

Lectin-Free Foods

Vegetables

- 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
- Sauerkraut
- Seaweed (Kelp)
- Spinach
- Swiss chard
- Watercress
- White and red cabbage

Condiments

- Vinegar (sugar-free)
- Spices and Herbs (no chili)
- Miso
- Mustard
- Sea Salt
- Pepper

Fruits

- Avocado
- Blueberries
- Blackberry
- Strawberry
- Raspberries
- Citrus fruits (no juices)
- Lemon juice

Nuts

- Brazil nuts
- Coconut (not water)
- Coconut milk
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios
- Psyllium
- Sesame
- Walnuts

Oils

- Algae
- Avocado
- Cod Liver
- Extra Virgin Flaxseed
- Extra Virgin Olive
- Hemp seed
- MCT
- Macadamia
- Red Palm
- Shiso (Perilla)
- Virgin Coconut
- Walnut
- Fish
- Krill



Fish

- Anchovies
- Butterfish
- Carp
- Clams
- Crabs
- Hake
- Halibut
- Lobster
- Mackerel (N. Atlantic)
- Mullet
- Oysters
- Prawns
- Saithe
- Salmon
- Sardines
- Scallops
- Sea Wolf
- Squids
- Trout
- Tuna

Meat

- Chicken
- Turkey
- Duck
- Goose
- Pheasant
- Pigeon
- Quail
- Ostrich
- Pork

- Lamb
- Deer
- Elk
- Wild boar
- Grass-fed Beef
- Bison
- Prosciutto

Flour

- Almond
- Arrowroot
- Chestnut
- Coconut
- Flax
- Green banana
- Hazelnut
- Manioc
- Sesame
- Sweet potato
- Tigernut

Beverages

- Water
- Mineral Water
- Lemon water
- Herbal Tea
- Green Tea
- Black tea
- Coffee
- Red wine

Dairy (A2)

- From F/I/CH
 - Butter
 - Cheese
- Buffalo (Italy)
 - Butter
 - Mozzarella
- Casein A2
 - Cheese
 - Cream
- Heavy cream cheese
- Ghee
- Coconut yogurt (no dairy)
- Parmesan
- Pecorino
- Sour cream
- Grass-fed butter
- Goat and sheep
 - Kefir
 - Butter
 - Yogurt
 - Cheese
 - Milk
 - Cream

Res. Starch

- Baobab fruit
- Celeriac
- Dishpans
- Green banana
- Green papaya
- Green mango
- Khaki
- Konjac Tuber
- Millet
- Palm lily blossoms
- Parsnips
- Plantains
- Sorghum Millet
- Sweet potatoes
- Tapioca
- Taro root
- Tigernuts
- Turnips
- Yam bean
- Yams



Foods High in Lectins

Vegetables

- All beans and sprouts
- Chickpeas
- Edamame
- Green beans
- Hummus
- Legumes
- Lenses
- Pea Protein
- Peas
- Soy (Protein)
- Structured vegetable protein
- Sugar Peas
- Tofu

Fruits

- Chili's
- Cucumbers
- Eggplants
- Goji Berries
- Melons (all types)
- Peppers
- Pumpkins (all types)
- Tomatoes
- Zucchini

Processed

- 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

- 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

Oils

- Canola
- Corn
- Grapeseed

- Peanut
- Safflower
- Soy
- Sunflower
- Partially hydrogenated

Nuts

- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Peanuts
- Cashews

Dairy (A1)

- Cottage cheese
- Cheese
- Ice cream
- Ricotta
- Yogurt (incl. Greek)
- Yogurt ice cream

