

<i>Note: Some sources contradicted each other on a few spices. Some foods were evaluated on 100 grams whereas others were per serving. I converted the rating to a serving where I could.</i>	<b>Lectins?</b>  Less Data Available	<b>Oxalates?</b>  High: 26-99 mg Moderate: 10-25 mg Low: 0-9 mg	Version 1.1, 2022, cam  <b>An Option for a Low Carb Diet</b>  (My Current Diet)
Bacon	Low	Low	Yes
Beef And Other Ruminant Meats (Especially Grass Fed)	Low	Low	Yes
Chicken	Low	Low	Yes
Crab Legs	Low	Low	Yes
Eggs	Low	Low	Yes
Fish (except Sardines)	Low	Low	Yes
Lamb Chops	Low	Low	Yes
Lobster	Low	Low	Yes
Poultry	Low	Low	Yes
Salmon	Low	Low	Yes
Turkey	Low	Low	Yes
Arugula	Low	Low	Yes
Asparagus	Low	Low	Yes
Avocadoes	Low	Moderate	Yes
Bell Peppers	High	High	Yes
Blackberries	Low	Moderate	Yes
Blueberries	Low	Moderate	Yes
Bok Choi	Low	Low	Yes
Broccoli	Low	Low	Yes
Brussel Sprouts	Low	Moderate	Yes
Cabbage	Low	Low	Yes
Cauliflower	Low	Low	Yes
Celery	Low	Low to Moderate	Yes
Chard (Swiss chard, green chard, rainbow chard, red chard)	Low	High	Yes
Cucumber	High	Low	Yes
Garlic	Low	Low	Yes
Green Beans	High	Moderate	Yes
Jalapenos	High		Yes
Kale, curly	Low	High (from PHD)	Yes
Kale, flat lacinato	Low	Low (from PHD)	Yes
Lemons	Low	Low	Yes
Lettuce (Ice Burg/Romaine)	Low	Low	Yes
Limes	Low	Low	Yes
Mushrooms	Low	Moderate/Low	Yes
Mustard	Low	Low	Yes
Okra	Low	High	Yes
Olives (3 olives)	Low	Low	Yes
Onions	Low	Low	Yes
Peanut Butter	High	Moderate	Yes
Pickles	Low	Low	Yes
Radishes	Low	Low	Yes
Raspberries	Low	High	Yes
Sauerkraut	Low	Low	Yes
Scallions	Low	Low	Yes
Spinach	Low	High	Yes
Squash, Yellow		Low	Yes
Strawberries	Low	Moderate	Yes

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Butter, A2 and Grass Fed	Low	Low	Yes
Cheese, A2, etc.	Low	Low	Yes
Cheese - A1	High	Low	Yes
Cream Cheese	Low	Low	Yes
Sour Cream	Low	Low	Yes
Yogurt, Full Fat (A1 including Greek)	High	Low	Yes
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Coconut Oil	Low	Low	Yes
Ghee	Low		Yes
Olive Oil	Low	Low	Yes
Tallow	Low		Yes
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Allulose	Low		Yes
Aspartame	High		Avoid/Limit
Erythritol		Low	Yes
Inulin		Low	Yes
Maltodextrin	High		No
Monk fruit		Low	Yes
Saccharin	High		Avoid/Limit
Stevia		Low	Yes
Sucralose	High		No
Xylitol		Low	Avoid/Limit
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Coffee	Low	Low	Yes
Diet Soda	High	Low	Limit
Red Wine	Low	Low	No
Tea, (100 grams)	Low	High	N/A
Tea, Black, Brewed (1 cup)	Low	Moderate	Yes
Tea, Brewed (1 cup)	Low	Moderate	Yes
Tea, Brewed, Herbal (1 cup)	Low	Moderate	Yes
Zero Beverages	High	Low	Yes
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Almond Flour	Low	High	Yes
Coconut Flour	Low		Yes
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Almonds	Low	High	No
Brazil nuts	Low	High	Yes
Flax Seeds	Low	Low	No
Macadamia Nuts	Low	Moderate	Yes
Peanuts	High	High	No
Pecans	Low	Low to Moderate	Yes
Pine Nuts	Low	High	Yes
Pistachios	Low	Moderate	No
Walnuts	Low	Moderate	No
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All Spice		Low to Moderate	
Almond Extract		Low	

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Basil	Low		
Black Pepper		High	
Celery Seed	Low	Moderate	
Chili Powder	High	Low	Yes
Cinnamon		Moderate	
Clove		Moderate	
Coriander Seed	Low	Low	
Cumin Seed, ground		Low to Moderate	Yes
Curry Powder	High	Moderate	
Dill	Low		
Fennel	Low	Moderate	
Garlic Powder	Low	Low	Yes
Ginger	Low	Low	
Lemon Peel		Low to Moderate	
Mint (peppermint, spearmint, etc.)	Low		
Mustard, ground	Low	Low	
Onion Powder	Low	Low to Moderate	Yes
Rosemary	Low		
Turmeric	Low	Moderate	
Vanilla Extract		Low	
Vinegar, Sugar Free	Low	Low	Yes
White Pepper		Low	Yes
<b>OTHER FOODS NOT TYPICALLY PART OF A LOW CARB DIET</b>			
Apples	Low	Moderate	No
Apples, peeled	Low	Low	No
Beets	Low	High	No
Carrots	Low	Moderate	No
Coconut	Low	Low	No
Collard Greens	Low	Low to Moderate	No
Cranberries, dried		Low	No
Oranges	Low	Low	No
Dates	Low	Low	No
Figs	Low	Low	No
Peas	High	Low	No
Pineapple	Low	Low	No
Pinto Beans	High	Moderate	No
Pomegranate	Low	Moderate	No
Potato	High	Moderate to High	No
Refried Beans	High	High	No
Rhubarb	Sources vary between low and high	High	Optional
Squash, Winter		Moderate	No
Sweet potatoes	Low	High	No
Pumpkin	Low	Moderate	Optional
Tomato	High	Moderate	Limit
Tomato skinned and deseeded		Low	Yes
Tomato Sauce	High	High	Limit
Yams	Low	High	No

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<p>Sally Norton-Oxalates</p> <p><a href="https://sallyknorton.com/">https://sallyknorton.com/</a></p>	<p>Mental Food Chain-Lectins</p> <p><a href="https://www.mentalfoodchain.com/foods-high-in-lectins/">https://www.mentalfoodchain.com/foods-high-in-lectins/</a></p>	<p>Oxalate Database</p> <p><a href="https://oxalate.org/">https://oxalate.org/</a></p>	<p>Ann Shippy</p> <p><a href="https://annshippymd.com/what-are-oxalate-rich-foods-high-oxalate-vegetables-list/">https://annshippymd.com/what-are-oxalate-rich-foods-high-oxalate-vegetables-list/</a></p>
<p>Search Food Ingredient and Packaging:</p> <p><a href="https://www.cfsanappsexternal.fda.gov/scripts/fdcc/?cat=FoodIngredientsPackaging&amp;type=basic&amp;search">https://www.cfsanappsexternal.fda.gov/scripts/fdcc/?cat=FoodIngredientsPackaging&amp;type=basic&amp;search</a></p>	<p>FDA Database Search:</p> <p><a href="https://www.fda.gov/industry/fda-basics-industry/search-databases">https://www.fda.gov/industry/fda-basics-industry/search-databases</a></p>	<p>Substances added to Foods:</p> <p><a href="https://www.cfsanappsexternal.fda.gov/scripts/fdcc/?set=FoodSubstances">https://www.cfsanappsexternal.fda.gov/scripts/fdcc/?set=FoodSubstances</a></p>	<p>Video of Sally Norton (many others with her on YouTube)</p> <p><a href="https://www.youtube.com/watch?v=wkbYlBjluY8">https://www.youtube.com/watch?v=wkbYlBjluY8</a></p>
<p>A Lectin Free Diet Plan</p> <p><a href="https://gundrymd.com/dr-gundry-diet-food-list/">https://gundrymd.com/dr-gundry-diet-food-list/</a></p>	<p>Sugar/Sugar Alcohol GI</p> <p><a href="https://hip2keto.com/wp-content/uploads/sites/3/2018/11/GI-index-chart-hip2keto.png?resize">https://hip2keto.com/wp-content/uploads/sites/3/2018/11/GI-index-chart-hip2keto.png?resize</a></p>	<p>Glycemic Index of Selected Sweeteners</p> <p><a href="https://i0.wp.com/dietdatabase.com/wp-content/uploads/2013/12/glycemic-index-sweeteners.jpg">https://i0.wp.com/dietdatabase.com/wp-content/uploads/2013/12/glycemic-index-sweeteners.jpg</a></p>	<p>Lectins</p> <p><a href="https://gundrymd.com/what-plants-have-lectins/">https://gundrymd.com/what-plants-have-lectins/</a></p>