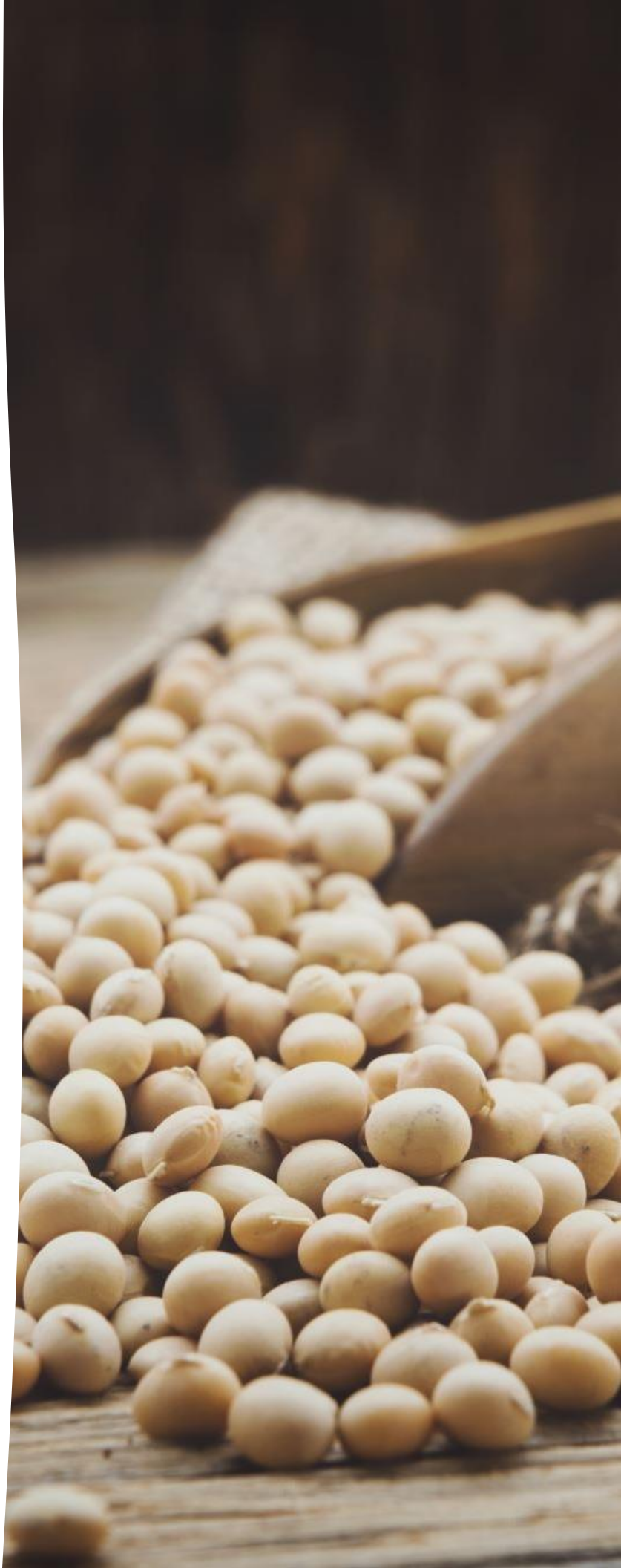


## Lectin Elimination (for Autoimmunity & Gut disorders)

- Eliminate the following:
- Gluten (100% Strict. No wheat & barley products)
- Soybean (tofu, edamame, tempeh, soy sauce)
- Dairy
- Peanuts (a legume actually)
- Lentils
- Beans: kidney beans and jack beans (all others must be pressure cooked). Eden canned beans ok.
- Nightshades: tomato (skin and seeds), potato (sweet and purple potatoes are allowed)
- Spinach (all other greens allowed)

Reference: Brostoff &  
Challacomb, Food Allergy  
and Intolerance.



# ***What are food lectins?***

- Technically, lectins are proteins in foods that bind to carbohydrates. The problem with food lectins is that they can activate a part of your immune system that is called Complement. They enter the systemic circulation and bind to selective tissue targets/organs, activating immune attack against self-tissue. This alteration increases the likelihood of an auto-immune response against self-tissue. This process is called ***molecular mimicry***, and it is present in all cases of auto-immune disease. People who don't have autoimmune disease have no problem with dietary lectins
- Different food lectins tend to have an affinity for binding to particular tissue targets. The above-named foods are the most common problematic lectins. However, many come from the nightshade and legume family. The chart is adapted from Food Allergy & Intolerance by Brostoff & Chalacomb. This is an excellent immunology textbook.

## References

- Gong T, Wang X, Yang Y, Yan Y, Yu C, Zhou R, Jiang W. **Plant Lectins Activate the NLRP3 Inflammasome To Promote Inflammatory Disorders.** J Immunol. 2017 Mar 1;198(5):2082-2092. doi: 10.4049/jimmunol.1600145. Epub 2017 Jan 13. PMID: 28087670.
- Konozy EHE, Osman MEM. **From inflammation to immune regulation: The dual nature of dietary lectins in health and disease.** Heliyon. 2024 Oct 18;10(20):e39471. doi: 10.1016/j.heliyon.2024.e39471. PMID: 39502251; PMCID: PMC11535980.