

Leyla Weighs In: Exploring Antinutrients—The Double-Edged Sword in Your Diet

written by Leyla Muedin MS, RD, CDN | November 14, 2025



“Leyla Weighs In” exploring antinutrients and their effects—beneficial or harmful? Discover the double-edged sword of plant compounds and how they impact our health. Are you eating the “rainbow” wisely?