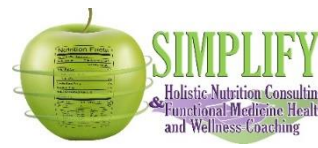


LECTIN-FREE FOODS



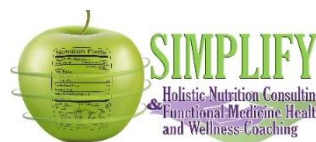
Source: Dr. Steven Gundry's "Yes, Please" Foods List

CRUCIFEROUS VEGETABLES	OTHER VEGETABLES	LEAFY GREENS	FRUITS THAT ACT LIKE FATS	NUTS & SEEDS (1/2 cup per day)	RESISTANT STARCHES (Can be eaten every day in limited quantities, but those with prediabetes or diabetes should limit to once or twice a week)
<ul style="list-style-type: none"> <input type="checkbox"/> Arugula <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccoli rabe <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage (green & red) <input type="checkbox"/> Cauliflower <input type="checkbox"/> Collard greens <input type="checkbox"/> Fermented vegetables: raw sauerkraut, kimchi <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Napa cabbage <input type="checkbox"/> Radicchio <input type="checkbox"/> Rhubarb <input type="checkbox"/> Swiss chard <input type="checkbox"/> Watercress 	<ul style="list-style-type: none"> <input type="checkbox"/> Artichokes <input type="checkbox"/> Asparagus <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beets (raw) <input type="checkbox"/> Carrots (raw) <input type="checkbox"/> Carrot greens <input type="checkbox"/> Celery <input type="checkbox"/> Chives <input type="checkbox"/> Daikon radish <input type="checkbox"/> Fiddlehead ferns <input type="checkbox"/> Garlic <input type="checkbox"/> Garlic scapes <input type="checkbox"/> Ginger <input type="checkbox"/> Horseradish <input type="checkbox"/> Hearts of palm <input type="checkbox"/> Jerusalem artichokes (sunchokes) <input type="checkbox"/> Leeks <input type="checkbox"/> Lemongrass <input type="checkbox"/> Mushrooms <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Parsnip <input type="checkbox"/> Radishes <input type="checkbox"/> Rutabaga <input type="checkbox"/> Scallions <input type="checkbox"/> Shallots <input type="checkbox"/> Water chestnuts 	<ul style="list-style-type: none"> <input type="checkbox"/> Algae <input type="checkbox"/> Arugula <input type="checkbox"/> Basil <input type="checkbox"/> Butter lettuce <input type="checkbox"/> Chicory <input type="checkbox"/> Cilantro <input type="checkbox"/> Dandelion greens <input type="checkbox"/> Dill <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Fennel <input type="checkbox"/> Mesclun (baby greens) <input type="checkbox"/> Mint <input type="checkbox"/> Mustard greens <input type="checkbox"/> Parsley <input type="checkbox"/> Lettuce (red & green leaf) <input type="checkbox"/> Romaine <input type="checkbox"/> Seaweed <input type="checkbox"/> Sea vegetables <input type="checkbox"/> Spinach <input type="checkbox"/> Tarragon <input type="checkbox"/> Watercress 	<ul style="list-style-type: none"> <input type="checkbox"/> Avocado (up to a whole one per day) <input type="checkbox"/> Olives, all types 	<ul style="list-style-type: none"> <input type="checkbox"/> Approved nut butters: ideally unsweetened almond butter made with peeled almonds (only a tablespoon per day, please) <input type="checkbox"/> Almonds, only blanched or Marcona (the brown peel contains a lectin that bothers many people with autoimmune diseases) <input type="checkbox"/> Brazil nuts (in limited amounts) <input type="checkbox"/> Chestnuts <input type="checkbox"/> Coconuts (not coconut water) <input type="checkbox"/> Coconut milk (unsweetened dairy substitute) <input type="checkbox"/> Coconut milk/cream (unsweetened, full-fat, canned) <input type="checkbox"/> Flax seeds <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Hemp seeds <input type="checkbox"/> Hemp protein powder <input type="checkbox"/> Macadamia nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pistachios <input type="checkbox"/> Pine nuts <input type="checkbox"/> Psyllium <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Tahini <input type="checkbox"/> Walnuts 	<p>PROCESSED RESISTANT STARCHES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bread & bagels made by Barely Bread <input type="checkbox"/> Julian Bakery PaleoThin Wraps (made with coconut flour) & PaleoThin coconut flakes cereal <input type="checkbox"/> The Real Coconut coconut- and cassava-flour tortillas & chips <p>WHOLE-FOOD RESISTANT STARCHES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cassava (tapioca) <input type="checkbox"/> Celery root (celeriac) <input type="checkbox"/> Green plantains <input type="checkbox"/> Green bananas <input type="checkbox"/> Green mango <input type="checkbox"/> Green papaya <input type="checkbox"/> Jicama <input type="checkbox"/> Millet <input type="checkbox"/> Parsnips <input type="checkbox"/> Persimmon <input type="checkbox"/> Rutabaga <input type="checkbox"/> Sorghum <input type="checkbox"/> Sweet potatoes or yams <input type="checkbox"/> Turnips <input type="checkbox"/> Yucca

"FOODLES" (Dr. Gundry's name for acceptable noodles)	FISH (Any wild-caught, up to 4 ounces per day)	PASTURED POULTRY (Up to 4 ounces per day)	MEATS (100% grass-fed, up to 4 ounces per day)	PLANT-BASED "MEATS"
<ul style="list-style-type: none"> <input type="checkbox"/> Kelp noodles <input type="checkbox"/> Palmina Hearts of Palm Noodles 	<ul style="list-style-type: none"> <input type="checkbox"/> Alaskan halibut <input type="checkbox"/> Alaskan salmon <input type="checkbox"/> Anchovies <input type="checkbox"/> Calamari / squid <input type="checkbox"/> Canned tuna <input type="checkbox"/> Clams <input type="checkbox"/> Crab <input type="checkbox"/> Freshwater bass <input type="checkbox"/> Lobster <input type="checkbox"/> Mussels <input type="checkbox"/> Oysters <input type="checkbox"/> Sardines <input type="checkbox"/> Scallops <input type="checkbox"/> Shrimp <input type="checkbox"/> Whitefish 	<ul style="list-style-type: none"> <input type="checkbox"/> Chicken (Free-Range Pastured Raise Air Chilled Chicken) <input type="checkbox"/> Chicken eggs, omega-3 or pastured (up to 4 per day) <input type="checkbox"/> Duck <input type="checkbox"/> Duck eggs <input type="checkbox"/> Game birds (pheasant, grouse, dove, quail) <input type="checkbox"/> Goose <input type="checkbox"/> Ostrich <input type="checkbox"/> Quail eggs <input type="checkbox"/> Turkey 	<ul style="list-style-type: none"> <input type="checkbox"/> Beef <input type="checkbox"/> Bison <input type="checkbox"/> Boar <input type="checkbox"/> Elk <input type="checkbox"/> Lamb <input type="checkbox"/> Pork (humanely raised including prosciutto, Iberico, 5J) <input type="checkbox"/> Venison <input type="checkbox"/> Wild game 	<ul style="list-style-type: none"> <input type="checkbox"/> Hemp tofu <input type="checkbox"/> Tempeh (grain-free only)

FRUITS (Limit to 1 small serving per day & only when that fruit is in season)	DAIRY PRODUCTS & REPLACEMENTS (1 ounce cheese or 4 ounces yogurt per day)	HERBS, SEASONINGS, & CONDIMENTS	FLOURS	SWEETENERS	CHOCOLATE & FROZEN DESSERTS						
<ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Blueberries <input type="checkbox"/> Blackberries <input type="checkbox"/> Cherries <input type="checkbox"/> Citrus (but no drinking juices) <input type="checkbox"/> Dates (fresh) <input type="checkbox"/> Figs (fresh) <input type="checkbox"/> Grapefruit <input type="checkbox"/> Kiwis <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Passionfruit <input type="checkbox"/> Peaches <input type="checkbox"/> Pears, crispy only (Anjou, Bosc, Comice) <input type="checkbox"/> Plums <input type="checkbox"/> Pomegranates <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries 	<table border="1"> <thead> <tr> <th>CHEESE</th> <th>BUTTER</th> <th>YOGURTS</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <input type="checkbox"/> Buffalo mozzarella (Italy) <input type="checkbox"/> Cheese from Switzerland <input type="checkbox"/> French/ Italian cheese <input type="checkbox"/> Goat cheese <input type="checkbox"/> Organic cream cheese <input type="checkbox"/> Parmigiano-Reggiano <input type="checkbox"/> Sheep cheese </td> <td> <ul style="list-style-type: none"> <input type="checkbox"/> Buffalo butter <input type="checkbox"/> French / Italian butter <input type="checkbox"/> Ghee </td> <td> <ul style="list-style-type: none"> <input type="checkbox"/> Coconut yogurt <input type="checkbox"/> Goat & sheep kefir (plain) <input type="checkbox"/> Goat yogurt (plain) <input type="checkbox"/> Sheep yogurt (plain) <input type="checkbox"/> Whey protein powder </td> </tr> </tbody> </table>	CHEESE	BUTTER	YOGURTS	<ul style="list-style-type: none"> <input type="checkbox"/> Buffalo mozzarella (Italy) <input type="checkbox"/> Cheese from Switzerland <input type="checkbox"/> French/ Italian cheese <input type="checkbox"/> Goat cheese <input type="checkbox"/> Organic cream cheese <input type="checkbox"/> Parmigiano-Reggiano <input type="checkbox"/> Sheep cheese 	<ul style="list-style-type: none"> <input type="checkbox"/> Buffalo butter <input type="checkbox"/> French / Italian butter <input type="checkbox"/> Ghee 	<ul style="list-style-type: none"> <input type="checkbox"/> Coconut yogurt <input type="checkbox"/> Goat & sheep kefir (plain) <input type="checkbox"/> Goat yogurt (plain) <input type="checkbox"/> Sheep yogurt (plain) <input type="checkbox"/> Whey protein powder 	<ul style="list-style-type: none"> <input type="checkbox"/> All herbs & spices, except chili pepper flakes <input type="checkbox"/> Avocado mayonnaise <input type="checkbox"/> Coconut aminos <input type="checkbox"/> Curry paste <input type="checkbox"/> Fish sauce <input type="checkbox"/> Miso <input type="checkbox"/> Mustard <input type="checkbox"/> Nutritional yeast <input type="checkbox"/> Pure vanilla extract <input type="checkbox"/> Sea salt (ideally iodized) <input type="checkbox"/> Tahini <input type="checkbox"/> Vinegars (any without added sugar, but balsamic is fine) <input type="checkbox"/> Wasabi 	<ul style="list-style-type: none"> <input type="checkbox"/> Almond (blanched) <input type="checkbox"/> Arrowroot <input type="checkbox"/> Cassava <input type="checkbox"/> Chestnut <input type="checkbox"/> Coconut <input type="checkbox"/> Grape seed <input type="checkbox"/> Green banana <input type="checkbox"/> Hazelnut <input type="checkbox"/> Sesame (& seeds) <input type="checkbox"/> Sweet potato 	<ul style="list-style-type: none"> <input type="checkbox"/> Honey, only local or manuka (in moderation) <input type="checkbox"/> Inulin (chicory root) <input type="checkbox"/> Monk fruit <input type="checkbox"/> Stevia 	<ul style="list-style-type: none"> <input type="checkbox"/> Cocoa powder, nonalkalized only <input type="checkbox"/> Coconut milk dairy-free frozen desserts <input type="checkbox"/> Dark chocolate, unsweetened, 72% or greater (1 ounce per day)
CHEESE	BUTTER	YOGURTS									
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The “No, Thank You” List of Lectin-Containing Foods



Source: Dr. Steven Gundry's "No, Thank You" Foods List

REFINED, STARCHY FOODS

- Barley grass
- Bread
- Cereal
- Cookies
- Crackers
- Pasta
- Pastries
- Potatoes
- Potato chips
- Tortillas
- Wheat flour
- White rice

GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS, AND GRASSES

- Barley (cannot pressure-cook)
- Buckwheat
- Bulgur
- Brown rice
- Corn and corn products (including popcorn)
- Cornstarch
- Corn syrup
- Einkorn wheat
- Kamut
- Kasha
- Oats (cannot pressure-cook)
- Quinoa
- Rye (cannot pressure-cook)
- Spelt
- Wheat
- Wheatgrass
- White rice
- Wild rice

SUGAR

- Agave
- Coconut sugar
- Diet drinks
- Granulated sugar, even organic cane sugar
- Maltodextrin
- NutraSweet (aspartame)
- Splenda (sucralose)
- Sweet One of Sunett (acesulfame K)
- Sweet'n Low (saccharin)

VEGETABLES

- Beans (all types)*
- Bean sprouts
- Chickpeas* (including hummus)
- Edamame
- Green beans
- Legumes*
- Lentils (all types)*
- Pea protein
- Peas
- Sugar snap peas
- Soy
- Soy protein

- Tofu

NUTS AND SEEDS

- Almonds (unpeeled)
- Cashews
- Chia seeds
- Peanuts
- Pumpkin seeds
- Sunflower seeds

FRUIT

Acceptable fruits are on the "yes" list. The following fruits are especially high in lectins and should be avoided.

- Bell peppers
- Chili peppers
- Cucumbers
- Eggplant
- Goji berries
- Melons (any kind)
- Pumpkins
- Squash (any kind)
- Tomatoes
- Tomatillos
- Zucchini

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS

(These contain casein A1)

- Butter, unless from A2 cows, sheep, or goats
- Cheese
- Cottage cheese
- Frozen yogurt
- Ice cream
- Kefir
- Milk
- Ricotta
- Yogurt (including Greek yogurt)

OILS

- Canola
- Corn
- Cottonseed
- Grape seed
- Partially hydrogenated
- Peanut
- Safflower
- Soy
- Sunflower
- Vegetable

HERBS AND SEASONINGS

- Chili flakes
- Ketchup
- Mayonnaise
- Soy sauce
- Steak sauces
- Worcestershire sauce