

With this in mind, a lectin-free diet is associated with the improvement of the following health conditions (Gundry et al. 20175):

Acne

Age spots, skin markings

Allergies

Alopecia

Anemia

Arthritis

Asthma

Autoimmune diseases (such as rheumatoid arthritis, type 1 diabetes, multiple sclerosis, and Crohn's disease)

Bone loss (including osteopenia and osteoporosis)

Brain Fog

Cancer

Chronic fatigue syndrome

Chronic pain syndrome

Colon polyps

Cramps, tingling, and numbness

Cranial Nebula

Dementia

Depression

Diabetes, prediabetes, insulin resistance

Exhaustion

Fat in the stool (due to poor digestion)

Fibromyalgia

Gastroesophageal reflux disease (GERD)

Gut problems (bloating, pain, flatulence, constipation, diarrhea)

Headaches

Heart disease, coronary heart disease, vascular disease

High blood pressure

Infertility, irregular menstrual cycle, miscarriage

Irritability and behavioral changes

Irritable bowel syndrome (IBS)

Joint pain

Little testosterone

Low levels of immunoglobulin G, immunoglobulin M, and immunoglobulin A

Low white blood cell count

Lymphomas, leukemias, multiple myeloma

Male pattern baldness

Memory loss

Migraine

Nutritional deficits due to malabsorption

Parkinson's Disease

Peripheral neuropathy

Polycystic ovarian syndrome (PCOS)

Reduction in dental health

Reflux or heartburn

Ringing in the ears

Skin rashes

The slow growth of infants or children

Vitiligo

Weight gain or loss

How Do Lectins Affect Gut Health?

The understanding of lectins fills some dark spots in conventional medicine that were unexplained for a long time. And like so many diseases, the harmful effects of lectins begin in the second brain – the intestine.

Leaky Gut

Leaky Gut Syndrome means that the barrier separating the outside world – the contents of your gastrointestinal tract – from your body leaks.

As a result, there is a loophole in the gut mucosal lining through which bacteria and toxins can enter the bloodstream from the gut and cause inflammation and diseases.

## **FOODS THAT ARE HIGH IN LECTINS**

### **Lectin-Rich Vegetables**

In the case of vegetables, it is particularly important to avoid legumes that contain large quantities of lectins. Some supposed vegetables are not included on this list, as they are actually fruits:

All beans, including sprouts

Chickpeas

Edamame

Green beans

Hummus

Legumes

Lenses

Pea Protein

Peas

Soy Protein

Soy

Structured vegetable protein

Sugar Peas

Tofu

## **Fruits High in Lectins**

Among fruits, especially the families of nightshades, cucurbits (both fruits, not vegetables) and melons are highest in lectins:

Chili's

Cucumbers

Eggplants

Goji Berries

Melons (all types)

Peppers

Pumpkins (all types)

Tomatoes

Zucchini

## **Processed Foods High in Lectins**

Lectins are not exclusive to whole foods. On the contrary, it is precisely industrial processing that makes lectins – usually in the form of refined carbohydrates – even more concentrated and thus harmful:

Margarine

Milk

Pasta

Rice

Bread

Cookies

Flour  
Cookies  
Cornflakes  
Cereals  
Tortillas  
Potatoes  
Potato Chips  
Sugar  
Agave syrup  
Acesulfame K  
Sucralose  
Aspartame  
Saccharin  
Maltodextrin  
Energy drinks  
Diet soda  
Zero Beverages

### **Grains and Pseudo-Grains High in Lectins**

As we have already pointed out, it is precisely grains that contain various sorts of lectins.

Furthermore, you will find pseudo-grains, such as quinoa, among these foods highest in lectins:

Barley

Barley Grass

Brown rice

Buckwheat

Bulgur

Corn

Corn products

Cornstarch

Einkorn

High-fructose corn syrup (HFCS)

Kamut

Oats

Popcorn

Quinoa

Rye

Spelt

Wheat Grass

White basmati rice

White rice

Wild rice

## **Nuts and Seeds High in Lectins**

Besides seeds, it's – strictly speaking – legumes such as peanuts and cashews that are exceptionally high in lectins:

Pumpkin seeds

Sunflower seeds

Chia seeds

Peanuts

Cashews

## **Oils High in Lectins**

The following oils contain not only lectins but also omega-6 fatty acids that promote inflammation:

Canola

Corn

Grapeseed

Peanut

Safflower

Soy

Sunflower

Partially hydrogenated

Dairy High in Lectins (Casein-A1)

Northern European cows give milk that contains the milk protein casein A-1 instead of casein A-2. And this casein A-1 is converted into a lectin-like protein called beta-casomorphine during digestion.



Beta-casomorphine is considered one of the primary causes of type 1 diabetes. It attaches itself to the insulin-secreting beta cells in the pancreas, where the immune system attacks it.

Unfortunately, Northern European cows are mainly used for milk production, as they give more milk and are therefore more profitable than Southern European cows. You can find this milk in dairy products such as:

Cottage cheese

Cheese

Ice cream

Ricotta

Yogurt (incl. Greek)

Yogurt ice cream

## **LECTIN-FREE FOOD LIST**

Although Dr. Gundry's original positive list inspires this lectin-free food list PDF, I had to adapt it (Gundry et al. 201718).

For example, it makes absolutely no sense to eat fructose bombs like dates if you want to improve your overall health, lose weight, and prevent insulin resistance and diabetes.

### **Lectin-Free Vegetables**

Besides leafy greens, most sorts of cabbages are native to Europe and low in lectins:

Algae (Nori)

Artichokes

Arugula

Asparagus

Basil

Beet

Broccoli

Brussels sprouts

Carrots

Cauliflower

Celery

Chicory

Chinese cabbage

Chives

Coriander

Fennel

Garlic

Jerusalem Artichoke

Kale

Kohlrabi

Leeks

Lettuce

Mint

Mushrooms

Mustard leaves

Okra

Olives

Onions

Pak Choi

Parsley

Perilla (Shiso)

Purslane

Radicchio

Radish

Radishes

Salad tips

Sauerkraut

Seaweed (Kelp)

Spinach

Swiss chard

Watercress

White and red cabbage

## **Lectin-Free Fruits**

Although most fruits are fundamentally bad for health, that is not true for avocados, which shine with healthy fats and nutrients. Additionally, berries and citrus fruits are tolerable in moderation:

Avocado

Blueberries

Blackberry

Strawberry

Raspberries

Citrus fruits (no juices)

Lemon juice

## **Lectin-Free Nuts and Seeds**

Besides the lectin bombs already discussed, there is also a variety of foods among nuts that do not contain lectins:

Brazil nuts

Coconut (not water)

Coconut milk

Flax seeds

Hazelnuts

Hemp seeds

Macadamia nuts

Pecans

Pine nuts

Pistachios

Psyllium

Sesame

Walnuts

### **Lectin-Free Oils**

Among lectin-free oils, coconut oil should be the first choice for frying, as it has the highest proportion of stable saturated fatty acids:

Algae

Avocado

Cod Liver

Extra Virgin Flaxseed (cold-pressed)

Extra Virgin Olive

Hemp seed

MCT

Macadamia

Red Palm

Shiso (Perilla)

Virgin Coconut

Walnut

Fish

Krill

### **Lectin-Free Fish**

On the lectin-free foods list, the following fish is ideal, if not farmed:

Anchovies

Butterfish

Carp

Clams

Crabs

Hake

Halibut

Lobster

Mackerel (North Atlantic)

Mullet

Oysters

Prawns

Saithe

Salmon

Sardines

Scallops

Sea Wolf

Squids

Trout

Tuna

## **Lectin-Free Meat**

If the animals were not excessively fed with grains, corn, or soy and treated with antibiotics, the following options represent foods low in lectins:

Chicken

Turkey

Duck

Goose

Pheasant

Pigeon

Quail

Ostrich

Pork

Lamb

Deer

Elk

Wild boar

Grass-fed beef

Bison

Prosciutto

## **Lectin-Free Dairy**

In contrast to Northern European cows, goats, sheep, buffalo, and Southern European cows still produce casein A-2 milk, which is contained in the following lectin-free foods:

From France/Italy/Switzerland

Butter

Cheese

Buffalo (Italy)

Butter

Mozzarella

Casein A2

Cheese

Cream

Heavy cream cheese

Ghee

Coconut yogurt (no dairy product)

Parmesan

Pecorino

Sour cream

Grass-fed butter

Goat and sheep

Kefir

Butter

Yogurt



Cheese

Milk

Cream

### **Lectin-Free Resistant Starch**

Whether resistant starch is the most efficient choice for losing weight is arguable. Nevertheless, the following foods are free of lectin:

Baobab fruit

Celeriac

Dishpans

Green bananas

Green papaya/mango

Khaki

Konjac Tuber

Millet

Palm lily blossoms

Parsnips

Plantains

Sorghum Millet

Sweet potatoes

Tapioca

Taro root

Tigernuts

Turnips

Yam bean

Yams

### **Lectin-Free Flour**

Not only in the low-carb and keto cuisine but also generally, the following lectin-free foods enjoy great popularity as flour substitutes:

Almond flour

Arrowroot flour

Chestnut flour

Coconut flour

Flax flour

Flour from green bananas

Hazelnut flour

Manioc flour

Sesame flour

Sweet potato flour

Tigernut flour

## **Lectin-free Spices and Dressings**

Besides these lectin-free spices, you can also enjoy Tabasco sauces in moderation:

Vinegar (without added sugar)

Herbs and spices (not chili)

Mustard

Pepper

Sea salts (pink Himalayan, Celtic, Redmond)

Miso

## **Lectin-Free Beverages**

As with losing weight in general, no juices are allowed in a lectin-free diet – no matter how often they are marketed as organic or natural:

Water

Mineral Water

Lemon water

Herbal Tea

Green Tea

Black tea

Coffee

Red wine (one glass a day)

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