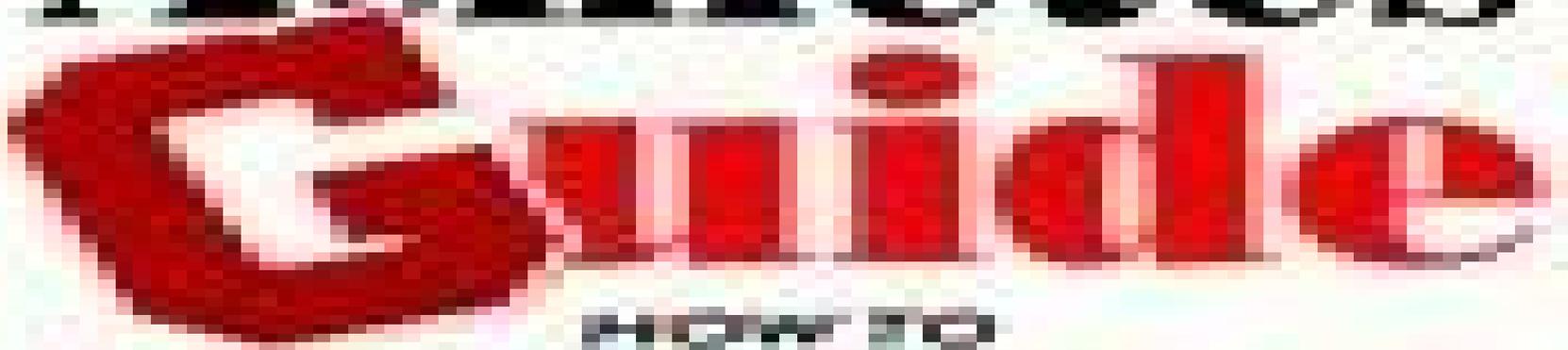


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Antinutrients



Antinutrients are substances that interfere with the body's ability to absorb and utilize nutrients. They are found in many natural foods, particularly in grains, legumes, and seeds.

Examples of antinutrients include phytates, lectins, and tannins.

- Phytates: Found in grains and legumes, they can bind to minerals like iron, zinc, and calcium, making them difficult to absorb.
- Lectins: Found in legumes and grains, they can irritate the digestive tract and interfere with nutrient absorption.
- Tannins: Found in tea, coffee, and some fruits, they can bind to iron and other minerals, reducing their bioavailability.

While antinutrients can be harmful in large amounts, they are also found in many healthy foods. Soaking, sprouting, and cooking can help reduce their levels in food.

The Real Athletes Guide

Jason R. Rich



The Real Athletes Guide:

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