Blood Type Diet

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| A Blood Type Diet | B Blood Type Diet | AB Blood Type Diet | O Blood Type Diet |
| You should consume a vegetarian diet which is low in fat but rich in carbohydrates. You can deal with stress by meditating or performing gentle exercises by playing golf or doing yoga. If you are not going to eat according to your blood type, then you will enhance your chances of developing heart disease and cancer | You must eat a varied diet which includes meat and dairy products. Performing exercises like walking or swimming are good for you. Not eating according to your blood type is going to increase your risk of viruses that grow slowly and are harmful for the nervous system. | Since you have the traits of blood types A and B in you, you can consume most of the foods that are recommended for people with these two blood types. Relaxation techniques and calming exercises are best for you to remain healthy. You immune system is the friendliest among all blood types. | Eat meat which is low in carbohydrate and rich in proteins but avoid grains or wheat. Perform vigorous aerobic exercise. If you are not going to eat according to your blood type then you will increase your chances of developing ulcers and inflammatory diseases like arthritis. |