

Blood Type Diet Charts

BLOOD TYPE A

Consume

Vegetables, whole grains instead of small ones (pasta or bread). Also, consume berries, figs, avocados, apples and nectarines. Proteins that are allowed are nuts and soy.

Stay Away Form

Any kind of meat is not recommended as well as dairy products and kidney beans.

BLOOD TYPE O

Consume

Red meat, polultry (chicken/turkey), seafood and other proteins are highly recommended. When it comes to vegetables kale, spinach, kelp and broccoli are a good choice.

Stay Away Form

Legumes (beans, peanuts, lentils), dairy and egg products, as well as wheat and grains.

BLOOD TYPE B

Consume

Fruits, green vegetables, certain grains, red meat, fish, turkey.

Stay Away Form

Seed of any kind, chicken, penauts, lentils and corn. Also try to avoid buckwheat.

BLOOD TYPE AB

Consume

Turkey, tofu, seafood and fish. Also, vegetables, beans, watermelon, figs, apples and bananas and legumes are a good option.

Stay Away Form

Buckwheat, corn, red meat, (you may experience stomach acid). Be careful with consuming too much alcohol and caffeine.