



Lectin Prep Guide

Low Lectin Foods and Preparation Techniques to Minimize Lectin Exposure

Low lectin alternatives:

- *Legumes (soak/sprout first): **must be pressure cooked!**
- *Nuts (soak/sprout first if possible):
 - Coconut
 - Chestnut
 - Macadamia
 - Pecan
 - Pistachio
 - Walnut
 - Blanched Almonds
- *Seeds (soak/sprout first if possible):
 - Flax
 - Hemp
 - Pumpkin
 - Chia

*For a guide to soaking and sprouts beans, nuts, and seeds, below is a good resource:

<https://www.weedemandreap.com/guide-soaking-sprouting-grains/>

Tips for working around some high-lectin foods

- Lectins are primarily in the skins and seeds of foods. Therefore certain foods like nuts and nightshades can be modified by being skinned and/or de-seeded to greatly reduce lectin content. This would include:
 - Tomatoes - some tomato pastes/sauces are prepared this way.
 - Videos on how to skin/deseed tomatoes:
 - <https://www.youtube.com/watch?v=BRHJt2xa06g>
 - <https://www.bbcgoodfood.com/videos/techniques/how-de-seed-tomatoes>
 - Peppers

- This means that chili powder is okay (because it's from the flesh of the pepper), but not chili flakes.
 - Videos on how to skin/deseed peppers:
 - <https://www.youtube.com/watch?v=ERFI6k4-KkE>
 - <https://www.youtube.com/watch?v=tyljonyrwz8>
 - Eggplant
 - Skinned and deseeded
 - White potato
 - Completely skinned - but then you are only left with a starch - go with a yam or sweet potato instead!
 - Almonds - skinned almonds (also called “blanched”)
- Pressure cooking destroys lectins fairly effectively. If ever having legumes or quinoa or other pseudo grains, prepare them this way. Also know that pressure cooking likely destroys fiber and vitamins as well, although not as much as other forms of cooking.
- Soaking/sprouting nuts, seeds, and grains, can help reduce lectins by as much as 50%.
 - Since this method still leaves enough lectins still in the food, avoid eating these foods too often (unless listed under “low lectin alternatives”).
 - As a reminder, a guide to soaking and sprouting can be found here:
 - <https://www.weedemandreap.com/guide-soaking-sprouting-grains/>

Other Common Questions

- What about **nut milks** such as almond milk? Answer: Our understanding is that the skins are not involved in the final product of nut milks, and also that not as many nuts are even used in some brands. Therefore these should be fine. But, again, limit use. Make sure it is unsweetened.
- What about **pea protein powder**? Answer: This should also be fine. We have heard of at least one company explain how they, specifically, extract and refine pea protein, and that it should strip away lectins. We do not know for certain if

that is unanimous across other brands but seems reasonable that it's safe overall. (That product is by Designs For Health and is called PurePea. PurePea is available at fullscript.com at a 15% discount for all private EPIC clients.)

- What about green beans? Green beans (and some peas, for that matter) are much lower in lectins than other legumes. In addition, lectins are in the seeds and not the pod (or "shell") of the plant. Therefore, when you consume green beans, you're not eating as much lectin-containing components due to a lot of the volume consumed is the pod as well (whereas a serving of regular beans would all be lectin-loaded since there's no pods eaten along with them). So, green beans will probably be okay once in a while, but rotate your foods so that you don't eat them every day.

Additional References:

The Plant Paradox, by Dr. Steven Gundry

<https://drjockers.com/avoid-lectins-diet/>

<https://www.thepaleomom.com/green-beans-peas/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4247821/>