

Antinutrients

Antinutrient	Found in	Impact	Mitigation	Claimed Benefit
Phytates	Grains, seeds and nuts, eg wheat.	Binds to calcium, Iron, copper and zinc.	Soaking, sprouting	
Oxalates	Peanuts, almonds, potatoes, spinach, soy beans, leafy greens, many other foods	Binds to calcium, Iron, Magnesium, Potassium. May promote kidney stones.	Limited options	
Lectins	Grains, legumes, peanuts, potatoes	Binds to sugars and cell nuclei, affects processing, disrupts intestinal metabolism. Autoimmune response possible.	Soaking, boiling, pressure cooking. Glucosamine can inactivate lectins in the gut.	
Salicylates	Tomatoes, night shades, mushrooms, broccoli, cauliflower, zucchini, leafy greens, tea.	Allergic reaction, itching, hives, nasal congestion, diarrhoea.	Avoid if impacted	
Gluten	Grains, including corn, rice, quinoa	Triggers inflammatory reaction	Avoid if impacted	
Tannins	Some vegetables, and fruit, coffee, tea, wine	Zinc & iron inhibitor	Soaking, boiling	
Saponins	Grains, legumes, White potatoes, quinoa, highest in soy and haricot beans.	Weakens gut lining	Reduced by Soaking, cooking but not removed	
Glucosinolates	Broccoli, cabbage, cauliflower	Affects thyroid function	Cooking reduces by 30-60%	
Flavonoids	Coffee, tea, wine, onions, kale, tomatoes, berries	Inhibits mineral absorption. Act as mutagens, pro-oxidants generate free radicals, inhibit key hormone enzymes.	Avoid if impacted	
Protease Inhibitors	Soy beans, grains, legumes, Potatoes	Block absorption of some proteins	Boiling	
Psoralens	Celery, limes, lemons, parsley, figs, cloves	Nausea, fatigue, depression, headache, dizziness, itchy skin reaction to UV light. Phytophotodermatitis. Long term skin changes similar to chronic sun exposure.	Avoid the source, or if exposed, avoid UV light.	Used as a skin treatment for Psoriasis
Sulforaphane	Raw cruciferous vegetables, particularly raw broccoli, activated by chopping or damaging the vegetable.	Constipation, gas, diarrhea,	Steaming for 1-3 minutes	May have anti-cancer properties, may reduce inflammation. May reduce blood pressure. May reduce blood sugar.
Solanines	Nightshades, potato, tomato, chilies	Inflammation & gut issues	Avoid, fry food, vinegar soak	
Phytoestrogens	Soy, tofu	Gas, bloating, interfere with estrogen production, infertility, permanently damaged thyroid, endocrine disrupters, brain damage	Fermenting can reduce impact.	