## Appendix F

## **Low Lectin Foods**

- Broccoli
- Strawberries
- Cruciferous Vegetables ( See Appendix A)
- Celery
- Garlic
- Leafy Green Vegetables
- Mushrooms
- Onions
- Meat from animal pasture raised
- Millet
- Sorghum

Key: Fermenting, soaking, pressure cooking