

Healthful Low-Lectin Foods to Eat

Vegetables

Organic is best. Frozen is okay. Ideally more than half your vegetables should be cooked, and 70% of your diet should be vegetables. Eat a variety!

These vegetables should mostly be eaten cooked (occasionally raw is fine):

Arugula	Cassava (in moderation)	Radishes	Turnips (in moderation)
Bok choy	Cauliflower	Rutabaga (in moderation)	Turnip greens
Broccoli	Collard greens	Spinach	Yams (in moderation)
Brussels sprouts	Daikon radishes	Sprouts (except alfalfa)	<i>pressure-cooked only</i>
Cabbage (Green, Red, Napa and Chinese)	Kohlrabi	Sweet potatoes (in moderation)	Watercress
	Mustard greens	<i>pressure-cooked only</i>	

These vegetables can be eaten raw or cooked:

Artichokes	Chives	Lettuce (Romaine, Butter, Red leaf and Green leaf)	Perilla
Asparagus	Cilantro		Purslane
Basil	Dandelion greens	Mesclun	Radicchio
Beets	Endive	Mint	Sauerkraut (raw)
Beet greens	Escarole	Mizuna	Scallions
Carrot greens	Fennel	Mushrooms	Swiss chard
Carrots	Garlic	Nopales cactus	Taro roots (in moderation)
Celery	Hearts of palm	Okra	Yucca (in moderation)
Celery root (in moderation)	Kimchi (raw)	Onions	
Chicory	Jicama (in moderation)	Parsley	
	Leeks	Parsnips (in moderation)	

Proteins

Meats - up to 8 oz daily:

Grass-fed grass-finished Beef	Elk	Sardines
Lamb	Pasture-Raised Chicken	Anchovies
Bison	Turkey	
Wild game	Ostrich	<u>Other Proteins:</u>
Venison	Duck	Pasture-Raised eggs
Boar	Goose	Organic Tempeh (grain-free only)
Pork	Quail	Organic Natto

Dairy

Organic is best. For cow's milk products, only eat grass-fed cow products.

Brie (goat's milk)	Cheese (high-fat French, Italian or Swiss, such as triple-cream brie)	Milk (Casein A2 only)
Butter (goat's milk)		Mozzarella (from buffalo milk)
Butter (grass-fed French or Italian as these are from Casein 2 dairy)	Cream cheese	Sour cream
	Ghee	Yogurt (coconut)
Cheese (cow's milk - 1oz only)	Heavy cream	Yogurt (goat, sheep or buffalo)
Cheese (goat, sheep or buffalo)	Kefir (goat's and sheep's milk)	Yogurt (cow's milk - 4oz only)

Oils – The best oils for cooking are Rice Bran oil, Light/Refined Olive Oils and clarified butter/ghee. Try to cook on low heat – do **not** let oils smoke. For non-cooking oils, grass-fed butter, and expeller- or cold-pressed olive, coconut, avocado, Flaxseed, Hemp seed, Macadamia, MCT, Perilla, Red Palm, Rice Bran, Sesame Seed, and Walnut Oils are the best. Always store oils in the refrigerator so that they don't go rancid.

Fruit – Avocado is very good and you can eat up to 2 per week. Coconut is acceptable, but easy to overeat, so be moderate. You can sparingly eat: in-season berries, baobab fruit, green bananas or plantains, persimmon, green mango or papaya.

Sweeteners – Stevia, Chicory Root, Inulin, Luo han guo (Monk fruit), and Yacon are the best. Sugar alcohols such as Xylitol, Erythritol, etc. can be used as well, but work up slowly. Do not use sugar alcohols if you have seizures or other neurological issues. If a different sweetener **must** be used, raw honey and pure maple syrup are acceptable, but only in small amounts.

Nuts, Seeds & Legumes – Up to ½ cup per serving, no more than three servings per week: Macadamia, Walnuts, Pecans, Pistachios, Pine nuts, Brazil nuts (do not overeat Brazil nuts – no more than 14 per week), Chestnuts, Flaxseeds, Hemp seeds, Pecans, Pine nuts, Sesame Seeds, Tiger nuts, Hemp protein powder, Psyllium.

Beans – If you are going to eat beans, they have to be soaked, rinsed and pressure-cooked. Eden Foods soaks, rinses and pressure-cooks their beans, so you can rinse, heat and eat them right out of the can. (They also have traditionally fermented Miso, Shoyu and Tamari.)

Flours and Grains – Up to ¼ cup per serving, no more than three servings per week: Almond flour (not meal), Arrowroot, Cassava, Chestnut, Coconut, Grape seed, Green Banana, Hazelnut, Millet, Sorghum, Sesame, Sweet potato, Tapioca from cassava, Tiger nut.

Breads, Cereals and Noodles – Cappello's fettuccine, Pasta Slim, Miracle Noodle Shirataki noodles, Miracle Noodle Kanten pasta, Miracle Rice, Siete brand tortillas, Bread and bagels made with coconut flour by Bakery Paleo Wraps, and Paleo coconut flakes cereal in moderation are good options.

Desserts – So Delicious No Sugar Added coconut ice cream, Lily's Chocolate and other dark chocolates (72% or greater with less than 4g of sugar per serving) in moderation are good options.

Alcohol – It is better to abstain, but if you have to drink: Champagne (one 6 oz glass per day), Red (one 6 oz glass per day), Aged spirits (1 oz.). Do not mix fruit or other sugary things into it.

Miscellaneous – All olives, mustard (without added sugar), all herbs, all seasonings, and all vinegars (without added sugar) are allowed.