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Dietary Lectin exclusion: The next big food trend?

Panacer K *et al.* Dietary exclusion of lectins

Kirpal Panacer, Peter J Whorwell

Abstract

Until recently, with the exception of coeliac disease, gastroenterologists have not been particularly interested in the role of diet in the management of gastrointestinal

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Is lectin the new gluten? Why you shouldn't fall for the latest dumb diet ...

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2017年7月11日 - Gluten, dairy products, **fat**: it can feel hard to keep up with what is the latest enemy of a health **diet**. Now, **lectin** is being labelled by some as the **food** to avoid. ... The **best diets**: according to the experts. Show all "Given this, the **exclusion** of all **lectins** in the **diet** is not only near impossible but not necessarily ...

Lectin avoidance? The latest nutrition fad you shouldn't fall for ...

<https://www.shemazing.net/lectin-avoidance-the-latest-diet-fad-you-shouldnt...> ▼ 翻译此页

2017年7月12日 - Move over gluten, there's a **new fad diet** in town. **Lectins** are being labelled as the **new food** to avoid by health ... all contain **lectins** – meaning a **huge** proportion of everyday staples are off limits. ... "Given this, the **exclusion** of all **lectins** in the **diet** is not only near impossible but not necessarily beneficial."

Dietary lectin exclusion: the next big food fad?的图片搜索结果

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What are dietary lectins and should you avoid eating them?

<https://medicalxpress.com> > Health ▼ 翻译此页

2018年9月24日 - Some **foods** that contain higher amounts of **lectins** include beans, peanuts, ... that



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Everything You Need To Know About The Lectin-Free Diet ...

<https://www.womenshealth.com.au/what-is-a-lectin-free-diet-benefits> ▾

An expert weighs in on the benefits of this new **trend**. Another day, another **dietary** miracle promising everything from weight loss to disease destruction. And **the next big trend** being dished up is the **lectin-free** diet popularised by Dr. Steven Gundry, heart surgeon turned nutrition guru.

Is lectin the new gluten? Why you ... - The Independent

<https://www.independent.co.uk/life-style/food-and-drink/lectin...> ▾

Jul 11, 2017 · The healthiest breakfast you can possibly eat, according to dietitians. Foods including grains, particularly whole wheat, beans and legumes, nuts, aubergines, tomatoes, potatoes, peppers, dairy products and eggs contain lectins - which doesn't leave an awful lot left to eat. And that doesn't sound like a particularly balanced diet.

Author: Kashmira Gander

15 food trends for 2018 | BBC Good Food

<https://www.bbcgoodfood.com/howto/guide/15-food-trends-2018> ▾

Discover Good Food's hottest **trends** in food and drink for 2018, including meat-free burgers, alcohol-free spirits and more innovative ways to eat healthy. Want to read about the latest **trends**? See our guide to the top 15 **food trends** for 2019. Over the last year, we've seen a wide range of **food** and ...

Lectin-free diet: Benefits, risks, and foods to eat and avoid

<https://www.medicalnewstoday.com/articles/319593.php> ▾

Oct 03, 2017 · The **lectin-free diet** is a restrictive plan, which may make it difficult for some people to follow it long-term. The plan also limits or cuts out many nutritious foods, such as whole grains, beans ...

Why You Should Ignore "The Plant Paradox" by Steven Gundry

<https://theskepticalcardiologist.com/2018/07/14/why-you-should...> ▾

Jul 14, 2018 · Lectin Shield works to protect your body from a pile-up of lectins and to promote full-body comfort." Are Lectins The Next Gluten? The second article I highly recommend was written for The Atlantic last year by one of my favorite medical writers, James Hamblin, MD.

The Lectin Avoidance Diet + Foods High & Low in Lectins ...

<https://selfhacked.com/blog/elimination-diet-safest-foods-people-sens> ▾

May 04, 2014 · The **Lectin** Avoidance Diet excludes grains, beans, nuts, seeds, most potatoes, and all dairy. Allowed foods include all seafood, meat, chicken/turkey (all fowl), eggs (if not allergic), and most fruits and vegetables. Romaine lettuce, cruciferous veggies, cucumbers, and celery are the best vegetables to include.

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Top diet trends of 2018 - Sanitarium

<https://www.sanitarium.com.au/...nutrition/nutrition/top-diet-trends-of-2018> ▼ [翻译此页](#)

Lectin-free, Whole 30, keto and vegan are just a few of the top trending diets to hit ... So to help you choose the best approach for health and weight loss we asked ... Lectins may be the new gluten with a rise in people cutting them from their diet. ... diet is a process of elimination over several weeks to help identify the foods ...

Is lectin the new gluten? Why you shouldn't fall for the latest dumb diet ...

<https://www.independent.co.uk> > LIFE > EATS ▼ [翻译此页](#)

2017年7月11日 - Now, lectin is being labelled by some as the food to avoid. ... The best diets: according to the experts "Given this, the exclusion of all lectins in the diet is not only near impossible but not necessarily ... I would like to receive the best features and trends across the world of lifestyle every week by email.

Lectin Foods: Avoid Lectins & Heal Your Gut - MindBodyGreen

<https://www.mindbodygreen.com/articles/foods-high-in-lectins> ▼ [翻译此页](#)

2019年3月29日 - According to Dr. Steven Gundry, lectins destroy your gut and cause inflammation. ... Food Trends ... To that end, here are the basic categories of foods that are excluded from ... In my medical practice, I have witnessed firsthand that eating ... And since corn is one of the biggest crops and most common food ...

Keto, Carnivore, and Intermittent Fasting: Google's Top Diet Trends of ...

<https://www.livestrong.com> > ... > Diet and Nutrition > Food and Health ▼ [翻译此页](#)

2018年12月19日 - Are you curious about the latest diets to trend on Google? ... The biggest criticisms behind this diet are the caloric restriction which can lead to nutrient deficiencies, and the ... Read More: List of Foods and Points in Weight Watchers ... His diet philosophy is largely plant based, with one exception — lectins.

10 Food Trends That Will Shape 2018 - Forbes

<https://www.forbes.com/sites/.../2017/.../10-food-trends-that-will-shape-2018...> ▼ [翻译此页](#)

2017年12月13日 - Over the past 20 months, we have seen 17 CEOs of big food ... Now, we come to the new 2018 food world definition of mindfulness, which I will is on some kind of "exclusion diet," having to avoid certain foods because of a ...

缺少字词: Lectin