Blood Type Diet

If your [Blood Type is O](http://www.sagastevin.com/blood-type-o):

* Eat meat (high-protein, low carbohydrate).
* Cut out wheat and most other grains.
* Engage in vigorous aerobic exercise.
* Your risk factor for ulcers and inflammatory diseases such as arthritis it increase if you eat incorrectly for your type.

If your [Blood Type is A](http://www.sagastevin.com/blood-type-a):

* You should eat mostly a vegetarian diet (high carbohydrate, low-fat).
* Engage in gentle exercise such as yoga or golf.
* Meditate to deal with stress.
* Your risk factors for cancer and heart disease increase if you eat incorrectly for your type.

If your [Blood Type is B](http://www.sagastevin.com/blood-type-b):

* You should have the most varied diet of all the blood types, one including meat; yours is the only blood type that does well with dairy products.
* Engage in exercise such as moderate swimming or walking.
* Your risk for slow-growing viruses that attack the nervous system increases if you’d eat incorrectly for your type.

If your [Blood Type is AB](http://www.sagastevin.com/blood-type-ab):

* You have most of the benefits and intolerances of types A and B.
* Engage in call me exercises and relaxation techniques.
* You have the friendliest immune system of all the blood types.