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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 ...

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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