



Login

Subscribe & Save



To see our FAQs regarding Covid-19, click [here](#).

First-Time Customer? See exclusive offer for first-time customers! [Click here](#)

Home > Does Peanut Butter Have Lectins? YES, It Does!



WE'RE HERE TO HELP

Does Peanut Butter Have Lectins? YES, It Does!

By [Gundry MD Team](#) | Jul 3, 2020 | 0 Comments



PLEASE SHARE WITH FAMILY AND FRIENDS:

Let's not beat around the peanut bush: unless you're allergic to this particular nut butter, you may be one of the many people who love peanut butter. It's a staple of the Western diet. If you're like so many others, you were probably sent to school every day with a helping of peanut butter spread on some whole grains bread. But was this really the best meal choice? Does peanut butter have lectins?

Of course, roasted peanuts smell magnificent. And when they're turned into peanut butter, they're one of the most popular plant foods out there. But, you may be wondering if eating peanut butter that much is healthy.

The sad truth is that peanuts, and therefore peanut butter, is high in dangerous lectins. Read on to know more about this [lectin food](#) and whether it is good or bad for your health.

DOES PEANUT BUTTER HAVE LECTINS? KNOW THE TRUTH RIGHT NOW!



Remember, lectins are toxic plant food proteins that bind to carbohydrates and can be harmful to your health. Research suggests that the peanut agglutinin lectin (also called PNA) might show increased instances of colon issues, glandular concerns, and digestive and bowel complications.^{1,2}

Lately, it seems to be the norm that much-loved foods — often touted as health foods — seem to carry with them disturbing health-compromising compounds — like lectins. There are several foods that might be okay on a paleo diet or keto diet that just won't work on a low-lectin diet. The peanut is one such food.

But rest assured, just because you give peanut butter the boot it doesn't mean you have to kick all nuts and nut butter to the curb.

What Peanut Butter Does To Your Body And Heart Health?

Now, peanuts, peanut butter, and peanut oil are all on Dr. Gundry's "NO" list. If you're following a low-lectin diet, you should just steer clear of them entirely. Part of the reason has to do with the phytic acid content in peanuts. Phytic acid can bind to the nutrients your body needs most thereby preventing their absorption in your system.³

Phytic acid is pretty common in most nuts and grains. You can also find phytic acid in lectin-heavy legumes. Whatever nutritional benefits you may reap from those foods can be counteracted by their lectin and phytic acid content.

Also, peanut allergy has become quite common these days. Turns out, the food you buy at the grocery store tends to be linked to 90% of allergic reactions. This is obviously not limited to peanuts and peanut butter. These allergies can be linked to regular cow's milk, wheat, eggs, and shellfish. But peanuts are one of the most common food allergies and can sometimes result in a fatal reaction if ingested.⁴

You will know if you are allergic to peanuts and peanut butter because the allergic response often occurs during early childhood. Unfortunately, this is an allergy that will likely last throughout your life.⁵

Finally, you should know that most commercial brands of peanut butter are chock full of artificial trans fats and added sugars. There's a collection of recent research out there that points to a link between trans fatty acids and the following health concerns:

- Heart health issues
- Nervous system concerns
- Compromised vision
- Colon health complications
- Compromised blood sugar levels
- Weight gain
- Allergies⁶



Aflatoxins are also found in peanuts. In fact, several studies have shed light on the instances of aflatoxin contamination in peanuts. Aflatoxins are a group of toxic compounds that are made by the molds in certain foods — like peanuts. [Unfortunately, they can cause some serious health concerns too.](#)⁷

So, clearly the bottom line when it comes to peanut butter (and cashew butter, actually) is to do your best to stay away. There are Dr. Gundry-approved nuts and nut butter you can eat though.

What Nuts And Nut Butters Should You Eat?

When it comes to looking for nuts and nut butter that are Dr. Gundry-approved, look no further than this list (just be sure to consume no more than ½ a cup serving of nuts per day and no more than 1 Tbsp of nut butter per day):

- Blanched almonds
- Baruka nuts
- Coconut
- Chestnuts
- Hazelnuts
- Macadamia nuts
- Pecans
- Pistachios
- Walnuts



You can also consume these nuts in their nut butter form. Just make sure there is no added sugar or unhealthy oils, like sunflower oil.

Sources

1 <https://pubmed.ncbi.nlm.nih.gov/16571666/>

2 <https://pubmed.ncbi.nlm.nih.gov/25599185/>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325021/>

4 <https://www.ncbi.nlm.nih.gov/books/NBK538526/>

5 <https://www.ncbi.nlm.nih.gov/books/NBK538526/>



RELATED POSTS



[A Low-Lectin Lifestyle: Are Cucumbers High In Lectins?](#)



[Quinoa Lectins: Why Quinoa Is NOT Part Of A Healthy Diet](#)



[What Are Lectins? Brushing Up on These Plant Proteins](#)



[The Truth About Lectins In Rice: Does Rice Have Lectins?](#)

FIND THE BEST DEALS ON GUNDRY MD PRODUCTS

- [Vital Reds Coupon](#)
- [Total Restore Coupon](#)
- [Lectin Shield Coupon](#)
- [Bio Complete 3 Coupon](#)
- [PrebioThrive Coupon](#)
- [ProPlant Complete Shake Coupon](#)
- [Polyphenol Dark Spot Diminisher Coupon](#)
- [Energy Renew Coupon](#)
- [Gundry MD Olive Oil Coupon](#)
- [Metabolic Advanced Coupon](#)
- [All Gundry MD Coupons](#)

PLEASE SHARE WITH FAMILY AND FRIENDS:



BEST SELLER



Buy Now



(116 Customer Reviews)

WE'RE HERE TO HELP



GUNDRY MD™

Immunity Support

Shop Now

WE'RE HERE TO HELP

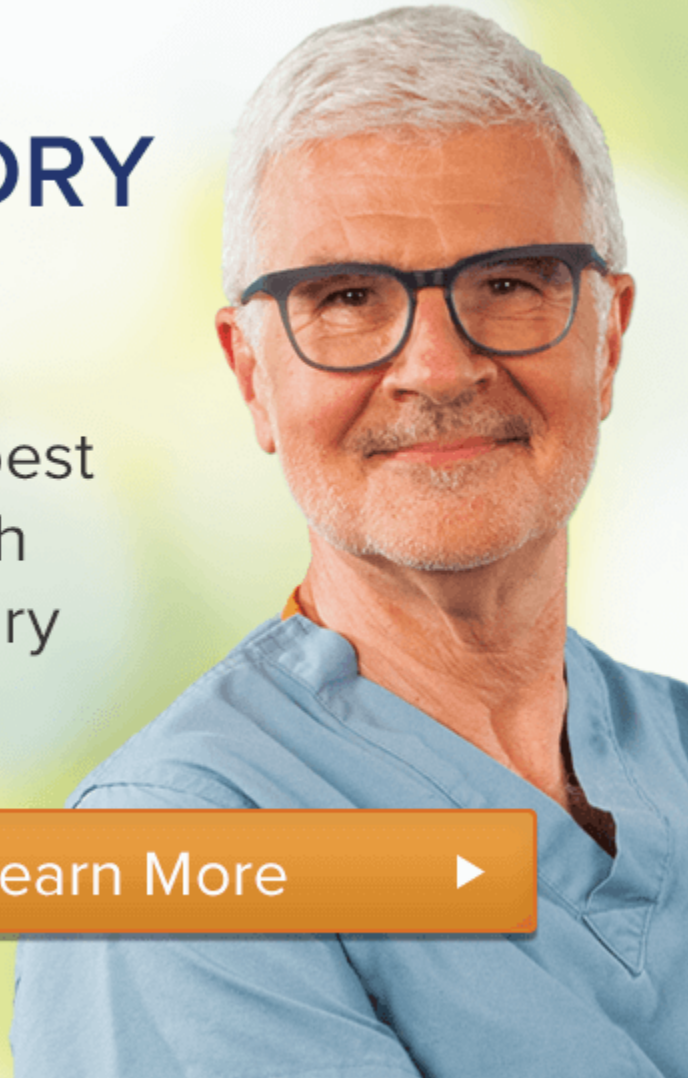




GUNDRY VIP

Get the best
deals with
the Gundry
VIP Club

Learn More



LATEST VIDEO

FACEBOOK



Gundry MD
206,670 likes

Like Page

Shop Now



WE'RE HERE TO HELP

TEXT US NOW TO
START SAVING

TEXT **GUNDRY**
TO **51246**



By signing up via text, you agree to receive recurring automated promotional and personalized marketing text messages (e.g. cart reminders) from Gundry MD at the cell number used when signing up. Consent is not a condition of any purchase. Reply HELP for help and STOP to cancel. Msg frequency varies. Msg & data rates may apply. View Terms & Privacy.

RECENT POSTS

Men's Health Month: Healthy Lifestyle For Men And Their Changing Needs At Different Ages

How To Manage Stress: Effective And Simple Ways To Help Reduce Stress

Dr. Gundry Diet Food List: A Comprehensive Lectin Free Diet Plan

Is Wheatgrass Really Good For You?

How To Start Eating Healthy And Making Healthy Food Choices

The Importance Of Heart Health: Reasons To Keep Your Heart Healthy

Dr. Gundry's Citrus Fennel "Winter Salad" Recipe

Flavonoids Polyphenols: What Are Flavonoids And What They Do?

The Beneficial Effects Of Resveratrol Quercetin

A Quick Lectin free Cereal Recipe For Your Breakfast

STAY INFORMED

Sign up for the newsletter, and let Dr. Gundry make healthy living simple for you!

OUR MOST POPULAR PRODUCTS

Bio Complete 3

Energy Renew

Gundry MD Olive Oil

Dark Spot Diminisher

ProPlant Complete Shake

Total Restore

Gundry MD Reviews

Bio Complete 3 Reviews

Energy Renew Reviews

Gundry MD Olive Oil Reviews

Dark Spot Diminisher Reviews

ProPlant Complete Shake Reviews

Total Restore Reviews

Check out our [Gundry MD BBB Reviews](#)



Shop & Learn

Shop

[Supplements](#)

[Skincare](#)

[Food](#)

[Gundry MD Reviews](#)

Learn

[About](#)

[Blog](#)

[Ingredients](#)

[Contact Us](#)

[Charity: Water](#)

[Partners](#)

[Ambassador](#)



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Use only as directed. Consult your healthcare provider before using supplements or providing supplements to children under the age of 18. The information provided herein is intended for your general knowledge only and is not intended to be, nor is it, medical advice or a substitute for medical advice. If you have or



WE'RE HERE TO HELP

suspect you have a specific medical condition or disease, please consult your healthcare provider.

Want to know what others thought about Gundry MD products? Check out Bio Complete 3 reviews, Polyphenol Dark Spot Diminisher reviews and Total Restore reviews. Learn more about Bio Complete 3, Total Restore, Polyphenol Dark Spot Diminisher, Gundry MD Olive Oil, and Energy Renew.

Gundry MD © 2021. All Rights Reserved

[Terms & Conditions](#) | [Privacy Policy](#)

Shop

[Supplements](#)

[Skincare](#)

[Food](#)

[Gundry MD](#)

[Reviews](#)

Learn

[About](#)

[Blog](#)

[Ingredients](#)

[Contact Us](#)

[Charity: Water](#)

[Partners](#)

[Ambassador](#)



WE'RE HERE TO HELP



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Use only as directed. Consult your healthcare provider before using supplements or providing supplements to children under the age of 18. The information provided herein is intended for your general knowledge only and is not intended to be, nor is it, medical advice or a substitute for medical advice. If you have or suspect you have a specific medical condition or disease, please consult your healthcare provider.

Want to know what others thought about Gundry MD products? Check out Bio Complete 3 reviews, Polyphenol Dark Spot Diminisher reviews and Total Restore reviews. Learn more about Bio Complete 3, Total Restore, Polyphenol Dark Spot Diminisher, Gundry MD Olive Oil, and Energy Renew.

