

## LECTINS – FOODS TO AVOID AND ENJOY

FOOD GROUP	AVOID	ENJOY
<b>Vegetables</b>	Legumes, peas, sugar snap peas, green beans, chickpeas, soy including tofu and edamame, all beans including sprouts, eggplant, pumpkin, tomatoes, cucumbers, zucchini squash, chili, capsicums	Broccoli, brussels sprout, cauliflower, artichokes, asparagus, beetroots, bok choy, cabbage, carrots, celery, chives, collards, garlic, kale, leafy greens, leeks, mushrooms, okra, olives, onions, rocket, silver beet, radicchio, kohlrabi, sweet potato, konjac root, taro root
<b>Fruits</b>	Melons and goji berries	Avocado, apples, blackberries, blueberries, cherries, cranberries, lemons, raspberries, strawberries, kiwi fruit
<b>Herbs &amp; spices</b>	Chili pepper flakes, cayenne pepper and paprika. All peel and seeds of chili peppers	Fresh leafy herbs. Fennel, parsley, basil, mint, fermented hot sauce. All spices except chilli pepper
<b>Refined food, flour &amp; grains</b>	Brown rice, wild rice, pasta, quinoa, rye, kamut, oats, wheat, barley, buckwheat, spelt, corn, rice, potato, pastry, cereal and crackers	Flours: almond, coconut, hazelnut, cassava, green banana, sweet potato, tiger nut, millet and arrowroot
<b>Fats &amp; oils</b>	Peanut oil, grape seed oil, canola oil, safflower oil, soy oil, sunflower oil, partially hydrogenated vegetable oil	Olive oil, coconut oil, macadamia oil, MCT oil, avocado oil, sesame seed oil, walnut oil, rice bran oil
<b>Dairy</b>	In general dairy should be avoided. Cow's milk that contains A1 protein, ice cream	Buffalo milk, ghee, goat milk/yoghurt, organic cream/ sour cream and organic cream cheese
<b>Meat &amp; eggs</b>	Grain fed animals	Chicken, turkey, duck, quail, lamb, pork, venison
<b>Fish, seafood, shellfish</b>	Nil	Alaskan salmon, sardines, mussels, lobster, oysters, anchovies, calamari, crabs, shrimp
<b>Nuts &amp; seeds</b>	Pumpkin seeds, sunflower seeds, chia seeds, peanut and cashews	Macadamias, pecans, pistachios, flaxseeds, hemp seeds, hazelnuts, chestnuts
<b>Sweeteners</b>	Agave, artificial sweeteners, refined sugars	Stevia, inulin, xylitol
<b>Beverages</b>	Coffee, black and green tea, wheatgrass and barley grass drinks, diet drinks, alcohol, soy milk, energy drinks, coffee, juices and soft drinks, yerba mate, nettle tea	Water, coconut milk, red wine