**Blood Type Diet**

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| **B Blood Groups** | **A Blood Groups** |
| We are diary eaters and the good news is – this is ok but foods that will encourage weight gain for B's are sweetcorn, lentils (bummer – I love lentils) peanuts, sesame seeds and wheat.  Also bad for us are Bacon, Chicken, Duck, Goose, Ham and Pork.  Food that encourages weight loss for B blood group types are green vegetables (well that’s a no brainer) meat particularly lamb, mutton, rabbit and venison, liver and eggs – also liquorice tea.  Never take liquorice supplements without a GP’s supervision – the tea’s ok though.  Fish that is highly beneficial is Cod, Grouper (we just love that word) Halibut, Mackerrel, Mahi Mahi (when in Indonesia), Red Fish, Sardines, Pike and Sturgeon.  Stay away from Anchovies, Crab, Eel, Frogs Legs (no problem there) Prawns (stop groaning – eat the fish) Smoked Salmon and Oysters – oh yeah and just to really set your teeth on edge, Lobster is no good for you either and that’s not because of it’s price tag!  Olive Oil is highly beneficial for this blood group but stay away from Sunflower Oil and Sesame Oil and nuts to avoid apart from those on the city streets are Cashews, Hazelnuts, Pistachio and Pinenuts.  But I can go nuts over everything else apparently from Kidney, Lima and Navy Beans, Broad, Cannellini, Green and Red Soya Beans.  Beans B Blood Groups must avoid are Black Beans and Chick Peas, there goes the hummus.  I need to avoid Bagels, Cornbread, Corn Muffins and Durum Wheat Bread.  Now believe it or not there are some vegetables that are just no good for us and they are Avocado, Artichokes, Mung Bean Sprouts (who’d have thought) Olives (any kind) Pumpkin, Radishes, Sweetcorn, Tofu and Tomatoes.  Highly beneficial for B’s are Banana’s, Cranberries, Papaya, Pineapple and Plums. But we simply must avoid Coconuts, Persimmons, Pomegranates, Prickly Pears, Rhubarb and Star Fruit and the only juice we really need to avoid is Tomato Juice – so there goes your Bloody Mary hangover cure.  Avoid ketchup too! | You guys are the very first vegetarians! Supposedly due to ancestors that were more settled and less warlike than your counterparts. The nature of your blood type is to cultivate so you've all descended from farmers essentially.  Meat doesn't appear to benefit you and you definitely need to avoid Beef and Pork and any dairy as you have trouble digesting them due to your low stomach acid content. You must also avoid Wheat based products. Sadly this diet is a bit limited and a bit lonely in its variation of food groups.  If you are a big fan of street food and not so concerned about hygiene then you will relish the knowledge of having an extremely tolerant immune system! However Chilli must be avoided so take that into consideration when you're eating from the street!  No surprise in Broccoli, Lettuce and Beetroot leaves being great for you, however it is interesting to note that an Asian style diet is ideal for you as Type A benefit from Tofu, Soba Noodles, Ginger, Miso and Soy Sauce!  Ingredients Mildred simply adores!  Specific foods to avoid are Pepper, Vinegar, Bananas, Melons, Olives and Tomatoes.  It is important for Type A's to get your food in the most natural form possible and because you lean towards maximizing life through a vegetarian base you can lack protein so really chow down on Pumpkins, Sunflower Seeds, Almonds and Walnuts to assist in your protein levels.  Also Type A's thrive on vegetable proteins found in Lentils and Black Beans.  Hopefully you love your fruit as it is recommended you eat it 3 times a day. Oranges however are top of your avoidance list but never fear you'll still get your much needed Vitamin C from other fruits such as Grapefruit and Kiwi. Pineapple is staple for your diet and for weight loss. Sounds like a good reason to take a tropical holiday! |

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| **AB Blood Groups** | **O Blood Groups** |
| **Unfortunately you AB types are a complicated bunch. For dairy eating you guys wear the Type B badge; it's beneficial - especially Yoghurt and cultured soured products such as Sour Cream. But whereas Type B's can't eat tomatoes, you're absolutely fine with them.**  **Food that cause weight gain is red meat, Kidney Beans, Sweetcorn and seeds.**  **Some foods you should remember because they're highly beneficial to you are Horseradish and Curry Powder - so there's your way to spice up ordinary meals. Also good for you are Coffee and Green Tea. Yay we hear you shouting - Coffee!**  **In terms of your breads and grains, stick to Rye and Spelt flour these are a lot more digestive friendly. When it comes to meats you are similar to Type A and pretty much limited to Lamb, Turkey and Rabbit - a bit dismal, but there's always a rack of lamb, the ultimate in heavenly meals.**  **Grapes and Cherries are great and AB's can also indulge in Apricots and Figs as many as you like. Seafood and green vegetables are a given on most diets and for you this is no different, so ensure they're a regular feature in your weekly diet.**  **Seeds and nuts should be eaten in small amounts. You can still go nuts for Peanuts, which are very powerful immune boosters and Alfafa Sprouts should accompany just about every meal!** | **O Blood Groups came from lean, mean hunting machines – harking back to the original hunter and gatherer diet. Type O need to load up on dark meats and plenty of vegetables.**  **To maximize the potential of your diet, Type O's must rely heavily on lean meats, fish, particularly rich oiled cold water fish like Salmon, Cod and Makerel, you're also good to eat poultry. Remarkably O's diet responds to stress and a rigorous physical exercise regime although this doesn’t account for your minds - haha.**  **Unfortunately for those who can't go past a crusty loaf of bread and butter – it may slightly break your heart to hear that gluten is the enemy of Type O and is major factor in weight gain. Grains, breads and pulses are to be avoided for your diet to remain healthy.**  **Take note of Popeye and get into Spinach and Leafy Greens as much as you can, in particular Kale and Parsley, rich in vitamin K will help clot the blood, a necessary attribute to the meat based protein diet that best suits your blood group.**  **Foods that encourage you to put on weight are Beans, Kidney, Navy, Lentils and Soya Beans, seem really healthy for everyone else but are not a magical tonic for Type O digestive systems as you've not fully evolved. This is also the case for most dairy based products, Goats and Feta cheese are considered ‘neutral’ but all cheese is pretty much in your No-Go-Zone. This all makes sense when you think that wheat and dairy did not come into diets until much later in our evolution.**    **These might not be so appetizing for some and leave others a bit underwhelmed but Kelp and Iodized Salt is ideal for weight loss as they help in thyroid hormone production which regulates your metabolism.**  **Stop reading because other yummy things on your must avoid list are Cashews, Pistachios, Avocados, all Pig, Bacon, Ham, Pork – even Cinnamon and Nutmeg should not be part of your diet. Hopefully all you O Types that are reading this aren’t vegetarians as animal foods speed up your metabolism – burn it as fuel!**  **But don’t be too disheartened, although it may seem like meat and 3 veg is all you're ever going to eat, you can indulge excessively in Plums and Figs and think of all the different types and cuts of meat - Lamb, Mutton, Veal, Oxtail and for the more adventurous or actually insane you can eat Tripe and Sweetbreads!** |