**BLOOD TYPE DIET**

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| **YOUR BLOOD GROUP: O+ & O-** | **You Should Eat** | **You Should Avoid** |
| **A high-protein diet and do intense exercises. Dark green vegetables should be consumed as it contains Vitamin K, which is required to prevent blood clotting, which you may be prone to. Among the meats, you should eat fish and poultry as they are rich in proteins. Olive oil, small amounts of rice, bananas, carrots, wine and green tea are good for O+ types, while herbal tea is healthy for O negatives.** | **A high-carbohydrate diet. Although you’re advised to eat meat, excessive fat meats like beef should not be eaten. Cabbage, mustard green, brussels sprouts and cauliflower are not recommended as they inhibit thyroid hormone and cause metabolic problems.** |
| **YOUR BLOOD GROUP: A+** | **You Should Eat** | **You Should Avoid** |
| **A vegetarian diet with fresh green vegetables, legumes and whole grains as it provides minerals and antioxidants that help you fight heart disease, cancer and diabetes. Tofu should be a staple in your diet as it is an important protein component.** | **Carbs, dairy products, kidney beans, wheat, lima beans and meat, especially if you’re looking to lose weight. For a stress-free life, steer clear of processed, greasy and junk food.** |
| **YOUR BLOOD GROUP: A-** | **You Should Eat** | **You Should Avoid** |
| **Cereal, whole grains and fresh vegetables such as broccoli, carrots, spinach as they can protect you from blood-related diseases. Seafood can be consumed, but in small portions.** | **Meat, beef, pork, lamb and dairy products as they are not easily digestible for you. You should also stay away from cashews, kidney and lima beans and pistachios, as they can slow down your metabolism. Fruits such as bananas and oranges and foods like potatoes, cabbage, tomatoes are also not recommended as they have an adverse effect on your digestive tract.** |
| **YOUR BLOOD GROUP: B+** | **You Should Eat** | **You Should Avoid** |
| **All types of green leafy vegetables that are rich in minerals such as broccoli and cabbage as they’ll help fight viruses. Dairy products are highly recommended for you as they are easily digested because of a similar antigen present in your blood.** | **Corn, lentils, peanuts, sesame seeds and wheat as they can cause weight gain. Chicken should be avoided as it contains agglutinating lectin, which leads to strokes and immune disorders.** |
| **YOUR BLOOD GROUP: B-** | **You Should Eat** | **You Should Avoid** |
| **Animal and vegetable carbohydrate and protein as you have a tolerant digestive system. Broccoli’s antioxidants help to improve your immune system and cabbage provides you with the much-needed vitamin C. Green, red and yellow peppers are also recommended as they are full of disease-fighting properties** | **Pork, shellfish and chicken as they contain an agglutinating lectin that can disrupt your system. Tomatoes should be strictly avoided as it contains lectins that can irritate the stomach lining. Ketchup, cinnamon, corn syrup and pepper are particularly bad for you as they become stomach irritants.** |
| **YOUR BLOOD GROUP: AB+** | **You Should Eat** | **You Should Avoid** |
| **Fructose and starch-rich foods, especially grains, to fuel your exercise requirement for you to maintain your stress levels. Tomatoes work the best for this blood type as they do not have any ill-effects on AB blood types** | **Meat as it cannot metabolise easily. Also, eat small meals at frequent intervals. Apart from this, intense exercises are recommended to maintain stress levels.** |
| **YOUR BLOOD GROUP: AB-** | **You Should Eat** | **You Should Avoid** |
| **Fruits, vegetables, legumes and olive oil as they provide healthy fats. For a good source of protein, nuts and seeds should be consumed but in small quantities as they may not be digested easily.** | **Beef, pork and chicken as you do not have enough stomach acid for digesting animal protein. Vegetables like corn, mushrooms, sprouts and fruits like bananas and guava are also not recommended since you may have a weaker immune system** |