

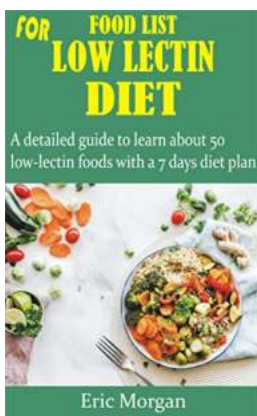
The Ultimate Food List for Low Lectin Diet: Boosting Health and Well-being

Have you ever heard of the term "lectins"? Lectins are a type of protein found in many plant-based foods that can cause several health issues. They have been linked to digestive problems, autoimmune diseases, and inflammation. Adapting to a low lectin diet can help you improve your overall health and well-being.

The key principle of a low lectin diet is to avoid or minimize the consumption of foods that are high in lectins. By doing so, you can potentially reduce inflammation in your body, promote a healthier gut, and enhance your immune system. In this article, we will provide you with a comprehensive food list for a low lectin diet, ensuring that you can make informed food choices and enjoy a healthier lifestyle.

1. Vegetables

When it comes to vegetables, not all of them are created equal in terms of lectin content. Safe choices for a low lectin diet include:



FOOD LIST FOR LOW LECTIN DIET: A detailed guide to learn about 50 low-lectin foods with a 7 days diet plan by Sharron I. Ware (Kindle Edition)

★★★★★ 5 out of 5

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File size : 2043 KB
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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 20 pages
Lending : Enabled

FREE

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Free Printable Grocery List Lectin-free AND Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

- Oils**
- Algae Oil
 - Avocado Oil
 - Coconut Oil
 - Extra-Virgin Olive Oil
 - MCT Oil
 - Perilla Oil
 - Red Palm Oil
 - Sesame Oil
 - Walnut Oil
 - Virgin Cod Liver Oil
- Acceptable Nuts and Seeds in Moderation**
No more than half a cup per day
- Macadamia
 - Pistachios
 - Pecans
 - Cherries
 - Flax seeds
 - Hemp seeds
 - Hulled Sesame Seeds
 - Psyllium
 - Brazil nuts
 - Coconut
 - Blanched Almonds
 - Seafood
- FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)**
- Condiments & Miscellaneous**
- Sea salt (very important natural anti-histamine)
 - Ascorbic acid + water to make a safe vinegar-like solution
 - Baking powder
 - Gelatin
- Fruit**
- Blueberries and blackberries in season
- Vegetables**
- Broccoli (high amounts of salicylates)
 - Brussels sprouts
 - Cauliflower (anti-histamine)
 - Bok choy
 - Napa cabbage
 - Chinese cabbage
 - Swiss chard
 - Arugula (anti-histamine)
 - Watercress (high amounts of salicylates)
 - Collards
 - Kale (anti-histamine)
 - Cabbage
 - Red Cabbage (anti-histamine)
 - Radichio
 - Nepales cactus
 - Celery
 - Onions (some people have a histamine response to onions)
 - Shallots
 - Leeks
 - Olives
 - Scallions
 - Carrots
 - Carrot greens
 - Artichokes
 - Beets (high amounts of salicylates)
 - Radishes
 - Daiikon radishes
 - Jerusalem artichokes
 - Hearts of palm
 - Okra (natural lectin blocker)
 - Asparagus (anti-histamine)
 - Garlic (anti-histamine)
 - Leafy greens
 - Romaine
 - Red and green leaf lettuce
 - Kohlrabi
- Dairy**
- A2 raw milk, preferably pasture-raised
 - French or Kerrygold butter
- Non-dairy Beverages**
- Unsweetened coconut milk
 - Chicory herbal coffee
- Sweeteners**
- Coconut sugar
 - Maple sugar
 - Maple syrup
 - Honey
 - Yacon
- Low Carb Sweeteners**
- Stevia
 - Monk fruit
 - Hardwood-derived xylitol
 - Erythritol
 - Luo han gao
- Resistant Starch Produce Items**
- Green plantains
 - Green bananas
 - Banish fruit
 - Cassava
 - Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
 - Rutabaga
 - Parsnips (high amounts of salicylates)
 - Nutria
 - Celery root
 - Glucosannan
 - Persimmon
 - Yuca
 - Jerusalem Artichokes
 - Taro roots
 - Funghi
 - Tiger nuts
 - Green mango
 - Millet/Sorghum
 - Green Papaya
- Veggies continued ...**
- Mexican
 - Endive
 - Dandelion greens
 - Butter lettuce
 - Fennel
 - Escarole
 - Mustard greens
 - Mimosa
 - Parsley (anti-histamine)
 - Basil (high amounts of salicylates)
 - Mint
 - Cilantro
 - Lemon Verbena
 - Majoram
 - Rosemary (high amounts of salicylates)
 - Sage (high amounts of salicylates)
 - Tarragon (high amounts of salicylates)
 - Thyme (high amounts of salicylates)
 - Onagano (high amounts of salicylates)
 - Purslane
 - Perilla
 - Ginger
 - Mushrooms
- Fresh Meat: Grass fed and grass finished, 4 ounces per day**
- Bison
 - Wild game (venison, elk, boar etc.)
 - Pork
 - Lamb
 - Beef
 - Chicken
 - Turkey
 - Other Fowl



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LECTIN-FREE DIET

WILL IT IMPROVE MY HEALTH?

FOODS THAT CONTAIN LECTINS

- Grains (gluten and gluten-free grains)
- Beans
- Legumes (including peanuts)
- Seeds
- Dairy
- Nightshade Vegetables
- Pumpkin and Other Squashes
- Corn
- Nuts
- Fruit*

*It is recommended to consume fruit in moderation only when in season

HOW TO ELIMINATE LECTINS: IT'S EASIER THAN YOU THINK

There are several ways that you can greatly reduce, eliminate or destroy the lectins in your food. These cooking methods are simple to do and easily destroy most lectins.

- Cooking
- Pressure cooking
- Soaking
- Sprouting
- Fermenting (this can reduce lectins by up to 95%)

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MeghanTelpner.com

8 FOODS LOW IN LECTINS



BROCCOLI

CONTAINS MULTIPLE POTENT ANTIOXIDANTS THAT MAY SUPPORT YOUR OVERALL HEALTH



AVOCADOS

ARE A GREAT SOURCE OF HEALTHY FATS AND THEREFORE OPTIMAL FOR OPTIMIZING YOUR HEALTH



OLIVES

ARE A GOOD SOURCE OF VITAMIN E, IRON, COPPER, AND CALCIUM



BRUSSEL SPROUTS

ARE LOW IN CALORIES BUT HIGH IN MANY NUTRIENTS, ESPECIALLY FIBER, VITAMIN K AND VITAMIN C



ONIONS

ARE ANTI-VIRAL AND ANTI-BACTERIAL



ASPARAGUS

CAN IMPROVE DIGESTIVE HEALTH THROUGH ITS HIGH FIBER LEVELS



LETTUCES

ARE A GREAT PLANT SOURCE TO ADD VOLUME INTO YOUR DAILY NUTRITION PLAN



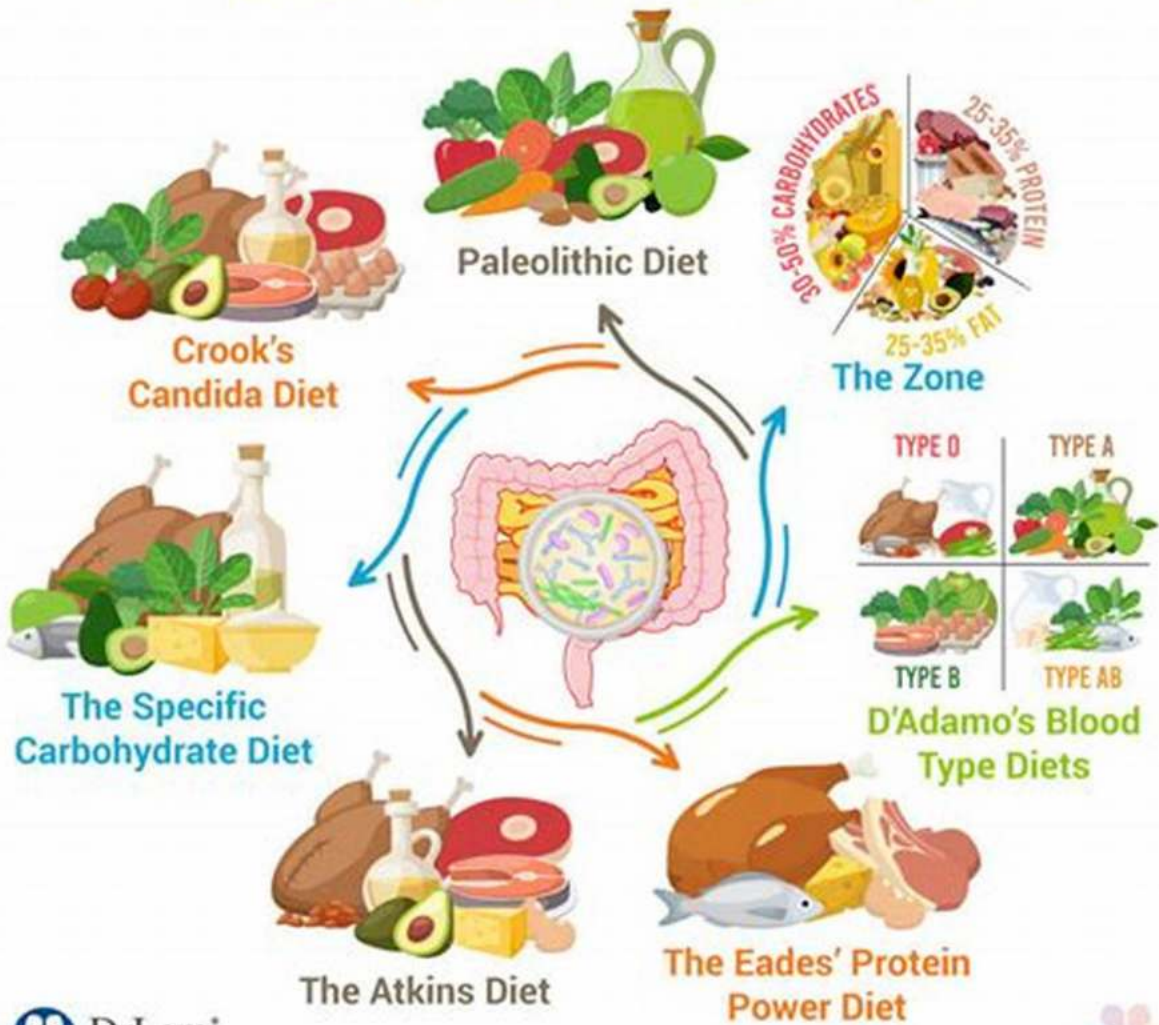
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LOW LECTIN DIETS



FOODS HIGHEST IN LECTIN



Tomatoes, potatoes, peppers, eggplant, goji berries, and all other nightshade vegetables.



All legumes including lentils, beans, peanuts, and chickpeas.



Peanut butter, peanut oil, and other peanut-based products.



Grains and flours.



Dairy products.



These vegetables not only provide essential nutrients but also offer a wide range of flavors that can make your low lectin diet enjoyable.

2. Fruits

When selecting fruits, opt for those with lower lectin content. Here are some examples:

Free Printable Grocery List

Lectin-free AND

Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

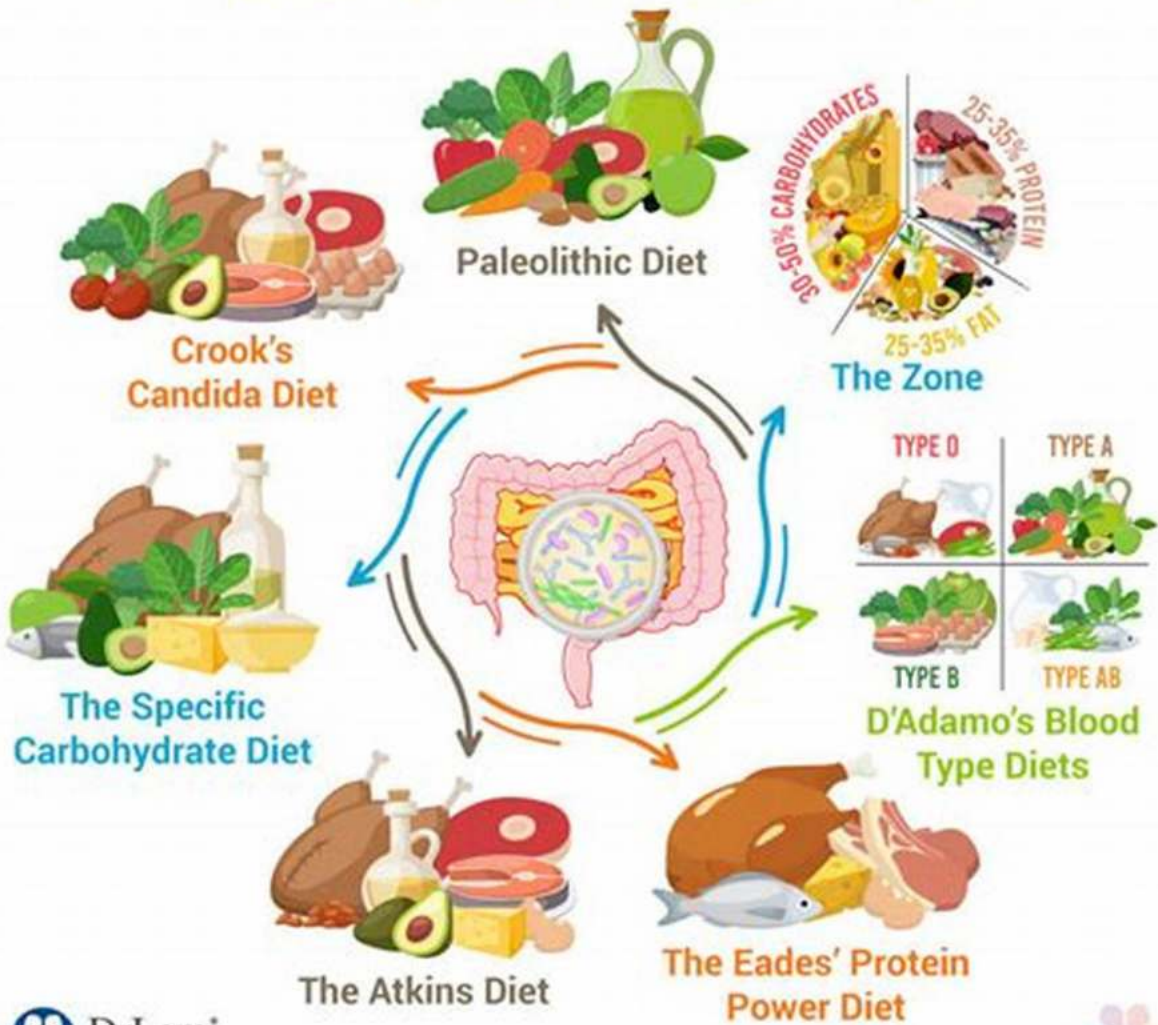
Oils	Dairy
Algae Oil	A2 raw milk, preferably pasture-raised
Avocado Oil	French or Kerrygold butter
Coconut Oil	
Extra-Virgin Olive Oil	Non-dairy Beverages
SACT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
	Sweeteners
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	Coincub nut Maple sugar Maple syrup Honey Tacon
Macadamia	
Pistachios	Low Carb Sweeteners
Pecans	Stevia
Cherries	Monk fruit
Flax seeds	Hardwood-derived xylitol
Hemp seeds	Erythritol
Hulled Sesame Seeds	Loo han gao
Psyllium	
Brazil nuts	Resistant Starch Produce Items
Coconut	Green plantains
Blanched Almonds	Green bananas
Seafood	Baobab fruit
	Cassava
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
	Rutabaga
Condiments & Miscellaneous	Parsnips (high amounts of salicylates)
Sea salt (very important natural anti-histamine!)	Yucca
Acetic acid + water to make a safe vinegar-like solution	Celery root
Baking powder	Glucosamine
Gelatin	Parsnips
	Jicama
Fruit	Jerusalem Artichokes
Blueberries and blackberries in season	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggie continued ...
Vegetables	Musclops
Broccoli (high amounts of salicylates)	Endive
Brussels sprouts	Dandelion greens
Cauliflower (anti-histamine)	Butter lettuce
Bok choy	Fennel
Napa cabbage	Escarole
Savoy chard	Mustard greens
Arugula (anti-histamine)	Mint
Watercress (high amounts of salicylates)	Cilantro
Collards	Lemon Verbena
Kale (anti-histamine)	Marjoram
Cabbage	Rosemary (high amounts of salicylates)
Red Cabbage (anti-histamine)	Sage (high amounts of salicylates)
Radicchio	Serrano (high amounts of salicylates)
Nopal cactus	Thyme (high amounts of salicylates)
Celery	Oregano (high amounts of salicylates)
Onions (some people have a histamine response to onions)	Purslane
Shallots	Perilla
Leeks	Ginger
Chives	Mushrooms
Scallions	
Carrots	Fresh Meat: Grass fed and grass finished, 4 ounces per day
Carrot greens	Elson
Artichokes	Wild game (venison, elk, bear etc.)
Beets (high amounts of salicylates)	Pork
Radicchio	Lamb
Dalton radishes	Beef
Jerusalem artichokes	Chicken
Hearts of palm	Turkey
Oliva (natural lectin blocker)	Other Food
Asparagus (anti-histamine)	
Garlic (anti-histamine)	
Leafy greens	
Romaine	
Red and green leaf lettuce	
Kohlrabi	



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LOW LECTIN DIETS



Free Printable Grocery List

Lectin-free AND

Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

Oils	Dairy
Algae Oil	A2 raw milk, preferably pasture-raised
Avocado Oil	Fresh or Kerrygold butter
Coconut Oil	
Extra-Virgin Olive Oil	Non-dairy Beverages
MCT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
	Sweeteners
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	Coconut sugar
Macadamia	Maple sugar
Pistachios	Maple syrup
Pecans	Honey
Cherubus	Sacon
Flax seeds	
Hemp seeds	Low Carb Sweeteners
Hulled Sesame Seeds	Stevia
Psyllium	Monk fruit
Brazil nuts	Hardwood-derived xylitol
Coconut	Erythritol
Blanched Almonds	Luo han gao
Seafood	
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	Resistant Starch Produce Items
	Green plantains
Condiments & Miscellaneous	Green bananas
Sea salt (very important natural anti-histamine!)	Bacchab fruit
Acetic acid + water to make a safe vinegar-like solution	Cassava
Baking powder	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
Gelatin	Rutabaga
	Parrotip (high amounts of salicylates)
Fruit	Yucca
Blueberries and blackberries in season	Celery root
	Glucosamine
	Parsimonon
	Jicama
	Jerusalem Artichokes
	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggie continued ...
Vegetables	Muscadin
Broccoli (high amounts of salicylates)	Endive
Brussels sprouts	Dandelion greens
Cauliflower (anti-histamine)	Butter lettuce
Bok choy	Fennel
Napa cabbage	Escarole
Sauces (chard)	Mustard greens
Arugula (anti-histamine)	Mint
Watercress (high amounts of salicylates)	Parsley (anti-histamine)
Collards	Basil (high amounts of salicylates)
Kale (anti-histamine)	Mint
Cabbage	Cilantro
Red Cabbage (anti-histamine)	Lemon Verbena
Radishes	Marjoram
Nopales cactus	Rosemary (high amounts of salicylates)
Celery	Sage (high amounts of salicylates)
Onions (some people have a histamine response to onions)	Tarragon (high amounts of salicylates)
Shallots	Thyme (high amounts of salicylates)
Leeks	Oregano (high amounts of salicylates)
Chives	Purslane
Scallions	Peppercorn
Carrots	Ginger
Carrot greens	Mushrooms
Artichokes	
Beets (high amounts of salicylates)	Fresh Meat: Grass fed and grass finished, 4 ounces per day
Radishes	Elson
Dalton radishes	Wild game (venison, elk, bear etc.)
Jerusalem artichokes	Pork
Hearts of palm	Lamb
Olive (natural lectin blocker)	Beef
Asparagus (anti-histamine)	Chicken
Garlic (anti-histamine)	Turkey
Leafy greens	Other Poultry
Romaine	
Red and green leaf lettuce	
Kohlrabi	



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8 FOODS LOW IN LECTINS



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CUCUMBERS

SHOULD BE PEELED FOR OPTIMAL PREPARATION FOR YOUR GUT



DO YOU WANT TO KNOW MORE? CHECK OUT MY FREE GUIDE ABOUT LECTINS, PHYTATES & OXALATES: SHAWNWELLS.COM

LOW LECTIN DIETS



These fruits can provide natural sweetness and a burst of nutrients to satisfy your cravings while maintaining a low lectin diet.

3. Protein Sources

Choosing the right protein sources is crucial when adopting a low lectin diet. Here are some options that are recommended:

Free Printable Grocery List

Lectin-free AND

Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

Oils	Dairy
Algae Oil	A2 raw milk, preferably pasture-raised
Avocado Oil	French or Kerrygold butter
Coconut Oil	
Extra-Virgin Olive Oil	Non-dairy Beverages
MCT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	
Macadamia	
Pistachios	
Pecans	
Chestnuts	
Flax seeds	
Hemp seeds	
Hulled Sesame Seeds	
Psyllium	
Brazil nuts	
Coconut	
Blanched Almonds	
Seafood	
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	
Condiments & Miscellaneous	
Sea salt (very important natural anti-histamine)	
Acetic acid + water to make a safe vinegar-like solution	
Baking powder	
Gelatin	
Fruit	
Blueberries and blackberries in season	
Vegetables	
Broccoli (high amounts of salicylates)	
Brussels sprouts	
Cauliflower (anti-histamine)	
Bok choy	
Napa cabbage	
Chinese cabbage	
Swiss chard	
Arugula (anti-histamine)	
Watercress (high amounts of salicylates)	
Collards	
Kale (anti-histamine)	
Cabbage	
Red Cabbage (anti-histamine)	
Radicchio	
Nopales cactus	
Celery	
Onions (some people have a histamine response to onions)	
Shallots	
Leeks	
Chives	
Scallions	
Carrots	
Carrot greens	
Artichokes	
Beets (high amounts of salicylates)	
Radishes	
Dalton radishes	
Jerusalem artichokes	
Hearts of palm	
Okra (natural lectin blocker)	
Asparagus (anti-histamine)	
Garlic (anti-histamine)	
Leafy greens	
Romaine	
Red and green leaf lettuce	
Kohlrabi	
	Sweeteners
	Cornstarch sugar
	Maple sugar
	Maple syrup
	Honey
	Sacon
	Low Carb Sweeteners
	Stevia
	Monk fruit
	Hardwood-derived xylitol
	Erythritol
	Luo han gao
	Resistant Starch Produce Items
	Green plantains
	Green bananas
	Bacaba Fruit
	Cassava
	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
	Rutabaga
	Parsnips (high amounts of salicylates)
	Yucca
	Celery root
	Glucosamine
	Parsimonon
	Jicama
	Jerusalem Artichokes
	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggies continued ...
	Musclops
	Endive
	Dandelion greens
	Butter lettuce
	Fennel
	Escarole
	Mustard greens
	Mint
	Parsley (anti-histamine)
	Basil (high amounts of salicylates)
	Mint
	Chives
	Lemon Verbena
	Marjoram
	Rosemary (high amounts of salicylates)
	Sage (high amounts of salicylates)
	Tarragon (high amounts of salicylates)
	Thyme (high amounts of salicylates)
	Oregano (high amounts of salicylates)
	Purslane
	Purilia
	Ginger
	Mushrooms
	Fresh Meat: Grass fed and grass finished, 4 ounces per day
	Elvon
	Wild game (venison, elk, bear etc.)
	Pork
	Lamb
	Beef
	Chicken
	Turkey
	Other Powl



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Free Printable Grocery List

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Lectin-free AND Low-Histamine Food List Combined

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Extra-Virgin Olive Oil	Non-dairy Beverages
MCT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	
Macadamia	
Pistachios	
Pecans	
Chestnuts	
Flax seeds	
Hemp seeds	
Hulled Sesame Seeds	
Psyllium	
Brazil nuts	
Coconut	
Blanched Almonds	
Seafood	
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	
Condiments & Miscellaneous	
Sea salt (very important natural anti-histamine)	
Acetic acid + water to make a safe vinegar-like solution	
Baking powder	
Gelatin	
Fruit	
Blueberries and blackberries in season	
Vegetables	
Broccoli (high amounts of salicylates)	
Brussels sprouts	
Cauliflower (anti-histamine)	
Bok choy	
Napa cabbage	
Chinese cabbage	
Savoy chard	
Arugula (anti-histamine)	
Watercress (high amounts of salicylates)	
Collards	
Kale (anti-histamine)	
Cabbage	
Red Cabbage (anti-histamine)	
Radicchio	
Nopales cactus	
Celery	
Onions (some people have a histamine response to onions)	
Shallots	
Leeks	
Chives	
Scallions	
Carrots	
Carrot greens	
Artichokes	
Beets (high amounts of salicylates)	
Radishes	
Dalton radishes	
Jerusalem artichokes	
Hearts of palm	
Okra (natural lectin blocker)	
Asparagus (anti-histamine)	
Garlic (anti-histamine)	
Leafy greens	
Romaine	
Red and green leaf lettuce	
Kohlrabi	
	Sweeteners
	Cornstarch sugar
	Maple sugar
	Maple syrup
	Honey
	Sacon
	Low Carb Sweeteners
	Stevia
	Monk fruit
	Hardwood-derived xylitol
	Erythritol
	Luo han gao
	Resistant Starch Produce Items
	Green plantains
	Green bananas
	Bacaba Fruit
	Cassava
	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
	Rutabaga
	Parsnips (high amounts of salicylates)
	Yucca
	Celery root
	Glucosamine
	Parsimonon
	Jicama
	Jerusalem Artichokes
	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggies continued ...
	Musclops
	Endive
	Dandelion greens
	Butter lettuce
	Fennel
	Escarole
	Mustard greens
	Mint
	Parsley (anti-histamine)
	Basil (high amounts of salicylates)
	Mint
	Chives
	Lemon Verbena
	Marjoram
	Rosemary (high amounts of salicylates)
	Sage (high amounts of salicylates)
	Tarragon (high amounts of salicylates)
	Thyme (high amounts of salicylates)
	Oregano (high amounts of salicylates)
	Purslane
	Purilia
	Ginger
	Mushrooms
	Fresh Meat: Grass fed and grass finished, 4 ounces per day
	Elvon
	Wild game (venison, elk, bear etc.)
	Pork
	Lamb
	Beef
	Chicken
	Turkey
	Other Powl







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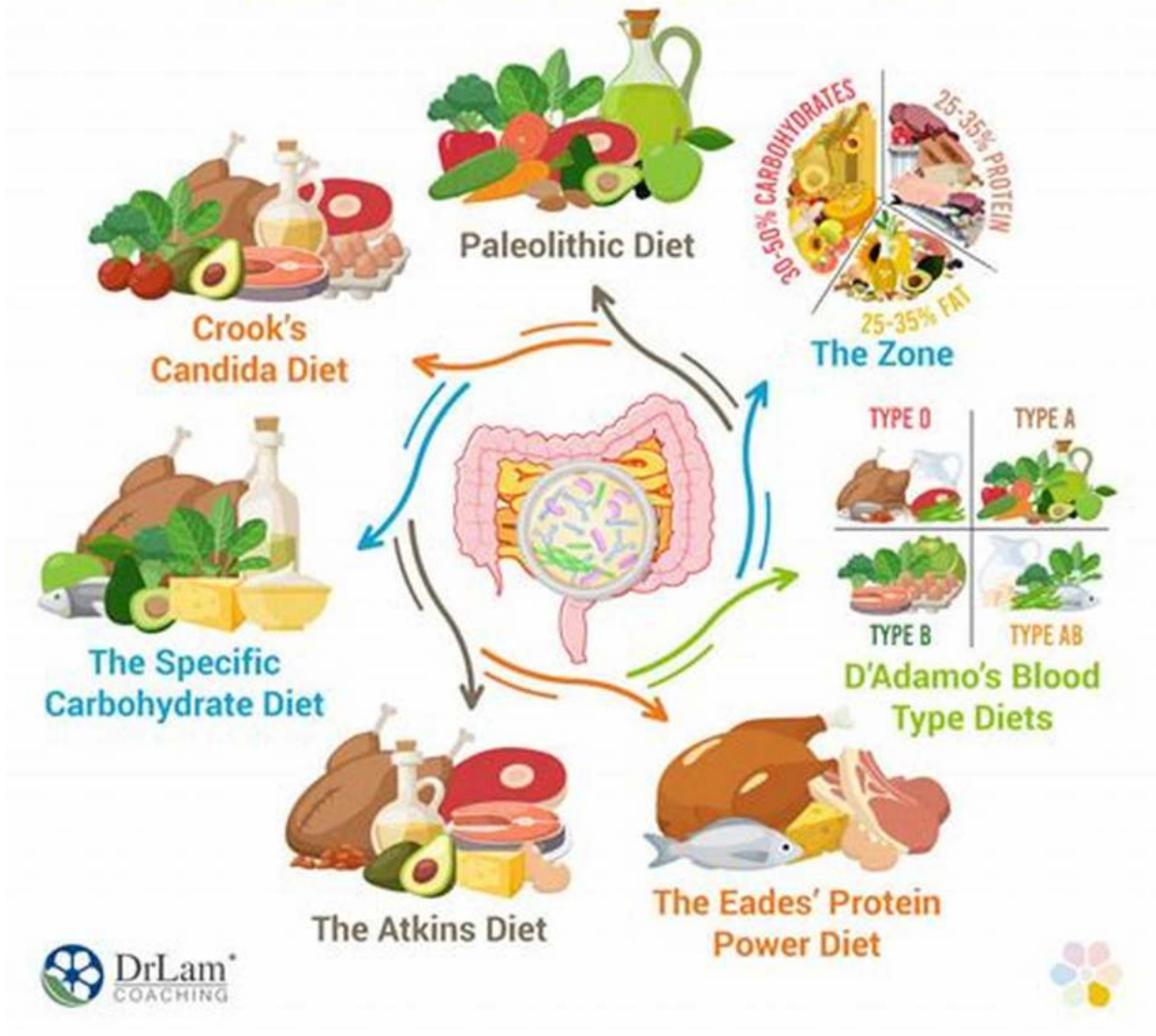
High-Lectin Foods

Grains & Animal Foods	Legumes	Nut, Seeds & Oils	Fruits & Vegetables
			
<p>Grains & Grain Products Barley / Bulgur Buckwheat / Millet / Quinoa Kamut / Rye / Spelt / Wheat Oats Rice, Brown & White</p> <p>Grain-Fed Animal Foods Milk / Kefir / Sour Cream Frozen Yogurt / Ice Cream Cheese / Cottage Cheese Fish / Poultry / Meat</p>	<p>Legumes Beans Cacao Beans Chickpeas Kidney Beans Lentils Mung Peas Peanuts Soy</p>	<p>Nuts Almonds Cashews / Pine Nuts Hazelnuts</p> <p>Seeds Chia Seeds Pumpkin Seeds Sunflower Seeds</p> <p>Oils Canola / Corn Cottonseed / Grapeseed Peanut Safflower Sunflower</p>	<p>Melons (Any Kind) Fruits & Nightshades Corn Cucumbers Eggplant Peppers Pumpkin Squash (Any Kind) / Zucchini Tomatoes</p> <p>Sweeteners Agave Artificial Sweeteners Sugar Sucralose</p>

Low-Lectin Foods

Grains & Animal Foods	Legumes	Nut, Seeds & Oils	Fruits & Vegetables
			
<p>Grains & Grain Products Amaranth Wild Rice</p> <p>Grass-Fed Animal Foods Grass-Fed Dairy Grass-Fed Meat</p> <p>Wild-Caught Seafood</p> <p>Poultry Chicken (Pastured) Egg Yolk (Omega-rich) Ostrich Turkey (Kosher) Water Fowl</p>	<p>There Are NO Low-Lectin Legumes</p> <p>The hard lectin in legumes is impervious to soaking, sprouting and cooking.</p>	<p>Nuts Coconut / Chestnut Macadamia Pecans / Pistachios / Walnuts</p> <p>Seeds Flax Hemp Sesame</p> <p>Oils Coconut / Olive / Sesame Avocado Macadamia Nut Red Palm Rice Bran Walnut</p>	<p>Limit these Fruits Apples Blueberries / Cherries Citrus Kiwi Nectarines / Peaches Plums Pomegranates Raspberries / Strawberries</p> <p>Unlimited Other Fruits Unlimited Vegetables</p> <p>Sweeteners Monk Fruit (NutraSweet) Jerusalem Artichoke Syrup Stevia / Xylitol / Erythritol Yacon</p>

LOW LECTIN DIETS



It's important to opt for high-quality protein sources to support your low lectin diet effectively.

4. Grains and Legumes

Grains and legumes are typically high in lectins, so it's advised to limit or avoid them to maintain a low lectin diet. However, some options have lower lectin content and can be consumed in moderation:

Free Printable Grocery List

Lectin-free AND

Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

Oils	Dairy
Algae Oil	A2 raw milk, preferably pasture-raised
Avocado Oil	French or Kerrygold butter
Coconut Oil	
Extra-Virgin Olive Oil	Non-dairy Beverages
MCT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	
Macadamia	
Pistachios	
Pecans	
Chestnuts	
Flax seeds	
Hemp seeds	
Hulled Sesame Seeds	
Psyllium	
Brazil nuts	
Coconut	
Blanched Almonds	
Seafood	
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	
Condiments & Miscellaneous	
Sea salt (very important natural anti-histamine)	
Acetic acid + water to make a safe vinegar-like solution	
Baking powder	
Gelatin	
Fruit	
Blueberries and blackberries in season	
Vegetables	
Broccoli (high amounts of salicylates)	
Brussels sprouts	
Cauliflower (anti-histamine)	
Bok choy	
Napa cabbage	
Swiss chard	
Arugula (anti-histamine)	
Watercress (high amounts of salicylates)	
Collards	
Kale (anti-histamine)	
Cabbage	
Red Cabbage (anti-histamine)	
Radicchio	
Nopales cactus	
Celery	
Onions (some people have a histamine response to onions)	
Shallots	
Leeks	
Chives	
Scallions	
Carrots	
Carrot greens	
Artichokes	
Beets (high amounts of salicylates)	
Radishes	
Dalton radishes	
Jerusalem artichokes	
Hearts of palm	
Okra (natural lectin blocker)	
Asparagus (anti-histamine)	
Garlic (anti-histamine)	
Leafy greens	
Romaine	
Red and green leaf lettuce	
Kohlrabi	
	Sweeteners
	Cornstarch sugar
	Maple sugar
	Maple syrup
	Honey
	Sacon
	Low Carb Sweeteners
	Stevia
	Monk fruit
	Hardwood-derived xylitol
	Erythritol
	Luo han gao
	Resistant Starch Produce Items
	Green plantains
	Green bananas
	Bacaba Fruit
	Cassava
	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
	Rutabaga
	Parsnips (high amounts of salicylates)
	Yucca
	Celery root
	Glucosamine
	Parsnemon
	Jicama
	Jerusalem Artichokes
	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggies continued ...
	Musclops
	Endive
	Dandelion greens
	Butter lettuce
	Fennel
	Escarole
	Mustard greens
	Mint
	Parsley (anti-histamine)
	Basil (high amounts of salicylates)
	Mint
	Chives
	Lemon Verbena
	Marjoram
	Rosemary (high amounts of salicylates)
	Sage (high amounts of salicylates)
	Tarragon (high amounts of salicylates)
	Thyme (high amounts of salicylates)
	Oregano (high amounts of salicylates)
	Purslane
	Purilia
	Ginger
	Mushrooms
	Fresh Meat: Grass fed and grass finished, 4 ounces per day
	Elson
	Wild game (venison, elk, bear etc.)
	Pork
	Lamb
	Beef
	Chicken
	Turkey
	Other Poultry



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Free Printable Grocery List

Lectin-free AND

Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

Oils	Dairy
Algae Oil	A2 raw milk, preferably pasture-raised
Avocado Oil	French or Kerrygold butter
Coconut Oil	
Extra-Virgin Olive Oil	Non-dairy Beverages
SACT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
	Sweeteners
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	Coincub nut Maple sugar Maple syrup Honey Tacon
Macadamia	
Pistachios	Low Carb Sweeteners
Pecans	Stevia
Cherries	Monk fruit
Flax seeds	Hardwood-derived xylitol
Hemp seeds	Erythritol
Hulled Sesame Seeds	Loo han gao
Psyllium	
Brazil nuts	
Coconut	Resistant Starch Produce Items
Blanched Almonds	Green plantains
Seafood	Green bananas
	Baobab fruit
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	Cassava
	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
Condiments & Miscellaneous	Rutabaga
Sea salt (very important natural anti-histamine!)	Parsnips (high amounts of salicylates)
Acetic acid + water to make a safe vinegar-like solution	Yucca
Baking powder	Celery root
Gelatin	Glucosamine
	Parsnips
Fruit	Jicama
Blueberries and blackberries in season	Jerusalem Artichokes
	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggie continued ...
Vegetables	Musclops
Broccoli (high amounts of salicylates)	Endive
Brussels sprouts	Dandelion greens
Cauliflower (anti-histamine)	Butter lettuce
Bok choy	Fennel
Napa cabbage	Escarole
Swiss chard	Mustard greens
Arugula (anti-histamine)	Mint
Watercress (high amounts of salicylates)	Cilantro
Collards	Lemon Verbena
Kale (anti-histamine)	Marjoram
Cabbage	Rosemary (high amounts of salicylates)
Red Cabbage (anti-histamine)	Sage (high amounts of salicylates)
Radicchio	Tarragon (high amounts of salicylates)
Nopal cactus	Thyme (high amounts of salicylates)
Celery	Oregano (high amounts of salicylates)
Onions (some people have a histamine response to onions)	Purslane
Shallots	Perilla
Leeks	Ginger
Chives	Mushrooms
Scallions	
Carrots	Fresh Meat: Grass fed and grass finished, 4 ounces per day
Carrot greens	Elk
Artichokes	Wild game (venison, elk, bear etc.)
Beets (high amounts of salicylates)	Pork
Radishes	Lamb
Daiikon radishes	Beef
Jerusalem artichokes	Chicken
Hearts of palm	Turkey
Okra (natural lectin blocker)	Other Poultry
Asparagus (anti-histamine)	
Garlic (anti-histamine)	
Leafy greens	
Romaine	
Red and green leaf lettuce	
Kohlrabi	



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LECTIN-FREE DIET

WILL IT IMPROVE MY HEALTH?

FOODS THAT CONTAIN LECTINS

- Grains (gluten and gluten-free grains)
- Beans
- Legumes (including peanuts)
- Seeds
- Dairy
- Nightshade Vegetables
- Pumpkin and Other Squashes
- Corn
- Nuts
- Fruit*

*It is recommended to consume fruit in moderation only when in season

HOW TO ELIMINATE LECTINS: IT'S EASIER THAN YOU THINK

There are several ways that you can greatly reduce, eliminate or destroy the lectins in your food. These cooking methods are simple to do and easily destroy most lectins.

- Cooking
- Pressure cooking
- Soaking
- Sprouting
- Fermenting (this can reduce lectins by up to 95%)

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These options can provide variety and nutrients while still adhering to a low lectin diet.

5. Healthy Fats

Healthy fats are an essential part of a balanced diet. Incorporate the following fats into your low lectin diet:

Free Printable Grocery List

Lectin-free AND

Low-Histamine

Lectin-free AND Low-Histamine Food List Combined

Oils	Dairy
Algae Oil	A2 raw milk, preferably pasture-raised
Avocado Oil	French or Kerrygold butter
Coconut Oil	
Extra-Virgin Olive Oil	Non-dairy Beverages
SACT Oil	Unsweetened coconut milk
Perilla Oil	Chicory herbal coffee
Red Palm Oil	
Sesame Oil	
Walnut Oil	
Virgin Cold Liver Oil	
	Sweeteners
Acceptable Nuts and Seeds in Moderation No more than half a cup per day	Coconut sugar
Macadamia	Maple sugar
Pistachios	Maple syrup
Pecans	Honey
Cherries	Tacon
Flax seeds	
Hemp seeds	Low Carb Sweeteners
Hulled Sesame Seeds	Stevia
Psyllium	Monk fruit
Brazil nuts	Hardwood-derived xylitol
Coconut	Erythritol
Blanched Almonds	Loo han gao
Seafood	
FRESH fish only: any wild caught, up to 4 ounces per day (no shellfish)	Resistant Starch Produce Items
	Green plantains
Condiments & Miscellaneous	Green bananas
Sea salt (very important natural anti-histamine!)	Baobab fruit
Acetic acid + water to make a safe vinegar-like solution	Cassava
Baking powder	Sweet potatoes or yams (anti-histamine but high amounts of salicylates)
Gelatin	Rutabaga
	Parsnips (high amounts of salicylates)
Fruit	Yucca
Blueberries and blackberries in season	Celery root
	Glucosamine
	Parsimon
	Jicama
	Jerusalem Artichokes
	Taro roots
	Turnips
	Tiger nuts
	Green mango
	Millet/Sorghum
	Green Papaya
	Veggie continued ...
	Musclops
	Endive
	Dandelion greens
	Butter lettuce
	Fennel
	Escarole
	Mustard greens
	Mint
	Mint
	Cilantro
	Lemon Verbena
	Marjoram
	Rosemary (high amounts of salicylates)
	Sage (high amounts of salicylates)
	Savoy (high amounts of salicylates)
	Thyme (high amounts of salicylates)
	Oregano (high amounts of salicylates)
	Purslane
	Perilla
	Ginger
	Mushrooms
	Fresh Meat: Grass fed and grass finished, 4 ounces per day
	Elson
	Wild game (venison, elk, bear etc.)
	Pork
	Lamb
	Beef
	Chicken
	Turkey
	Other Poultry



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Species	Molecular Weight (kDa)		Molecular Formula	Specificity		Metal	Cofactor
	Intact	Subunits		Gal	Carbohydrate		
<i>Adesmia peruviana</i> (agg) ^{1,2}	126-135	A = 35; B = 36; B' = 37.5	A ₂ B ₂ B'	U	Gal	0	yes
<i>Adesmia digitata</i> (moderata) ^{1,4}	57.43	A = 25.18; A' = 31.33	AB	U	Gal	-	yes
<i>Adesmia digitata</i> (moderata 68) ^{1,4}	57	A = 27; B = 31	AB	U	Gal	-	yes
<i>Alouia zarutiana</i> ^{1,3}	72	A = 31	A ₂	U	L-Fuc	-	-
<i>Amphicarpa bestroya</i> ^{1,4}	135	A = 28.5; B = 26; C = 32	-	F	GalNAc-6S-1,3-GalNAc	-	yes
<i>Arachis hypogaea</i> ^{1,4}	98-111	A = 25-28	A ₄	T	Gal-beta-1,3-GalNAc	Cu, Mn	-
<i>Artocarpus intusus</i> ^{1,4}	43	A = 11; B = 15	A ₂ B ₂	U	-	-	yes
<i>Artocarpus integrifolia</i> ^{1,3}	43	A = 11; B = 15	A ₂ B ₂	T	Gal-beta-1,3-GalNAc	-	yes
<i>Balanus japonicus</i> ^{1,2}	155	A = 44	A ₄	T, Th	Gal-beta-1,3-GalNAc	0	yes
<i>Canavalia brasiliensis</i> ^{1,4}	106*	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Canavalia ensiformis</i> ^{1,3}	106*	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Canavalia gladiata</i> ^{1,4}	106*	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Canavalia maritima</i> ^{1,4}	106*	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Caryka floribunda</i> ^{1,4}	106*	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Crotalaria pinnata</i> ^{1,2}	120	A = 31	A ₄	U	Gal > GalNAc	Cu, Mn, Mg	yes
<i>Crotalaria tinctoria</i> ^{1,2}	-	A = 31	-	A ₄	GalNAc	-	-
<i>Cytinus semibolus</i> ^{1,2}	110	-	-	(OH)	GalNAc > Fuc > Gal	-	-
<i>Datura stramonium</i> ^{1,4}	86	A = 40; B = 46	AB	U	GalNAc (beta-1,4-GalNAc)	0	-
<i>Dioscorea grandiflora</i> ^{1,4}	180	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Dioscorea polystachya</i> ^{1,4}	106*	A = 26	A ₄	U	Man > Glc	Cu, Mn	0
<i>Eclipta alba</i> ^{1,3}	116-120	A = 27.1; B = 27.7	A ₂ B ₂	F	GalNAc-6S-1,3-GalNAc	Cu, Mn, Mg, Zn	yes
<i>Erythrina crista-galli</i> ^{1,4}	56	A = 26; B = 28	AB	U	Gal-beta-1,4-GalNAc	Mn, Cu	yes
<i>Erythrina indica</i> ^{1,4}	66-88	A = 30; B = 33	A ₂ AB ₂	U	GalNAc	Mn	yes
<i>Glycyne max</i> ^{1,2}	130	A = 30	A ₄	A	GalNAc-6S-1,3-Gal	Cu, Mn	yes
<i>Griffithsia simplicifolia</i> A-4 ^{1,2}	114	A = 32	A ₄	A	GalNAc-6S-1,3-Gal	Cu	yes
<i>Griffithsia simplicifolia</i> B-4 ^{1,2}	114	B = 33	B ₄	B	Gal-6S-1,3-Gal	Cu	yes
<i>Griffithsia simplicifolia</i> T ^{1,2}	56	A = 27; B = 29	AB	U	L-Fuc	-	yes
<i>Harex cephalus</i> ^{1,2}	120	A = 31	A ₄	U	GalNAc	-	yes
<i>Lathyrus albus</i> ^{1,3}	49	A = 4.5; B = 28	A ₁ B ₂	U	Man > Glc	Cu, Mn	0
<i>Lathyrus albus</i> ^{1,3}	49	A = 4.5; B = 28	A ₁ B ₂	U	Man > Glc	Cu, Mn	0
<i>Lathyrus oberrus</i> ^{1,3}	52	A = 5.8; B = 30	A ₁ B ₂	U	Man > Glc	Cu, Mn	0
<i>Lathyrus sativus</i> ^{1,4}	49	A = 4.4; B = 19	A ₁ B ₂	U	Man > Glc	Cu, Mn	0
<i>Lathyrus tippmannii</i> ^{1,2}	58	A = 5; B = 28	A ₁ B ₂	U	Man > Glc	Cu, Mn	0
<i>Leuca outum</i> ^{1,2}	48	A = 5.7; B = 17.5	A ₁ B ₂	U	Man > Glc	Cu, Mn	0
<i>Leuca tetragynoides</i> ^{1,2}	120	A = 27.4	A ₄	OH	L-Fuc	Cu, Mn	yes
<i>Medicago polymorpha</i> ^{1,3}	40-46	A = 10; B = 12	A ₄ A ₂ B ₂ A ₁ B ₁ AB ₂ B ₄	T, Th	Gal-beta-1,3-GalNAc	0	0
<i>Macrotylopus arillatus</i> ^{1,4}	188	A = 27; B = 27	A ₂ B ₂	A ₁	GalNAc	Cu, Mn, Mg, Zn	yes
<i>Medicago chazaroi</i> ^{1,4}	115-129	A = 27.25; B = 30-36	A ₂ B ₂	U	GalNAc	-	yes
<i>Oxyechinus munitus</i> ^{1,4}	53	A = 26.5	A ₂	U	Glc > Man	Cu, Mn, Mg	yes
<i>Pisum sativum</i> ^{1,2}	88	A = 5.7; B = 17	A ₁ B ₂	U	Man > Glc	Cu, Mn	yes
<i>Phaseolus lunatus</i> ^{1,2}	82-114	A = 31; A' = 31; B = 31	A ₄ A ₂ B ₂ A ₁ B ₁ AB ₂ B ₄	A	GalNAc-6S-1,3-Gal	Cu, Mn	yes
<i>Phaseolus vulgaris</i> ^{1,4}	126	A = 31; B = 31	A ₄ A ₂ B ₂ A ₁ B ₁ AB ₂ B ₄	U	Gal-beta-1,4-GalNAc-beta-1,2-Man	Cu, Mn	-
<i>Vatairea macrocarpa</i> ^{1,3}	-	A = 26	-	U	Gal	-	yes
<i>Vicia cracca</i> (Mas) ^{1,3}	44	A = 5.8; B = 17.5	A ₁ B ₂	U	Man > Glc	Cu, Mn	yes
<i>Vicia cracca</i> (GalNAc) ^{1,4}	114	A = 33	A ₄	A	GalNAc-6S-1,3-Gal	Cu, Mn	yes
<i>Vicia ervil</i> ^{1,3}	33	A = 4.7; B = 11	A ₁ B ₂	U	Man > Glc	Cu, Mn	yes
<i>Vicia faba</i> ^{1,2}	12.5	A13.8; B = 10.7	A ₁ B ₂	U	Man > Glc	Cu, Mn	yes
<i>Vicia graminea</i> ^{1,2}	93	A = 26	A ₄	B	Gal-1,3-GalNAc-6S-1,3-Gal	Cu, Mn	yes
<i>Vicia sativa</i> ^{1,3}	40	A = 6; B = 14	A ₁ B ₂	U	Man	Cu, Mn	yes
<i>Vicia villosa</i> ^{1,4}	94-110	A = 23.6; B = 23.9	A ₄ A ₂ B ₂ A ₁ B ₁ AB ₂ B ₄	A	GalNAc-6S-1,3-Gal	Mn, Zn	yes
<i>Wistaria floribunda</i> (agg) ^{1,2}	100-114	A = 28-32	A ₂ A	F, A	GalNAc-6S-1,3-Gal	-	yes

* Calculated based on the subunit molecular weight; A, human blood group A; B, human blood group B; OH, human blood group OH; N, human blood group N; F, former disaccharide; T, T antigen; Th, Th antigen; U, undefined specificity; Fuc, fucose; Gal, galactose; GalNAc, N-acetyl-galactosamine; Glc, glucose; GalNAc-6S, N-acetyl-galactosamine-6-sulfate; Man, mannose; 1, 2, Lerner et al., 1986; 3, Wu et al., 1988; 4, Moreira & de Oliveira, 1983; 5, Moreira & Cavada, 1984; 6, Moreira et al., 1985; 7, De Oliveira et al., 1991; 8, De Oliveira et al., 1989; 9, Moreira et al., 1983; 10, Gasparini et al., 1989; 11, Sales et al., 1989; 12, Rimpl & Carado, 1984.



The "No" List

Items with an asterisk can be reintroduced in Phase 3 if the skin and seeds are removed, OR if they're pressure cooked. Vegetarians and vegans can reintroduce legumes (beans and lentils) in Phase 2.

DAIRY

- Non-Southern European Cow's Milk Products (these contain casein A-1)
- Butter
- Cheese
- Cottage cheese
- Yogurt (including Greek)

FRUITS & VEGETABLES

- 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 (TVP)
- Tofu
- Tomatoes*
- Zucchini*

NO GRAIN OR SOYBEAN FED FISH, SHELLFISH, POULTRY, BEEF, LAMB OR PORK

GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS and GRASSES

- 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*

NUTS & SEEDS

- Cashews
- Chia
- Peanuts
- Pumpkin
- Sunflower

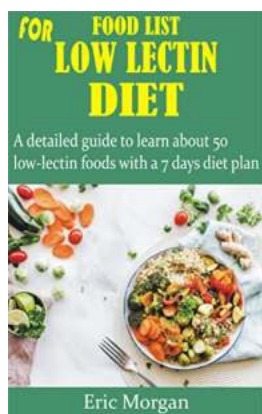
These healthy fats can add flavor to your meals and contribute to the overall success of your low lectin diet.

By following a low lectin diet and incorporating the recommended foods mentioned above, you can make significant improvements to your health and well-being. Remember, a varied and balanced diet is key. Consult with a

healthcare professional or a registered dietitian before making any significant changes to your diet, especially if you have underlying health conditions.

Embrace the power of low lectin eating and embark on a journey towards a healthier and more vibrant life!

+



FOOD LIST FOR LOW LECTIN DIET: A detailed guide to learn about 50 low-lectin foods with a 7 days diet plan by Sharron I. Ware (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 2043 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 20 pages
Lending : Enabled



Lectins are a type of protein present in many foods. Some people recommend lectin-free diets, however, there is insufficient evidence to support their benefit or safety.

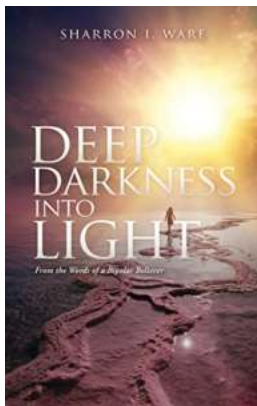
Some people believe that excluding lectins can help people lose weight and improve their general health. However, there is insufficient evidence to support a lectin-free diet.

Lectins occur in many different food sources in many different forms. Advocates of lectin-free diets typically focus on avoiding the lectins present in beans, legumes, and other vegetables. However, these foods can be important parts of a

balanced diet, and there is no high-quality research supporting their removal from a person's diet.

In this book, I will be teaching you everything you need to know about lectin food diet, the benefits, drawbacks, a list of 50 low-lectin foods, the food you are permitted to eat and those to avoid, how to prepare special meals and a 7 days diet plan etc.

GET YOUR COPY NOW!!!



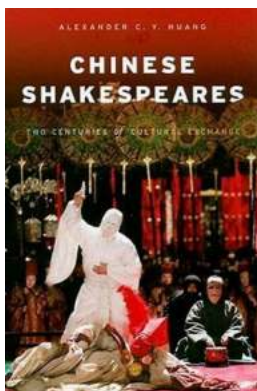
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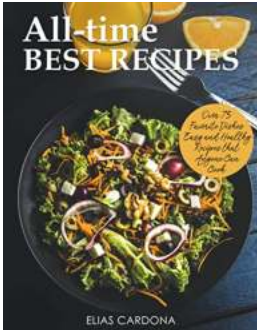
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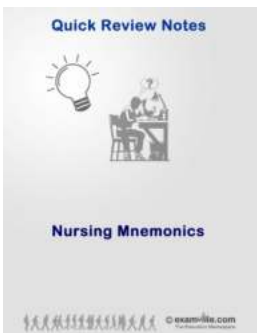
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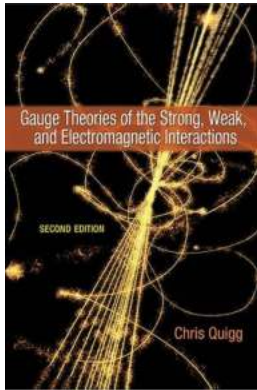
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