

Lectine Allowed Food List

Foods that are less likely to cause problems for most people.

Proteins

Grass-fed and free-range meats

- Beef
- Pork
- Turkey
- Chicken
- Boar
- Cornish Hen
- Quail
- Duck
- Goose
- Rabbits
- Lamb
- Sheep
- Bison
- Fresh sausages without nitrites, smoke, or ingredients in the not-allowed list
- Organ meats – hearts, tongue, liver, kidney, skin, marrow, intestines, gizzard
- Bone broth
- Gelatin and collagen

Fish wild caught only (not grain fed)

- Salmon
- Fresh wild sardine
- Roe (fish eggs)
- Oyster
- Anchovies
- Trout
- Shrimp
- Mussels

Protein powders – if tolerated

- Hemp Protein
- Pea protein
- Brown rice protein isolate
- Beef protein
- Cricket flour

Fats and Oils

- Ghee
- Coconut oil
- Lardons
- Cracklings
- Lard
- Tallow
- Chicken Fat
- Bone Marrow
- Duck fat

- Olive oil
- Avocado
- Avocado oil
- MCT oil (too much can cause diarrhea)
- Coconut milk

Carbohydrates

Tubers (Pressure-cooked)

- Sweet potatoes – any color
- Rutabaga
- Jicama
- Daikon radish
- Radish
- Burdock root
- Cassava
- Yam
- Lotus root
- Turnip
- Celeriac
- Yacon
- Taro

Other Carbohydrates

- Raw honey
- Hi-Maize resistant starch
- Trehalose
- Carob
- Guar Gum
- Xanthan gum
- Glucose/dextrose

Vegetables

(any non-nightshade vegetables are allowed in moderation)

- Romaine Lettuce
- Broccoli
- Cauliflower
- Kale
- Brussel sprouts
- Other cruciferous vegetables
- Sprouts of cruciferous vegetables, including broccoli, red clover, mustard seed
- Alfalfa and other sprouts
- Cucumbers
- Celery
- Beet greens
- Spinach
- Asparagus

Spices and Herbs

(Generally, non-seed herbs that are leaves and roots are well tolerated, but this is individual.)

- Garlic
- Oregano
- Basil
- Rosemary
- Savory
- Sage
- Thyme
- Bay leaf
- Parsley
- Dill
- Chives
- Green onions
- Garlic
- Onions
- Ginger
- Cilantro
- Wasabi
- Dill
- Cinnamon
- Orange and lemon zest
- Turmeric
- Ginger
- Lavender
- Saffron
- Tarragon

Condiments and others

- Sea salt
- Dulce
- Nori
- Sunflower lecithin
- Apple cider vinegar
- Coconut aminos
- Primal Kitchen mayo
- Baking soda (not baking powder)
- Stevia
- Erythritol
- Coconut manna
- Coconut
- Nutritional yeasts (without folate)