

LECTIN-FREE (PLANT PARADOX) DIET

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WHAT IS A LECTIN-FREE DIET?

- Main Idea: Avoid all foods containing lectin to reduce inflammation and a leaky gut.
- The lectin-free diet supports the idea that weight loss, reduced inflammation, and improved chronic diseases can be observed once lectins are removed. However, there needs to be more research to support this.

WHAT ARE LECTINS?

- Lectins are carbohydrate-binding proteins. Lectins are also used to protect plants through the digestive tract. They cannot be broken down in the gut. In some cases, when eaten raw or undercooked, they can lead to adverse reactions in the gut.

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.

LOW LECTIN FOODS

Apples



Lemons

Asparagus



Mushrooms

Blueberries



Onion

Broccoli



Oranges

Carrots



Pumpkin

Cauliflower



Strawberries

Cherries



Sweet potatoes

DrLam*

PROS AND CONS

- Pros: Reduces inflammation, better nutrient absorption, helps those with IBS, lowers disease risk, whole foods emphasis.
- Cons: Restrictive, hard to follow, not easily accessible, reduced intake of micronutrients

HOW TO REDUCE LECTIN CONTENT IN FOODS

- Research shows cooking can decrease the amount of hemagglutinating activity in pulses and soybean by 93.77-99.81%.
- In the same study, the cooking process is shown to be the most effective and recommended way to reduce lectins during food preparation (Shi et al., 2018).

ALTERNATIVE DIET WITH MORE RESEARCH

- The Mediterranean diet has been shown within research to lower mortality rates and chronic diseases such as cardiovascular disease and conditions associated with metabolic syndrome.
- Similar to the proposed benefits of the lectin-free diet, the Mediterranean diet has shown positive effects on the gut microbiome, decreasing inflammation within the body, and weight loss (Gundogdu & Nalbantoglu, 2023).
- Foods promoted within this diet have several benefits such as antioxidant properties, anti-inflammatory properties, and is the gold standard due to its sustainability.



MEDITERRANEAN DIET

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