

# Lektiini

## Lektiinejä sisältävät ruuat

"There is little data to prove that any of these methods remove lectins completely as few foods have been tested and of those that have lectins many seem to remain after processing." [1]

- heinäkasvien siemenet (vilja, tattari, riisi, kvinoa, ...)
- palkokasvit (pavut, herneet ja linssit)
- koisokasvit (peruna, tomaatti, munakoiso, pippurit)
- maitotuotteet
- munat

## Lähteet

- <http://www.krispin.com/lectin.html>
- [http://books.google.com/books?id=\\_KGWcPH41qYC&printsec=frontcover&dq=vegetarian+myth&ei=OE0mS7qsFKbAzQTHjtGECw&hl=fi&cd=1#v=onepage&q=&f=false](http://books.google.com/books?id=_KGWcPH41qYC&printsec=frontcover&dq=vegetarian+myth&ei=OE0mS7qsFKbAzQTHjtGECw&hl=fi&cd=1#v=onepage&q=&f=false)