**Blood Type Diet – Type O**

|  |  |
| --- | --- |
| Recommended | Not Recommended |
| lean, chemical-free meats, poultry, and fish | Dairy products and grains  dairy foods and eggs |
| fruits of alkaline nature such as berries and plums | grains, breads, legumes, and beans |
|  | cabbage, brussels sprouts, cauliflower, mustard green |

**Blood Type Diet – Type A**

|  |  |
| --- | --- |
| Recommended | Not Recommended |
| vegetarian diets | meat |
| nuts and seeds | yogurt, kefir, nonfat sour cream, and cultured dairy products |
| beans and legumes |  |
| fruits that are alkaline | mangoes, papaya and oranges |