**Blood Type Diet**

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| Blood Type | Choose | Limit | Avoid |
| Type A  These people should eat eat plenty of fish and vegetables, with a low dairy intake. Light exercise only. | Fish, vegetables, beans,  whole grains, most fruits. | chicken,  turkey, and dairy. | beef, pork, shellfish, aged cheeses, cashews, pistachios, kidney and lima beans, wheat bran, potatoes, olives, yams, cabbage, mushrooms, tomatoes, melons, bananas, |
| Type O  For the majority of people, the prescribed diet is low-carbohydrate, high in proteins (such as meat and fish), and low in dairy products. Type O should also engage in lots of exercise. | Lean beef, chicken, fish, turkey, vegetables, and fruit. | Dairy, grains, legumes, and beans. | avocado, brazil nuts, oranges, cauliflower, mustard greens, cabbage, brussels sprouts, pork, goose, poppy seeds, eggplant, corn, melons, coconut, coffee, beer, black tea, ketchup, vinegar, milk, yogurt. |