What to Eat and Avoid on the Lectin-Free Diet

Above all, the diet requires avoiding lectins.

Foods You Can't Eat

Lectins are found in these foods, according to Gundry: (1,2)

- Wheat
- Quinoa
- Wheat germ
- Brown rice
- Oats
- Barley
- Pasta
- Bread
- Flour
- Crackers
- Cookies
- Cereal
- Artificial sweeteners
- Diet drinks
- Tomatoes*
- White potatoes*
- Eggplant*
- Bell peppers*
- Hot peppers*
- Squash
- Cucumbers
- Beans
- Peanuts
- Soy
- Lentils
- Split peas

- Seeds
- Milk
- Non-pasture-raised meats

*These are nightshades, and are allowed if you peel the skin and remove the seeds. In general, peeling vegetables and removing seeds is recommended on a lectin-free diet.

Foods You Can Eat

These are a sampling of foods that are allowed on the lectin-free diet: (1,2)

- Pasture-raised meats
- Pasture-raised eggs
- Kimchi
- Sauerkraut
- Italian or French cheese
- Italian or French butter
- In-season fruits (berries, cherries, apples, nectarines, peaches, and others)
- Green bananas
- Sweet potatoes
- Millet
- White rice
- Jicama
- Sorghum
- Vegetables (leafy greens, broccoli, celery, onions)
- Pressure-cooked beans and legumes
- Olive oil
- Avocados
- Almond milk (unsweetened, organic)