**BLOOD TYPE DIET**

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| **Blood type 0** | **Blood type A** | **Blood type B** | **Blood type AB** |
| **carbohydrates, gluten, but even corn and, unfortunately, potatoes are big enemies. It is also recommended not to consume lentils, red and white beans as well as peanuts and black olives, but prefer walnuts and pumpkin seeds. Avoid coffee. On the contrary, sea food and oily fish, liver and algae sea salt are particularly suitable for type 0s. Pumpkins and Savoy cabbages a go-go, but even bresaola, a variety of cured meat really appreciated by Dr. Mozzi, who eat it at breakfast, since he has type 0 blood. People with blood group 0 digest meat better than the other blood types but they should avoid pork.** | **number one enemies are dairy products, so milk and cheese, but even ice-cream. It is preferable to avoid solanaceae (i.e. potatoes, tomatoes and aubergines), the excessive consumption of red meat and prefer fish, chicken and turkey. Salad, legumes, soy and buckwheat (which is better than Indian corn) are all on the ‘to eat’ list. White meats, salmon as well as codfish are perfect. Red wine and green tea to drink without remorse because they are antioxidants.** | **forget shellfish, aphrodisiac oysters as well as lentils. Do not exaggerate with wheat, corn and buckwheat, so limit consumption of pasta in favour of rice and main meals: vegetables, dairy products, eggs and meat are recommended; type B is the blood group that has less restrictions on dairy products (goat cheese is the most suitable while fermented cheese such as gorgonzola should be avoided). Stop with white meat, artichokes and radishes. Instead, beans, cabbages, beets, green leaf vegetables, broccoli, carrots, aubergines, potatoes and peppers are well-recommended.** | **red meat and butter are off limits, and between white meats turkey and rabbit are the most suitable. Rice with beans and rice with peas are excellent first courses and after meals coffee is recommended! Pineapple and grapefruit, fruits always present in hypocaloric diets, are great choices. For this blood group all fruits are appropriate except for dried ones, which is better to avoid. Bean curd, vegetables, fish, dairy products and algae are recommended and garlic is better than onion. Type ABs should prefer broccoli, cauliflower, green cabbage, aubergines, tomatoes and avoid artichokes, corn and peppers.** |