

What are Lectins?

Lowdown on Lectins



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Lectins are naturally occurring proteins that can bind to carbohydrates. A wide variety of plants and animals contain them. Lectins defend plants from predators through antibacterial, antiviral, antifungal, and anti-insect activity.

Are lectins good for us?

Lectins have various functions involving cell signaling and inflammation. Some have been shown to induce inflammation while others are anti-inflammatory. Some may protect us from cancer and infections. There is still much we don't know about the role of lectins in health.



What about lectins in peanuts?

PNA, the main lectin in peanuts has been associated with suppression of tumor development and helping drugs to be more effective by recognizing tumor cells better.

Does cooking eliminate lectins?

Raw peanuts contain higher amounts of lectins than cooked peanuts. Both dry and oil roasted peanuts contain very small amounts of lectins, as do peanut flour and peanut butter. Studies have shown that 98-100% of the lectins in peanuts are destroyed after boiling, microwaving, or roasting.



Importance of Peanuts in the Diet

Regular peanut consumption has been associated with reduced risks of heart disease, cancer, diabetes, inflammation, obesity, Alzheimer's and gallstone disease. A large body of scientific evidence promotes peanuts for better health.