Blood Type Based Diet Chart

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| **Blood Type** | **Diet/Exercise** |
| **A (“agrarian”)** | Primarily Vegetarian: soy protein, vegetables, grains. Exercise: gentle |
| **B (“nomadic”)** | Omnivore: meat, low-fat dairy, vegetables; avoid corn, wheat, lentils. Exercise: moderate |
| **AB (“sensitive”)** | Omnivore: seafood, dairy, most vegetables, tofu; avoid chicken, pork and beef. Exercise: calming. |
| **O (“old”)** | Primarily Carnivore: poultry, fish, lean meat; avoid grains, bread, legumes. Exercise: vigorous. |