



# LECTINS

## *Food Guide*





## Overview

# Lectins



Lectins are proteins in certain foods that bind to carbohydrates. They resist breakdown in the digestive system which can lead to GI upset and other symptoms.

Depending on your symptoms, goals, and other factors specific to you, there may be many foods rich in lectins that are not good for you at this time. This means that in the future, you may be able to tolerate these foods once again, your healing journey will tell!

Lectins can cause various health issues in some people::

- Swelling
- Discomfort
- Digestive issues
- Gas/bloating
- Weight gain
- Brain fog
- Autoimmune symptoms and distress
- And other symptoms

### **An overview of foods high in lectins:**

- Certain vegetables, particularly nightshades (like tomatoes, potatoes, and eggplant)
- Certain nuts and seeds (like cashews, peanuts, pumpkin seeds, sunflower seeds)
- Grain-fed and farm-raised animal proteins
- Beans and legumes (unless pressure cooked)
- All dairy products



# Lectin Sensitivity Food List



## Dairy

### EAT THIS

- Grass fed cow butter (A2 from Europe)
- Grass fed ghee
- Grass fed goat butter
- Yogurt from goat or sheep milk

### NOT THIS

- Conventional dairy milk (from A1 cows)
- Conventional dairy
  - butter, cheese, yogurt (including Greek), cottage cheese, creamer, ice cream

## Non-Dairy Milk/Creams

Often, these should be added in only after major health goals have been achieved.

### EAT THIS

- Almond milk (no additives, unsweetened, blanched, ideally made at home from sprouted almonds)
- Coconut milk/cream (unsweetened)
- Coconut water
- Coconut yogurt (unsweetened)
- Hemp milk (unsweetened)
- Hazelnut milk

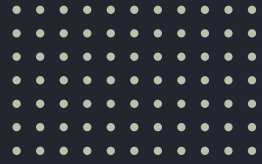
### NOT THIS

- Cashew milk
- Oat milk
- Rice milk
- Soy milk

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# Lectin Sensitivity Food List



## Meat

### EAT THIS

- Beef, grass fed
- Bison, grass fed
- Boar
- Elk, grass fed
- Lamb, grass fed
- Venison
- Wild game

### NOT THIS

- Plant-based "meat"
- Hemp tofu
- Impossible burger
- Quorn: Grounds
- (contains barley malt
- extract)
- Soy or Soy tofu
- Tempeh

## Poultry

All pastured, hormone free. No corn, soy, or grain fed

### EAT THIS

- Chicken
- Dove
- Duck
- Eggs - duck or chicken if tolerated
- Goose
- Grouse

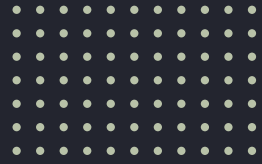
### NOT THIS

- Ostrich
- Pheasant
- Quail
- Turkey

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## Fish

### EAT THIS

- Anchovies (wild caught)
- Bass (fresh water)
- Calamari/squid
- Halibut (Alaskan)
- Kippers
- Lobster
- Mackerel
- Mahi-Mahi
- Mussels
- Oysters
- Salmon (Alaskan, wild-caught)
- Sardines (wild-caught)
- Scallops
- Shrimp
- Tuna, canned (not albacore or yellowfin, only small tuna)
- Whitefish (including cod, haddock, hake, herring, monkfish, mullet, pollock, sea bass, sole)

### NOT THIS

- Large tuna
  - albacore or yellowfin
- Shark
- Swordfish

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## Oils

### EAT THIS

- Avocado Oil - only 100% pure, no filler oils
- Coconut Oil
- Cod Liver Oil
- Hemp Seed Oil (from Andreas Oils)
- Macadamia Oil
- Olive Oil (cold, never cooked)
- Pumpkin Seed Oil (ONLY from Andreas Oils)
- Sesame Oil (from Andreas Oils)
- Walnut Oil

### NOT THIS

- Canola or Vegetable
- "Partially hydrogenated"
- Corn
- Cottonseed
- Grapeseed
- Peanut
- Safflower
- Soy
- Sunflower - (except Andreas Oils)

## Vinegars

### EAT THIS

- All unsweetened varieties
- Apple Cider Vinegar is very healing! Use whenever possible.
- Balsamic is fine

### NOT THIS

- Sweetened vinegars

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## “Foodles”

### EAT THIS

- Cauliflower rice
- Kelp noodles
- Korean sweet potato/yam noodles
- Shiritake, aka konjac noodles
- Spaghetti squash

### NOT THIS

- Zucchini noodles

## Grains

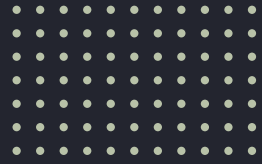
### NOT THIS

- Barley (cannot pressure cook)
- Barley grass
- Brown rice
- Buckwheat
- Bulgur
- Corn
- Cornstarch
- Kashi
- Oats (cannot pressure cook)
- Popcorn
- Quinoa\*
- Rye (cannot pressure cook)
- Spelt
- Wheat (cannot pressure cook)
- Wheat Einkorn
- Wheat Kamut
- Wheatgrass
- White rice (except basmati from India)\*
- Whole grains
- Wild rice\*

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## Starches

Only incorporate these once you're beyond the early stages of healing/detox.

### EAT THIS

- Baobab fruit
- Cassava, aka Yuca
- Celery root (celeriac)
- Coconut
- Glucomannan (konjac root)
- Green bananas
- Green mango
- Green papaya
- Green plantains
- Parsnips
- Persimmon
- Rutabaga
- Sorghum
- Sweet potatoes
- Taro root
- The Real Coconut (coconut/cassava flour tortillas and chips)
- Tiger nuts
- Turnips
- Yams

### NOT THIS

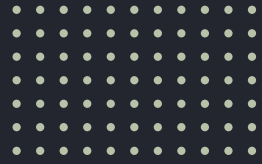
- Bread
- Cereal
- Cookies
- Crackers
- Flours made from grain and pseudograins
- Pasta
- Pastries
- Potato chips
- Potatoes\*
- Rice
- Tortillas

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# Lectin Sensitivity Food List



## Sweeteners

Limit these, especially in the beginning.

### EAT THIS

- Agave
- Coconut Cream powder for drinks
- Dark chocolate 72% or greater, vegan  
1-2 oz per day
- Erythritol
- Monk Fruit
- Stevia (medical grade)
- Vanilla - extract or bean  
powder
- Yacon

### NOT THIS

- Acesulfame K
- Aspartame
- Agave
- Coconut sugar
- Corn syrup
- Diet drinks
- Maltodextrin
- Maple syrup
- NutraSweet
- Splenda (Sucralose)
- Sweet One or Sunett
- Sweet'n Low (Saccharin)
- Honey (1 teaspoon per day local or  
Manuka)\*
- Sugar - all sources: cane, beet, etc.

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# Lectin Sensitivity Food List



## Nuts & Seeds

Avoid raw nuts and seeds, especially at the beginning of your health journey or detox. They contain anti-nutrients and can be difficult to digest. 1/2 cup per day of sprouted and dehydrated Macadamias, Walnuts, Pecans, or Pine Nuts tend to be tolerable for many people.

### EAT THIS

- Brazil Nuts
- Coconuts
- Chestnuts
- Flaxseeds (Andreas Oils)
- Hazelnuts
- Hemp Seeds (Andreas Oils)
- Pine Nuts
- Sesame Seeds (Andreas Oils)

### NOT THIS

- Almonds
- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower

## Olives

### EAT THIS

- Black
- Castelvetrano
- Kalamata
- Nicoise
- And all other varieties!

### NOT THIS

- Non-organic
- All olives are lectin-free!

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# Lectin Sensitivity Food List



## Fruits & Vegetables

Limit fruits to in-season, and limit high-sugar fruits to small quantities.

### EAT THIS

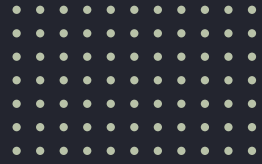
- Algae
- Apples
- Apricots
- Artichokes
- Arugula
- Asparagus
- Avocados
- Bamboo Shoots
- Basil
- Beets
- Blackberries
- Blueberries
- Bok choy
- Broccoli & sprouts
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherries
- Chicory
- Chinese cabbage
- Chives
- Cilantro
- Citrus - Lime/Lemon
- Grapefruit, Oranges,
- Clementines
- Collards
- Crispy pears
- Dandelion greens
- Dates
- Dill
- Endive
- Escarole
- Fennel
- Fiddlehead fern
- Figs
- Garlic
- Ginger
- Hearts of palm
- Jackfruit
- Jerusalem artichokes
- Kale
- Kimchi
- Kiwis
- Kohlrabi
- Leafy greens (all)
- Leeks
- Lemongrass
- Lettuce (all)
- Mesclun
- Mint
- Mizuna
- Mushrooms
- Mustard greens
- Napa cabbage
- Nectarines
- Onions
- Parsley
- Peaches
- Perilla
- Plums
- Pomegranates
- Purslane
- Radicchio
- Radishes (all)
- Raspberries
- Raw sauerkraut
- Rhubarb
- Romaine
- Scallions
- Sea vegetables
- Seaweed
- Spinach
- Strawberries
- Swiss chard
- Tarragon
- Water Chestnuts
- Watercress

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# Lectin Sensitivity Food List



## Fruits & Vegetables

After reaching your health goals, foods with an “\*” asterisk can be slowly reintroduced, as long as they are pressure cooked, or their skins and seeds have been removed.

Limit fruits to in-season, and limit high-sugar fruits to small quantities.

### NOT THIS

- All lentils\*
- Beans\*
- Bean sprouts
- Bell peppers\*
- Chickpeas\*
- Chili peppers\*
- Cucumbers\*
- Edamame
- Eggplant\*
- Goji berries
- Green beans
- Legumes\*
- Lentil pasta\*
- Melons (any kind)
- Pea protein
- Peas
- Pumpkin\*
- Soy
- Soy protein
- Squashes (any kind)\*
- Sugar snap peas
- Textured vegetable protein
- Tofu
- Tomatoes\*
- Zucchini\*

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## Drinks

### DRINK THIS

- Organic Coffee (without added sugar or A1 dairy)
  - remember that most coffee is toxic with mold! Choose mycotoxin free brands such as Purity, Bulletproof, and/or Danger Coffee.
- Organic Kombucha
  - while lectin-free, many people working on their gut health do not do well with Kombucha. Consider Kombucha an indulgence once you've reached your health goals.
- Organic Tea
  - all types are great, as long as they've been farmed and processed responsibly

## Flours

### EAT THIS

- Coconut
- Chestnut
- Blanched almond
- Hazelnut
- Sweet Potato

### NOT THIS

- Chickpea
- White flour
- Whole wheat
- Oat
- Rice

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Success Tips

# Lectins



***This information is to empower you.***

You may need to experiment and pause other foods as well in order to find the most healing foods for you and your family.

**Above all else, listen to your body.** Start small and build on to your progress.

Often people find that starting with just removing gluten and/or nightshades is a less overwhelming task. As you start making progress, it will build on itself!

So give yourself time and grace and enjoy the benefits of a healthier you!



# prairie / sage

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