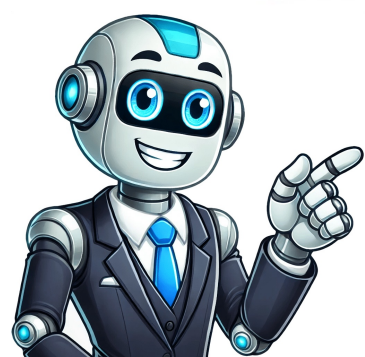


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The idea behind the Blood Type Diet is that we all have different nutritional needs depending on our blood type — O, A, B, or AB. According to the Blood Type Diet, eating certain foods based on your blood type can help you be healthier and even lose weight. The diet hasn't been proven to work for everyone, however. (Photo Credit: Moment/Getty Images) In 1996, naturopathic doctor Peter J. D'Adamo wrote a bestselling book called Eat Right 4 Your Type, where he claimed that certain foods can lower inflammation, boost energy, help with weight loss, and prevent disease.In the years since D'Adamo introduced the Blood Type Diet, many studies have looked into whether the diet actually works, but none of them have shown a clear link between eating according to your blood type and better health.Still, the diet's focus on healthy foods has shown benefits for some people. It may be useful for you if you want to try it and your doctor agrees.The following explanation of how the Blood Type Diet works is based on the description written by its creator. Everyone responds differently to nutrition plans, and you should always talk to your doctor before starting any new diet. These claims are not backed by WebMD.You're born with a certain blood type depending on your biological parents. The four major blood groups are categorized based on two antigens, A and B, either being present or absent on the surface of your red blood cells. (Antigens tell your immune system whether or not something is harmful.)For example, if you have both antigens, you have type AB blood, but if you have neither antigen present, you have type O blood.Blood type diet to lose weightD'Adamo claims that the antigens found in your blood that decide whether you're type O, A, B, or AB, are also present in other parts of your body, including your digestive tract. That's what causes the foods you eat to react chemically with your blood type, he says. People with different blood types also have different gut bacteria, which D'Adamo traces back to our early ancestors. His research suggests that the first humans had type O blood. Since they were hunter-gatherers, they ate fewer carbs and more protein. People with A blood types are believed to have descended from farmers, which is why D'Adamo urges a diet with more vegetables for this group. He thinks B blood types can digest more fat because they supposedly evolved from nomadic tribes, whose diets were rich in meat and dairy.D'Adamo claims that eating foods that were common when your blood type evolved may help your body digest food more easily.The first thing you need to know before starting this eating plan is your blood type. You'll have to take a test to find out your blood type if you don't already know it. You can request a test from your doctor, or you might be able to get your blood type confirmed while donating blood at a blood drive.It's worth noting that each person has an Rh, or Rhesus, factor on their red blood cells. This is a special protein that you inherit from your parents. When you take a blood test, your blood type will either be positive (+) if you have the Rh factor present, or negative (–) if you don't. For the Blood Type Diet, your blood being positive or negative doesn't play as big a role as the blood type group.Once you know whether you're type O, A, B, or AB, you can plan your snacks and meals around which foods are supposed to be best for you. You can decide whether to start this diet right away. Or you could take your time and slowly replace the foods in your kitchen with ones that are better suited to your blood type.What you'll eat on this diet depends on your blood type. Here's what D'Adamo suggests for each group:O blood type dietThis is a high-protein diet that's heavy on lean meat, poultry, fish, fruits, and vegetables, while light on grains, beans, and dairy. If your goal is to lose weight, you'll want to avoid carbohydrates. Instead, choose seafood, kelp, red meat, broccoli, spinach, and olive oil. D'Adamo also suggests taking various supplements to help with digestive troubles and other issues he says people with type O blood tend to have.A blood type dietType A blood types are advised to stick to a vegetarian diet full of fruits and vegetables, tofu, beans and legumes, and whole grains ideally, organic and fresh — because D'Adamo says people with type A blood have a sensitive immune system. Vegetables, pineapple, olive oil, and soy are best for weight loss, while dairy, wheat, corn, and kidney beans may lead to weight gain, he adds.B blood type dietIf you have type B blood, a mixed diet that includes meat, fruit, dairy, seafood, and grains is thought to be best. Foods to avoid include corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds. Chicken can also be problematic, D'Adamo says. The list of foods to eat more of includes green vegetables, eggs, certain meats, and low-fat dairy.AB blood type dietFoods to focus on for this blood type group include tofu, seafood, dairy, and green vegetables. D'Adamo believes that people with type AB blood tend to have low stomach acid and because of that, should avoid caffeine, alcohol, and smoked or cured meats. Some dairy products, such as yogurt and kefir, are also good for this group.Every diet, including the Blood Type Diet, has pros and cons. Depending on your lifestyle and food preferences, some ways of eating may suit you more than others.Benefits of the Blood Type DietAccording to D'Adamo, proteins in certain foods called lectins can bind to your blood type antigen and make your blood stick together. This results in fatigue, headaches, digestive issues, and skin problems, he says. Eating foods that your body responds well to may improve your digestion, energy levels, and some chronic conditions, such as heartburn.D'Adamo also claims that each blood type is at a higher risk for some diseases. People with type O blood, for example, may be more likely to get stomach ulcers, while heart disease and diabetes are more common in people with type A blood. He says you may be able to lower your chances of getting some diseases by choosing a diet that works best with your blood type.Risks of the Blood Type DietThere's no scientific evidence to support the benefits of the Blood Type Diet. In 2013, researchers studied all of the existing medical literature on the subject (1,415 references in total). They found no studies showing that the Blood Type Diet works. D'Adamo's idea about ancestral blood types has also been questioned. Other researchers suggest that type AB may have actually been the first ever blood group, not O.Another study published in 2021 examined if people with heart disease could benefit from a plant-based diet depending on their blood type. No connection was found between blood types and their health outcomes.It's worth noting that most of the foods suggested for the Blood Type Diet are healthy, but if you try the Type B diet, you should watch your red meat and dairy intake. As these foods are higher in saturated fat, having too much of either may raise your chances of heart disease.Does it allow for restrictions or preferences?Because the Blood Type Diet suggests very specific types of food, it doesn't allow much for personal tastes. For example, if you're a big fan of meat, you won't be very happy on the type A diet, which is mostly vegetarian. If you're lactose intolerant, you may have a hard time with the B blood type diet, which recommends dairy. There are even suggestions about the types of spices and condiments you can use.If you're looking for a gluten-free diet, you should know that the Blood Type Diet doesn't ban gluten. You may be able to make gluten-free choices if you read food labels carefully.Level of effort: high You may need to limit your food choices. Your blood type will decide your shopping list and your choices when eating out. If you live with people who have different blood types, meal planning may be hard. Special packaged foods, however, aren't required for this diet.What else you should knowCost. D'Adamo recommends a lot of specialty and organic foods (such as soy milk and carob chip cookies), which can be pricey. Vitamins and herbal supplements are also part of the diet.Support. Beyond D'Adamo's book and website, you follow the Blood Type Diet on your own.Exercise. The Blood Type Diet suggests exercises based on your blood type. For instance, it suggests yoga or tai chi for blood type A, and vigorous aerobic exercises such as jogging or biking for up to an hour a day for type O. Type B, he says, should focus on group exercises, such as tennis, martial arts, or golf, while a mix of calming and aerobic exercise is best for AB types.Does the Blood Type Diet work?Though the Blood Type Diet has been around for a while, Kathleen Zelman, MPH, RD, LD, a registered dietitian nutritionist and former director of nutrition at WebMD, explains that the theory behind the diet has been debunked. "It's somewhat of a gimmicky way to try to get people to eat healthier. There is absolutely no science to substantiate that your blood type dictates the kind of diet that you should be on," she says.Zelman notes that elements of the Blood Type Diet do work since it's mostly a healthy, plant-forward diet. She cites a 2014 study that found adults eating the Type A diet showed improved health markers, but this occurred in everyone, not just those with type A blood type.The diet recommends high-quality food, lots of fruits and vegetables, fiber, vitamins and minerals, lean meats, and foods low in saturated fat. And, by cutting calories and getting rid of added sugar, you're likely to lose weight.Still, if you follow the guidelines for just your blood type, it may not be the most useful option for you.Is the Blood Type Diet good for certain conditions?"The best diet is the one that you can stick with, and the best diet is the one that's customized for you," Zelman says. "And I wouldn't call blood typing customized because it doesn't really address other conditions."Depending on your blood type, the diet outlined may not support treatment for heart disease, high blood pressure, or high cholesterol levels. For example, the type B diet has more saturated fat than the other types, which can put you at risk for heart disease. The fruits and vegetables that are in other parts of the diet plan are lower in saturated fat, however."If you have heart disease or if you have diabetes, this diet could probably be modified, without eliminating some of the foods [D'Adamo] does, to improve your health. But it has nothing to do with your blood type," she says.Zelman recommends that you check with your doctor or see a registered dietitian nutritionist before starting a diet such as the Blood Type Diet.Are there concerns about the recommended food guidelines in the Blood Type Diet?Zelman doesn't find the foods listed for blood types O, A, B, and AB concerning, but she does see issues with what people are told to stop eating. For example, she says, "There's really no sense in getting rid of eggplant."Due to D'Adamo's theory on lectins in certain foods causing health issues, many grocery list items aren't included in the Blood Type Diet. "Foods like beans and whole grains that contain lectins — they have good-for-you nutrients, and they shouldn't be eliminated," Zelman says.She also explains that while eating less processed foods can be good for your health, not all processed foods are bad. Milk and wheat, for example, need to be processed for safety reasons and to make them easier to digest.Finally, Zelman notes that it's OK if you can't always buy the organic versions of food recommended by the Blood Type Diet, which can be costly. "It's much more important to eat more fruits and vegetables than to worry about whether they're organic or not," she says.Can kids try the Blood Type Diet?If your family tries the Blood Type Diet, it might be a challenge to meet everyone's nutritional needs, especially if you strictly follow it. Zelman gives the example of avoiding dairy (part of the type O and A diets), which could be harmful to kids. "Dairy is so critically important to growth and development for kids to get enough calcium and vitamin D," she says.The general idea of the diet — fewer processed foods, less added sugars, and eating lean meats and lots of fruits and vegetables — are all good for everyone's overall health, Zelman says. But once you start customizing the diet for your family, it's not really the Blood Type Diet anymore."There's no problem in modifying this diet to meet your family's needs. But when I say modifying it, you're essentially then following a healthy meal plan that's advocated by the American Heart Association, and by the Dietary Guidelines," she says. Here are some foods you could eat based on D'Adamo's Blood Type Diet:Meal ideas for type O bloodBreakfast: Mango smoothie with pineapple juice, mango, banana, frozen blueberries, and ice cubesLunch: Black bean soup with ground beef and riceDinner: Baked sesame chicken, served with rice, salad, or spelt noodlesMeal ideas for type A bloodBreakfast: Tofu scramble with grated carrot and zucchiniLunch: Vegetarian lentil soupDinner: Spinach feta riceMeal ideas for type B bloodBreakfast: Applesauce cake made with crushed almonds, quinoa flakes, flaxseeds, and chia seedsLunch: Egg and seaweed soupDinner: Grilled lamb chops with mint-yogurt sauceMeal ideas for type AB bloodBreakfast: Egg and banana pancakesLunch: Tofu and vegetable stir-fryDinner: Pumpkin lentil dalThe idea behind the Blood Type Diet is that your specific blood type means certain foods are better for you to digest. But there's no scientific proof that this way of eating works. If you lose weight on the Blood Type Diet, it's most likely because many of the foods it includes, such as fruits and vegetables, are healthy options. It also asks you to avoid ultra-processed foods, such as packaged sweets and fast foods that lead to weight gain. If you want to try the Blood Type Diet, check with your doctor first, especially if you can't always buy the organic versions of food recommended by the Blood Type Diet healthy?While there's no proof that the Blood Type Diet works or is harmful, it's better to consider your family's health history as well as whether certain diseases run in your family rather than your blood type when it comes to choosing the diet that's best for you.How fast can I lose weight on the Blood Type Diet?D'Adamo says most people on the Blood Type Diet start to see some results in 2 weeks, which can include weight loss.Can a person with blood type O eat eggs?Eggs are considered to be a neutral food for all blood types, including type O, according to the Blood Type Diet.What is the healthiest blood type?There isn't one blood type that's healthier than another. The Blood Type Diet claims that each type has its own benefits and potential health considerations.What foods should O+ blood type avoid?If you're trying to stick to the Blood Type Diet, you should eat less dairy, beans, and legumes. Gluten could also cause you to gain weight.What are the best foods for A positive blood type diet?All A blood types are advised to stick to a largely vegetarian diet, such as soy protein, whole grains, and vegetables. D'Adamo believes that fresh and organic types are best. The blood type diet as a concept points out that your blood type has a similar effect to how your entire genetic makeup predisposes you to various capacities and shortcomings. According to the blood type diet, the body's reaction to digestive mechanisms, exercise type, and stress depends on one's blood type. The explanation for this situation, according to D'Adamo, the founder of the blood type diet, is that not all blood types existed collectively throughout history. As a result, people with various blood types should not consume the same foods because of the difference in the availability of different foods at different times and eras. The blood type theory states that individuals have a genetic predisposition to consume a diet similar to that of their earliest ancestors. According to this theory, blood type is a distinctive vital sign controlling your metabolism and internal well-being. Therefore, eating appropriately reduces the risk of contracting some diseases, such as cancer, and improves metabolism. In addition, one is less likely to acquire unnecessary weight and stay fit and healthy. Jump to: The AB-negative is the rarest blood type, as research shows that only 1% of the population in the United States has the blood type. The antigens A and B are present in the red cells of the individual with the AB-negative blood type; however, the serum contains neither anti-A nor anti-B antibodies. Furthermore, this blood type is negative due to the absence of the Rhesus factor. Individuals with the AB-negative blood type are universal platelet and plasma donors. This statement means they can readily donate plasma and platelets to any blood type. Thus, their blood is particularly important for newborns, in cases of emergencies, and for those with compromised immune systems. However, individuals with AB-negative blood can only donate blood to individuals with Type AB-negative and AB-positive blood. They can receive blood from all other negative blood types, which include A-negative, B-negative, O-negative, and AB-negative individuals. People with blood type AB are more susceptible to bacterial infections due to their sensitive digestive systems. Additionally, they are more prone to developing diabetes, certain forms of cancer, infectious diseases, coronary heart problems, and other illnesses. Therefore, adopting a diet that offers major benefits and actively prevents diseases specific to the AB-negative blood group is essential. According to statistics, less than 5% of people in the population have blood type AB. The blood group is unquestionably the most recent, as unlike the other ABO blood groups, it is formed from the intermingling between the A and B-blood groups. Diet for blood type AB-negative should include smaller portions of food. This system helps to combat digestive issues brought on by insufficient stomach acid and peptic enzymes. The cells and tissues of type AB-negative blood type are more likely to react with foods containing chemical lectins than any other blood type because they carry the A and B-blood type antigens. Therefore, there is no rigid confinement for this blood type AB-positive diet to a particular diet, as the ideal course of action is to avoid and mix particular foods and nutrients. However, an AB-negative blood type diet food list should include eggs, yogurt, beans, and several vegetables. Goat milk, goat cheese, mozzarella cheese, and chicken eggs are highly beneficial for individuals with type AB-negative blood diet. They are simpler to digest cultured and soured foods like reduced-fat sour cream, yogurt, and kefir. These individuals should include dairy and eggs in their everyday diets, as they are essential components of their nutrition, according to studies conducted over nine years on almost half a million Chinese individuals. Eggs are a great source of selenium and contain active antioxidants like lutein and zeaxanthin. Lutein lowers the risk of colon and prostate cancers, while zeaxanthin prevents the proliferation of cancer cells in breast and lung malignancies. Individuals with AB-negative blood type should eat feta cheese, sour cream, yogurt, ricotta cheese, goat milk, goat cheese, cottage cheese, farmer cheese, mozzarella cheese, kefir, and chicken eggs. Individuals who consume more dairy fat found in large quantities in whole milk, yogurt, and cheese may be at a lower risk for heart disease than those who consume less dairy. Additionally, evidence shows that consuming more low-fat dairy or switching from high-fat to low-fat dairy products leads to a decreased risk of developing diabetes. Overproduction of mucus is the main problem. Individuals with AB-negative blood type do not require extra mucus because they already make much of it. Therefore, it may be necessary to reduce your dairy intake if you exhibit symptoms of respiratory issues, sinus infections, or ear infections. Individuals with AB-negative blood type should avoid provolone cheese, butter, blue cheese, duck eggs, ice cream, Camembert, parmesan, buttermilk, cow milk, and brie cheese. Olives, olive leaves and olive oil bottle Certain oils and fats are crucial for our bodies to be healthy. Oils can help with eructation and provide a significant source of nourishment. If you stick to monounsaturated options, you will raise their quality and usefulness. For individuals with AB-negative blood group, olive oil is one highly beneficial product in this category that functions more like medicine to the body. Research shows that olive oil is useful in fighting against cancer, heart disease, blood pressure, diabetes, rheumatoid arthritis, and osteoporosis, in addition to boosting the immune system and assisting in viral defense. A tablespoon of olive oil on salads or steamed vegetables once daily helps improve digestion for individuals with type AB-negative blood type, who require very little fat to operate normally. All types of olive oil include monounsaturated fatty acids (MUFAs), regarded as a healthy fat. Aside from olive oil, which is highly beneficial in type AB-negative blood diet, walnut oil also falls in the beneficial category. The risk of developing diabetes decreases with the consumption of walnut oil because of its high antioxidant content. According to studies, these antioxidants also have anti-inflammatory properties. Walnut oil consumption may decrease triglyceride, LDL, and total cholesterol levels, reducing heart disease risk. Diet for blood type AB-negative should exclude sesame oil, cottonseed oil, and corn oil. These oils contain many calories, which, when consumed in excess, can result in excess weight gain. Legumes and beans assortment in different bowls A healthy alternative to animal protein are legumes. The most adaptable and wholesome foods are beans, peas, and lentils. They often include healthy lipids, soluble and insoluble fiber, low-fat content, and high in iron, folate, magnesium, and potassium. Legumes suitable for blood type AB-negative individuals include tempeh, soy nut butter, pinto, green lentils, navy and soybeans, peanuts/peanut butter, miso, and tofu. Additionally, peanuts are effective immune enhancers. Tofu, prepared from mashed soybeans, has low calories, low fat, and high protein content and is a crucial component of an AB-negative blood type diet to lose weight. It has a high iron content and, based on the coagulant employed in production, a high calcium or magnesium content. Being the healthiest of all the beans, navy beans have the potential to be a rich source of nutrients. They include a significant amount of fiber and a variety of macro and micronutrients, including folate, magnesium, and calcium. Among other advantages, it enhances digestive health, boosts skin elasticity, and lowers bad cholesterol in the body. The magnesium and folate in navy beans also contribute significantly to the heart. Foods like black beans, red kidney, black-eyed peas, azuki, fava, garbanzo (chickpeas), and mung/mung sprouts. They include lectins, which decrease metabolism and insulin synthesis and may result in obesity and diabetes. Raffinose, a kind of fiber found in black-eyed peas, has the potential to upset people's stomachs and make them gassy. Quinoa salad with spinach, avocado, bell pepper and tomatoes Vegetables contain essential nutrients, enzymes, and antioxidants. All yellow, green, or orange veggies are excellent providers of potassium, magnesium, beta-carotene, vitamins A, B, C, and K, calcium, and iron. In addition to lowering blood cholesterol levels, vegetable fiber may also lessen the chance of developing heart disease. Vegetable fiber lowers blood cholesterol levels and supports stable blood pressure levels. Folate (folic acid) contained in vegetables aids in the production of healthy red blood cells by the body. Vegetables suited for AB-negative blood type include eggplant, alfalfa sprouts/seeds, beets, kale, greens (dandelion, mustard, collard, beet), sweet potatoes, juice (celery, carrot, cabbage), maitake mushrooms, broccoli (leaves, sprouts), cauliflower, parsnips, celery, cucumbers, garlic, raw yams. Furthermore, garlic is beneficial for the blood type and immune system of AB-negative individuals since it is a natural antibacterial and immune system booster. Research claims that it helps prevent cancer and heart problems. Diet for blood type AB-negative individuals should exclude vegetables like aloe/aloe juice, black olives, artichoke, radish sprouts, caper, black trumpet/shiitake mushrooms, peppers (jalapeño, yellow, red, green), pickles, rhubarb. The AB-negative blood type is unique and only a few people in the world have this blood type. It is formed through the fusion of A and B blood groups. People with this blood type are more prone to bacterial infections and infectious diseases due to their sensitive digestive systems. Foods for the AB-negative blood type diet include cheese, mushrooms, broccoli, walnut oil, soybeans, tofu, and chicken eggs. A writer passionate about wellness, nutrition, and intentional living. She creates engaging, research-based content that empowers readers to live healthier lives. Through every article, she brings clarity, inspiration, and a touch of everyday practicality. Read more about Juliana. Skip to content9 Foods to Avoid 1. Proteins including pork, goose, barracuda, pickled herring, catfish, smoked salmon, octopus, conch, and caviar 2. Dairy and eggs 3. Grains like corn, gluten, oat and farina 4. Legumes 5. Vegetables including Brussels sprouts, cauliflower, shiitake mushrooms, avocado and leek 6. Fruits such as melons, oranges, strawberries, blackberries and coconut 7. Kidney beans 8. Nuts including poppy seeds, brazil nuts, cashews, peanuts, and pistachios 9. Beverages like beer, coffee, distilled liquor, and black tea Type A Blood: 29 Foods to Eat and Avoid It's recommended that people with A type blood eat an organic, vegetarian or almost-vegetarian food plan. You should restrict the amount of animal protein, but limited amounts of protein such as turkey and eggs are allowed. 12 Foods to Eat 1. Soy protein such as tofu 2. Grains including spelt, hulled barley, and sprouted bread 3. Walnuts, pumpkin seeds, and peanuts 4. Olive oil 5. Berries such as blueberries and elderberries 6. Certain beans and legumes 7. Vegetables, especially dark, leafy greens, such as kale, Swiss chard, and spinach 8. Garlic and onions 9. Ginger 10. Cold-water fish, such as sardines and salmon 11. Limited amounts of chicken and turkey 12. Green tea 17 Foods to Avoid 1. Beef 2. Pork 3. Lamb 4. Cow's milk 5. Potatoes, yams, and sweet potatoes 6. Vegetables such as cabbage, eggplant, tomatoes, peppers, and mushrooms 7. Lima beans 8. Fruits, such as melons, oranges, strawberries, and mangos 9. Poultry other than chicken and turkey, such as duck 10. Venison 11. Fish, such as bluefish, barracuda, haddock, herring, and catfish 12. Certain grains and grain products, such as wheat bran, multigrain bread, and durum wheat 13. Refined sugar 14. Refined carbohydrates, such as white flour and white bread 15. Oils other than olive oil 16. Artificial ingredients 17. Most condiments Type B Blood: 22 Foods to Eat and Avoid If you have type B blood, it's recommended that you eat plenty of meat and fish, fill up on green vegetables, eat eggs and low-fat dairy, and opt for oats and rice. You should avoid foods like wheat, corn, lentils, peanuts and tomatoes as these foods can compromise your metabolism, causing fluid retention, fatigue and hypoglycaemia. 11 Foods to Eat 1. Meat including goat, lamb, rabbit, and venison 2. Limited amounts of beef 3. Fish such as salmon, sardines, cod, halibut, mackerel, sea trout, sole and flounder 4. Green vegetables include broccoli, Brussels sprouts, kale, collard greens, beet leaves and mustard greens 5. Beets, yams, sweet potatoes, carrots, red and white cabbage, eggplant, parsnips and all types of peppers, including jalapeno and bell peppers 6. Dairy including yogurt, low- or nonfat milk, goat milk or cheeses such as mozzarella, ricotta, cottage, feta or farmer cheese 7. Eggs 8. Cereal grains such as oats, oat bran, rice bran, spelt and millet 9. Brown rice bread, rice cakes, Ezekiel or Essene bread and any other products made with oat or rice flour 10. Tea, especially licorice tea and green tea as well as herbal teas containing peppermint, ginger, ginseng, sage, rose hips or raspberry leaf 11. Juices prepared from pineapple, grapes, papaya, cranberries or cabbage 11 Foods to Avoid 1. Meats including chicken, pork and duck 2. Shellfish like lobster, crab and shrimp 3. Fruits like coconuts and pomegranates 4. Vegetables including corn, tomatoes, avocados and pumpkin 5. Lentils 6. Wheat, including bread and pasta 7. Beans such as garbanzo beans and black beans 8. Cheese including blue cheese and American cheese 9. Condiments like ketchup 10. Spices including pepper 11. Distilled liquor, such as brandy, whiskey, rum, gin and vodka Type AB Blood: 20 Foods to Eat and Avoid People with type AB blood should follow a pseudo-vegetarian diet that consists of primarily fruits and vegetables of all kinds. Breaking down meat requires a significant amount of hydrochloric acid in the stomach, which type AB doesn't have. You should limit your meat intake, substituting it with proteins such as tofu. Your low stomach acid levels suggests smaller, more frequent meals throughout the day will be digested more completely than larger meals consumed less frequently. 7 Foods to Eat 1. Tofu 2. Limited amounts of lamb, mutton, rabbit and turkey 3. Seafood including tuna, cod, grouper, hake, mackerel, mahimahi, monk fish, ocean perch, pike, porgy, trout, red snapper, sailfish, pickerel, sardines, shad snail and sturgeon 4. Dairy products like yogurt, kefir, non-fat sour cream, eggs, mozzarella cheese, goat cheese, ricotta cheese and cream 5. Fruits such as plums, berries, pineapple, grapefruit, lemons, apricots and nuts 6. Nuts and nut butters, especially peanuts and walnuts 7. Beans including lentils, navy, pinto, red and soybeans 13 Foods to Avoid 1. Meats like red meat, bacon, beef, buffalo, ham, horse, pork, squirrel, sweetbreads, turtle, wal, venison 2. Vegetables including aloe, artichoke, caper, black/shiitake mushrooms, black olives, pickles, radishes/rake sprouts, rhubarb 3. Peppers like green, jalapeño, red, yellow 4. Fruits like avocado, bananas, bitter melon, coconut/milk, dewberries, guava, mango, orange, persimmons, pomegranate, prickly pear, quince, starfruit (carambola) 5. Grains including artichoke flour, buckwheat, cornmeal, grits, Kamd sago palm, soba noodles, sorghum, tapioca, teff, wheat 6. Beans such as azuki, black, Vicki's faba, garbanzo (chickpea), red kidney, lima, mung/mung sprouts 7. Nuts like hazelnuts 8. Duck eggs 9. Cheeses including blue, America, brie and parmesan 10. Dairy products like butter, ice cream, buttermilk and cow milk 11. Fruits like oranges and bananas 12. Condiments like mustard, red wine vinegar, balsamic vinegar and rice vinegar 13. Beverages like coffee, pop, distilled liquor and black tea The blood type diet could be just what you need to feel healthier, more energized and reach your weight loss goals. This post contains affiliate links. Did you enjoy our overview of the blood type diet? We'd love if you shared this post on Pinterest! And if you want more diet tips, check out our Health Board on Pinterest! It can be hard starting a new diet, and actually sticking to it, so we are making it as simple as possible for The Blood Type Diet! We've created downloadable Weekly Shopping Lists for ease of reference, but keep in mind, they do not contain the entirety of the food lists for each blood type, just our suggestions to get you ready for the week.Click on the appropriate blood type below, to print out the list and use it as a guide to navigating the aisles at the grocery store.Download Blood Type Diet Food Lists for ShoppingBlood Type Diet Recipe Cookbooks Many diets are unnecessarily restrictive of what you can and can't have, which can make meals repetitive and boring. Luckily, we have Personalized Cookbooks for each individual blood type. Our official cookbooks are designed to meet your unique nutritional needs, providing you with easy-to-prepare recipes that maximize flavor and minimize prep time. We even feature new recipes on our blog often!Blood Type Diet Food List at Your Fingertips If you want to create shopping lists for your family but you have multiple blood types, download the only Official Blood Type Diet App, which allows you to make shopping lists and check recipes for multiple blood types! The complete food lists for each blood type are in the app. In Dr. D'Adamo's best-selling book Eat Right 4 Your Type and in our pocket-sized Food, Beverage and Supplement Lists, Are you an AB negative blood type? If so, you may be wondering if there is a specific diet that can optimize your health and well-being. While there is limited scientific evidence supporting blood type-specific diets, many individuals with AB negative blood type have reported positive results from following certain dietary guidelines. The AB Negative Blood Type AB negative is a relatively rare blood type, occurring in about 1% of the population. Individuals with AB negative blood type have both A and B antigens on their red blood cells, as well as the Rh factor. This unique combination makes AB negative blood type individuals distinct from other blood types. The Best Diet for AB Negative Blood Type While there is no one-size-fits-all diet for AB negative blood type individuals, there are certain foods that are generally well-tolerated and beneficial. Here are some key guidelines to consider: * Focus on a plant-based diet: AB negative blood type individuals tend to thrive on a primarily plant-based diet. Include plenty of fruits, vegetables, whole grains, legumes, and nuts in your meals. * Limit animal protein: While AB negative blood type individuals can tolerate small amounts of animal protein, it is generally recommended to limit consumption. Opt for lean sources of protein such as fish, poultry, and tofu. * Avoid processed foods: Processed foods can be detrimental to overall health, regardless of blood type. However, AB negative blood type individuals may be particularly sensitive to the additives and preservatives commonly found in processed foods. * Include dairy in moderation: AB negative blood type individuals can typically tolerate moderate amounts of dairy products. Opt for low-fat options and listen to your body's response. * Stay hydrated: Adequate hydration is important for everyone, but especially for AB negative blood type individuals. Aim to drink at least 8 glasses of water per day. The Benefits of Following a Blood Type-Specific Diet While the scientific evidence supporting blood type-specific diets is limited, many individuals with AB negative blood type have reported various benefits from following these dietary guidelines. * Improved digestion: Following a diet that aligns with your blood type can help optimize digestion and reduce digestive issues such as bloating and gas. * Increased energy levels: By nourishing your body with the right foods, you may experience increased energy levels and improved overall vitality. * Weight management: A blood type-specific diet can support healthy weight management by providing the nutrients your body needs and reducing the risk of consuming foods that may lead to weight gain. * Enhanced immune function: Certain foods may have a positive impact on immune function, helping to strengthen your body's natural defense mechanisms. Book an Appointment with Statcare If you're ready to take control of your health and optimize your diet for your AB negative blood type, Statcare is here to support you. Our team of experienced healthcare professionals can provide personalized guidance and support to help you make the best dietary choices for your unique needs. Don't wait any longer - book an appointment with Statcare today and start your journey towards better health! Frequently Asked Questions 1. **Is there scientific evidence supporting blood type-specific diets? ** While there is limited scientific evidence supporting blood type-specific diets, many individuals have reported positive results from following these dietary guidelines. 2. **Can following a blood type-specific diet improve digestion? ** Yes, following a diet that aligns with your blood type can help optimize digestion and reduce digestive issues such as bloating and gas. 3. **Are there any risks associated with following a blood type-specific diet? ** In general, following a blood type-specific diet is considered safe. However, it's always a good idea to consult with a healthcare professional before making any significant changes to your diet. 4. **Can a blood type-specific diet help with weight management? ** Yes, a blood type-specific diet can support healthy weight management by providing the nutrients your body needs and reducing the risk of consuming foods that may lead to weight gain. 5. **How can Statcare help me optimize my diet for my AB negative blood type? ** Statcare offers personalized guidance and support to help you make the best dietary choices for your AB negative blood type. Book an appointment today to get started! Key Takeaways * AB negative blood type individuals may benefit from following a diet that is primarily plant-based and limits animal protein. * Avoiding processed foods and staying hydrated are important for overall health. * While scientific evidence is limited, many individuals have reported positive results from following blood type-specific diets. * Book an appointment with Statcare for personalized guidance and support in optimizing your diet for your AB negative blood type. Learn more about nutrition and healthy eating from the CDC Explore diet and nutrition resources from the National Institute of Diabetes and Digestive and Kidney Diseases Book an appointment with Statcare today Sources: If you have Blood Type AB and would like to reduce your likelihood of stomach cancer, kidney disease, Celiac disease and schizophrenia by eating foods according to your blood type, then keep reading because I have the list of foods you must eat and avoid to achieve your best health.In my article The Blood Types Explained, I discussed how each blood type was created throughout history based on the book Eat Right 4 (for) Your Type by Dr. Peter D'Adamo. For Blood Type AB, I explained that it is similar to the diet that our doctors tell us to eat when they find out that we are pre-diabetic, overweight or recovering from a disease: light on the meat and heavy on the veggies. Sadly, most of their patients won't do well on that diet for the long term because it's meant for Blood Type ABs and there's less than 10% of them in the population of the whole world! Eating for our OWN Blood type is the best way to recover from any disease and to prevent new diseases coming our way, simply because it allows our bodies to be at rest and in peace for a majority of the time.Dr. D'Adamo noted that AB stands for modern, since this blood type is the most recent to have evolved on earth. It's a result of the mating of Type As and Type Bs. And since the Type A and Type B gene alleles are both dominant, they meshed together as AB. Subsequently, Blood Type AB has characteristics of both blood types.Since everything we eat creates a chemical reaction with our blood whether good or bad, it's best to eat foods that our individual blood type genes find favorable. This means that our lectins (yes as the human organisms we have lectins) like those foods and will not signal the immune system to target it as a foreign invader and destroy it. Well, that said, there are still certain foods that Blood Type ABs should not eat. When they eliminate these foods, their health improves. Below are lists of popular foods for Blood Type AB. As Dr. D'Adamo does in his book, Eat Right 4 (for) Your Type, I will categorize the foods into Highly Beneficial, Neutral and Avoid. Those with Type AB blood have a unique physiology that inherits characteristics of both Type A blood and Type B blood physiologies. This means they face some particular challenges in taking proper care of their bodies and eating right. While those with Type A blood generally do better without meat, and those with Type B blood are encouraged to include meat in their diet, those with Type AB blood are caught somewhere in between. Many people in our nutritional coaching program with Type AB face are unsure about what they should or should not eat. We address these issues with them. If you have Type AB blood, one of the guiding principles of your diet should be moderation. Meat is necessary but your digestion will not be able to handle too much. Many grains provide needed energy and nutrients but consuming too much will imbalance your body's pH. It is also important to stay away from foods that are incompatible or harmful to Type AB blood physiology. Below is a chart that will help you make the right choices for a proper Type AB blood type diet. Blood Type Diet Chart - Blood Type AB Characteristics of Type AB: Best on Mixed Diet in Moderation Download Blood Type Diet Cheat Sheet Making dietary changes is not easy when you have other health concerns to balance. Our nutritional coaching program can help you make this change in a safe, systematic manner. How to Change Your Diet Safely 1 If you are feeling tired, having trouble losing weight, feeling anxious, or having trouble sleeping, then the blood type diet may be right for you. If you have Type AB blood, then focusing on a balanced diet may be very beneficial for your body. here are some tips on how to switch to a blood type AB diet. Talk to an experienced health practitioner first so that you can identify and eliminate any potential causes for your symptoms Change your diet slowly and listen to your body throughout the process Stop If you notice any adverse effects from the changes While the blood type diet can be amazing, there are several other issues that you might want to consider before jumping into this diet as there may be an underlying health condition 2 There are many illnesses and conditions that can bring on weight gain, fatigue and other symptoms. Adrenal fatigue is one such condition. In fact many people don't even know they have adrenal fatigue. If you haven't heard of adrenal fatigue, then take this simple 3 minute test to find out if you have it. Make sure you research thoroughly before jumping into a diet that can affect your health. 3 If you want to start losing weight, or need help changing your diet, give our office a call at +1 (626) 571-1234 for a free consultation. We will talk to you about your health goals and let you know if you are on the right track and if the blood type diet is right for you or not. Having a health coach by your side every step of the way will make it that much easier to achieve your goals. Supplement for Blood Type AB Deflect AB is a supplement specifically formulated to complement the Blood Type AB diet, offering individuals with blood type AB an effective way to enhance their dietary choices and overall well-being. This unique supplement is designed to target lectins, which are proteins found in various foods that may react negatively with specific blood types, including type AB. By including Deflect AB in your daily regimen, you can potentially reduce the harmful effects of lectins on your body and optimize your health in alignment with the principles of the Blood Type Diet. Deflect AB contains a synergistic blend of natural ingredients, each chosen for its ability to block harmful lectins and promote better digestion and nutrient absorption for blood type AB individuals. Key ingredients in Deflect AB include N-Acetyl D-Glucosamine, which supports gut health, and Bladderwrack, a type of seaweed known for its potential to inhibit lectin activity. By incorporating Deflect AB into your Blood Type AB diet, you can empower your dietary choices and make more informed decisions about the foods that are best suited for your specific blood type, ultimately leading to improved health and vitality. Key Takeaway What you eat provides your body with the energy it needs to carry out essential tasks as well as the nutrients needed for self-healing. But sometimes your diet doesn't provide for these needs. It can lead to problems, like feeling tired after a meal, for example. Many people have this type of issue. Sometimes food sensitivities may be to blame. Here, a food sensitivity test may help. But in many cases, you may find that following a healthy diet is not enough. It is not the correct diet for your body. Someone with an AB blood type may consume too much protein, for example, or too many carbohydrates. Not getting the right nutrition for your unique body can cause a host of problems. Our coaching program helps identify the root cause of your problem. Once this is established, we help you formulate a plan that helps you in addressing your issue. The proper diet will help support adrenal function while watching blood sugar levels. In time, you may see a marked improvement in your health because the root cause of your issue has been addressed. For personalized help and guidance in choosing the right diet for you, contact our coaching team for a FREE** health consultation. Vegetables for sale at a market. Image Credit: kotomiti/Stock/Getty Images Your blood type serves as a blueprint for the type of diet you inherently thrive best on, according to Dr. Peter D'Adamo, author of "Eat Right for Your Type." A naturopathic physician, D'Adamo developed a dietary plan based on the A, B, AB and O blood types. You are inherently meant to eat a diet similar to the one your early ancestors ate, according to the blood type theory. Currently, scientific studies to support the blood type diet are lacking. D'Adamo's theory is that your blood type is a unique key marker that governs your metabolism and health. According to his theory, humans of each blood type evolved to eat a particular diet. By eating a dietary plan that best suits your blood type, you can decrease your chances of developing certain diseases, including cancer, and optimize your metabolism so that you are less likely to gain excess fat, as well as feel and function at your best. Unlike Type O's who thrive on animal protein, those with Type AB blood are not built to eat a lot of animal protein and thrive best on a near vegan diet, says D'Adamo. If you choose animal protein, opt for lean meats such as lamb, mutton, rabbit and turkey, and all seafood. D'Adamo recommends that limiting meat consumption to one to three servings weekly and limiting fish to three to five servings each week. Eggs and fermented dairy foods, such as yogurt and kefir, are beneficial for people with Type AB, but D'Adamo recommends limiting eggs to three to five servings and dairy to four servings weekly. For Type ABs to feel and function optimally, it's recommended that the bulk of your diet come from a variety of plant foods. This includes fruits, vegetables, legumes and whole grains. Nuts and seeds supply a good source of protein. However, they contain lectins — carb-binding proteins, which Type ABs do not digest well, according to D'Adamo. He recommends eating nuts and seeds in small amounts about two to five times per week. For healthy fats, olive oil is highly beneficial, according to D'Adamo. D'Adamo offers other recommendations in his book that apply to all blood types. He recommends choosing fresh, organic food most of the time and avoiding processed foods as much as possible. When choosing meats, opt for grass-fed, pastured options. Choose cold-pressed, minimally processed oils and choose all-natural dairy products free of hormones. It's recommended that you limit modern vices such as alcohol, coffee and chocolate, advises D'Adamo.