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Lectins, Weight Loss, and Fat Storage: Understanding the Connection

Exploring the role of lectins in
weight management

Hi, I am Louise.

I'm a Nutritional Health Coach.

After years of private practice and working within the NHS, I see how every one is different and has individual nutrition needs. The guidelines for weight loss and health are a 'one size fits all' approach, which we can clearly see just doesn't work. Finding your own nutrition needs is vital in obtaining forever weight loss and long term health.

SO LET'S DIVE IN TO THE TOPIC OF LECTINS





What Are Lectins?

Definition of Lectins

Lectins are proteins that interact with carbohydrates, playing a significant role in biological processes.

Sources of Lectins

Lectins are found abundantly in legumes, grains, and certain vegetables, making them a common dietary component of our food.

Biological Influence

The interaction of lectins with cell membranes can influence various biological processes, including cell signaling.



I thought Lectins were found in grains?

Why is there tomatoes and milk on the list?

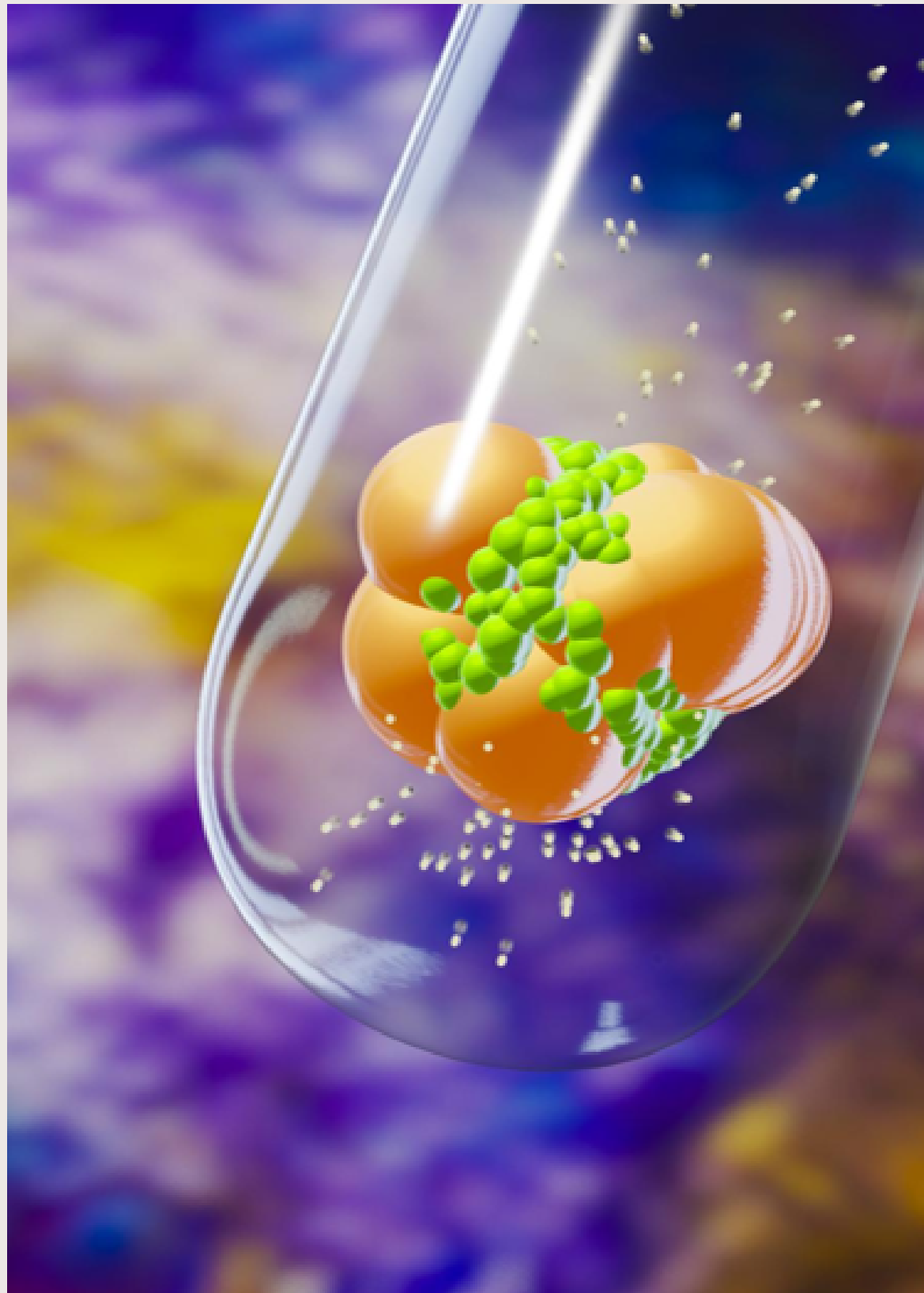
Lectins are found and interact with the carbohydrate portion of foods.

Tomatoes are part of the Nightshade family, along with potatoes and peppers. Some people find they have a sensitivity to the lectins in nightshades, causing aching and inflammation.

Dairy lectin content depends on the dairy. There are different kinds of dairy available, two of which being A1 and A2 dairy. A1 dairy mimics lectin. Again, this is person specific. Some people are more sensitive than others.

If you can get A2 milk, this is preferable. A2 milk comes from certain cows, like Guernsey and Jersey cows, A1 milk comes from dairy cows.

A2 milk contains the B-casein protein that is easier to digest.



Wrap up of this section:

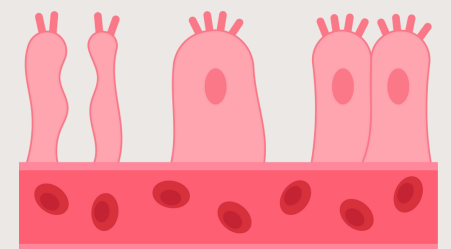
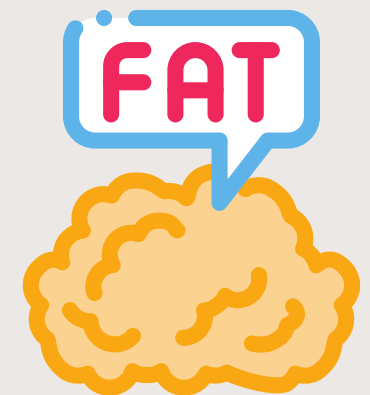
- Lectins are plant-derived proteins that bind to carbohydrates.
- Found in beans, grains, nightshades, dairy, and some seeds.
- They impact digestion, metabolism, and fat storage.
- Individual responses to lectins vary, affecting weight loss outcomes.

How Lectins Affect Weight Loss



Lectins Disrupt Key Hormones & Gut Health

- Blocks leptin receptors → Increased hunger, overeating, and fat storage.
 - Leptin is our satiety signal. It is a message sent from our fat stores to our brain that tells us if we have enough fat on our body, and if so, stops the urge to seek out food and eat.
- Mimics insulin → Stimulates fat storage even without excess carbs.
 - Insulin is our glucose storage hormone. It is raised when we eat carbohydrates and simple sugars. So if you have lectins in your system it can encourage fat storage the same as insulin.
- Damages gut lining (leaky gut) → Triggers inflammation & metabolic dysfunction.
 - If we eat foods that damage our gut lining, proteins and other particles can enter into the blood stream, which triggers our immune system. Inflammation messes with our hunger/satiety signals and impairs/reduces insulin sensitivity



Why Some People Handle Lectins Better Than Others

- Genetics: Some people produce more digestive enzymes to break down lectins.
- Gut health: A strong microbiome can reduce lectin damage.
- Dietary history: Long-term exposure to high-lectin foods can increase sensitivity.
- Autoimmune conditions: Those with conditions like arthritis or Hashimoto's are often more reactive to lectins.



Are Lectins Sabotaging Your Weight Loss?

Symptoms of lectin overload or sensitivity:

- Bloating
- Abdominal pain
- Fatigue
- Autoimmune conditions
- Stubborn weight loss even with a calorie deficit
- Healthy eating/Calorie controlled diet with weight loss resistance



How to minimise the impact of Lectins

✓ Avoid processed foods that contain any grains

✓ Peel and deseed Nightshades

✓ Ferment or soak high lectin foods

✓ Prioritize low lectin foods

✓ Follow a low carb or ketogenic diet that naturally omits lectin containing foods

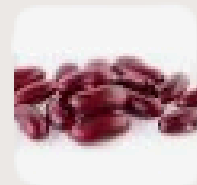




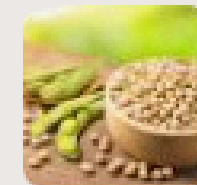
Experiment with a low lectin diet for 30 days and observe changes in weight, energy, digestion and food noise, or cravings



Peanuts



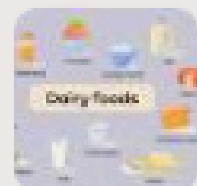
Kidney bean



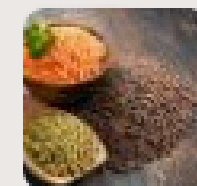
Soybeans



Wheat



Dairy product



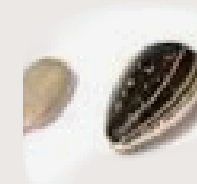
Lentils



Nightshade vegetables



Potato



Sunflower seed



Tomatoes



Corn-fed meats



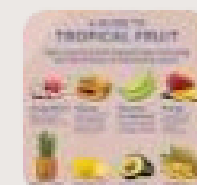
Eggplant



Quinoa



Corn



Fruits



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