Blood Type Diet

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| Type O | meat, fish, vegetables and fruits Not Recommended: wheat, beans, corns, cabbage, brussels sprouts and cauliflower Recommended for weight loss: seafood, red meat, liver, spinach and broccoli |
| Type A | vegetables, seafood, tofu, beans, grains, legumes and fruits Not Recommended: meat, dairy products, kidney beans, lima beans and wheat Recommended for weight loss: vegetables, pineapples, vegetable oil and soy foods |
| Type B | meat, dairy products, beans, grains, legumes, fruits and vegetables Not Recommended: peanuts, corn, sesame seeds, lentil and wheat Recommended for weight loss: eggs, greens, liver and tea Type  In terms of dietary requirements, this blood type group is a mixed between blood type A and blood type B. Their blood type diet consists of meat, seafood, dairy products, beans, legumes, grains, tofu, fruits and vegetables. It is not recommended for their blood type diet to eat red meat, kidney beans, lima beans and corn. Foods that can help in weight loss are seafood, dairy, greens, tofu and pineapple. |
| Type AB | meat, seafood, dairy products, beans, legumes, grains, tofu, fruits and vegetables Not Recommended: red meat, kidney beans, lima beans and corn Recommended for weight loss: seafood, dairy, greens, tofu and pineapple |