**BLOOD TYPE DIET**

**Type O Blood**

Stick to a high-protein, low-carb diet that consists mainly of lean meat, poultry, vegetables, nuts and fish. Keep your diet clear of grains, beans, wheat and dairy.

Tuck into red meat and poultry (try to stick to grass-fed animals as their meat is high in Omega 3s), fish, olive oil, and certain dairy products are allowed in moderation including eggs, cheese and yoghurt (goats' produce is best).

Vigorous exercise is recommended like aerobics, cycling and running.

**Type A Blood**

You should ideally stick to a veggie diet that contains very little meat. Grains, fruit and vegetables are particularly good for you including pasta, rice, nuts, seeds, beans and fruit. If you do eat meat, stick to lean white meats like chicken and turkey, and in small quantities, as your body finds it hard to break meat down.

Cheeses like feta, goats', sheep's cheese and mozzarella are all good for you, but avoid butter, cow's milk and all other cheeses. You can eat eggs but no more than three per week.

Soft, gentle exercise is also recommended like swimming, walking, golf and yoga.

**Type B Blood**

Stick to rich, gamey meats like lamb, beef and pheasant. Chicken can be problematic, but your ability to tolerate lactose means you can tuck into that creamy Camembert totally guilt-free!

Mental physical activities like hiking, swimming, tennis and swimming are great for this blood group.

**Type AB Blood**

Keep your diet varied, mixing up meats and fishes with fruits and vegetables to ensure your body is getting all the nutrients it needs. Foods like turkey, lamb, mackerel, salmon eggs, oats and nuts are great for you, whilst chicken, beef, shellfish and beans can prove a little trickier to digest.

Combine a mixture of moderate and intense exercises to burn off any extra calories.