

Lectins

Lectins are proteins that bind to carbohydrates.

Patient should avoid:

- Meat and dairy products that are not grass fed
- Poultry that isn't pastured
- Farm Fed Fish
- Beans that are not pressure cooked
- Grains (Excluding sorghum and millet)
- Squash/Cucumber family, Nightshades, Cashews
- Seeds (sunflower, pumpkin, chia, etc.)