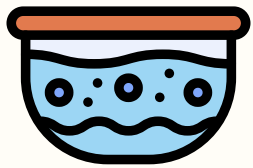


# Improve nutrient absorption by limiting your intake of phytic acid & lectins



## **Soak, sprout and ferment**

which can break down phytic acid and lectins



## **Swap tofu for fermented soy**

like tempeh, natto and miso



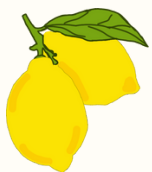
## **De-seed and de-skin:**

as these parts contain the most phytic acid.  
Try blanched almond meal.



## **Try pressure cooking:**

the lectins in foods like lentils and beans will break down at a high heat



## **Add lemon juice:**

to your bean salad: the combination of Vitamin C and vinegar inactivates phytic acid

