**O Positive Blood Type Diet**

|  |  |
| --- | --- |
| **Beans** | * Beans are highly beneficial for people with type O positive blood and should be included in the o positive blood type diets, which include black-eyed, azuki, aduke and ainto.
* Green peas, pea pods, red soy, string and snap are examples of beans that do not have any harmful nor any beneficial effect on people with Type O blood.
* The beans that are harmful for type O people and must be avoided at all costs are green and red Lentils, tamarind, kidney beans and copper Beans.
 |
| **Lean Meat** | * You can get the protein you need from venison, mutton, lamb, beef, veal and fish like cod, mackerel and herring. Seafood is best for the type O group as it contains a high amount of iodine in it which is helpful for regulating the thyroid glands.
* However, bacon, pork and goose are the meats that must not be included in O positive blood type diet. Eating smoked salmon, pickled herring, octopus, caviar and catfish is also not recommended for those with type O blood.
* Since people with O blood group can digest meat without any problem, eating a vegetarian diet is not a good option for this group.
 |
| **Vegetables** | * The vegetables that are beneficial for people with type O blood are spinach, broccoli, kale, romaine lettuce and collard greens as they are rich in vitamin K. Vegetables like leeks, onions, garlic, artichokes, pumpkins and parsley can also be included with an o positive blood type diet.
* Brussels sprouts, cabbage, mustard greens and cauliflower are some of the vegetable that the type O group should not eat as they impair the thyroid function. Fermented olives, alfalfa sprouts and shiitake mushrooms must be avoided by type O's as they inflame the digestive tract. Eggplants, potatoes and corn should be avoided as well by this blood group.
 |
| **Fruit** | * Foods that balance the digestive tract's acidity like figs, prunes and plums are best for the type O blood group.
* However, D'damo asserts that cantaloupe, melons and honeydew must be avoided by these people because they have mold in them. Besides, oranges, strawberries, rhubarb and blackberries are also not recommended.
* Coconut is also not advisable for people with the O blood group as it can inflame their stomachs which could be already irritated.
 |
| **Beverages** | * People in the O blood group should include wine, green tea and Seltzer water in their diets. These beverages have anti-oxidants that can help in promoting digestion and maintaining your health.
* Highly caffeinated drinks and black tea are not recommended for people that have O positive blood type.
 |