

THE PLANT PARADOX NO LIST BY NUTRITIONAL CATEGORY

THE NO LIST OF HIGH LECTIN FOODS	
Vegetables	Legumes Peas and sugar snap peas Green beans Chickpeas Soy (except fermented) Tofu Edamame Soy protein Textured vegetable protein Beans and bean sprouts Lentils Potatoes
Nuts & Seeds	Pumpkin Sunflower Chia Peanuts Cashews
Fruits (Culinary Vegetables)	Cucumbers Zucchini Pumpkins Squashes Melons Eggplant Tomatoes Bell peppers Chili peppers Goji berries
Non-Southern European Cow's Milk	Yogurt and frozen yogurt (especially Greek) Ice cream Butter Cheese Ricotta Cottage cheese Kefir Casein protein powders

Grain or Soybean Fed Animals	Fish and shellfish Poultry Beef Lamb Pork
Sprouted Grains, Pseudo-Grains, and Grasses	Wheat Einkorn wheat Kamut Oats Quinoa Rye Bulgur All rice (white, brown, wild) Barley Buckwheat Kasha Spelt Corn and corn protein Popcorn Wheatgrass Barley grass

THE NO LIST OF HIGH SUGAR & ARTIFICIAL FOODS	
Refined, Starchy Foods	Pasta Rice (even pressure cooked) Potato chips Bread Tortillas Pastries Flours made from grains and pseudo-grains Cookies Crackers Cereal Corn starch
Sweeteners & Artificial Sweeteners	Corn syrup Sugar Agave Sucralose Acesulfame K Aspartame

	Sucralose Saccharin Diet drinks Maltodextrin
Fruit	All fruit (except avocados, olives, and those in season on the Yes list) Ripe bananas Ripe mangos Melons

THE NO LIST OF HIGH OMEGA-6 OILS	
Seed & Vegetable Oils	Soy Grape seed Corn Peanut Cottonseed Safflower Sunflower Anything partially hydrogenated (trans fat) Vegetable Canola