



2001 West Kenosha Street
Broken Arrow OK 74012
Naturalhealthclinic.net
1-800-798-HERB

Blood Type Diet also called Blood Typing

The foods you eat react chemically with your blood type. If you follow a diet designed for your blood type, your body will digest food more efficiently. You'll lose weight, have more energy, and help prevent disease. A chemical reaction occurs when the blood comes into contact with certain foods, specifically with a protein called **lectin**.

Lectins have a direct effect on the blood and the digestive tract. This protein binds to cells within the body, causing them to clump together, which can potentially lead to hormonal disruptions. The effect that this produces on the body is similar to that of a foreign substance being present. It is believed that people with different blood types react differently to particular types of food and their lectins. As a result, specific diets for people with these different blood types are recommended.

What You Can Eat

What you can eat depends on your blood type. Recommendations for each type follows.

Type O blood: A high-protein diet heavy on lean meat, poultry, fish, and vegetables, and light on grains, beans, and dairy. In other words, those with type O blood should choose high-protein foods and eat lots of meat, vegetables, fish, and fruit but limit grains, beans, and legumes. (To lose weight, seafood, kelp, red meat, broccoli, spinach, and olive oil are best; wheat, corn, and dairy are to be avoided for better weight loss success.)

Type A blood: A meat-free diet based on fruits and vegetables, beans and legumes, and whole grains--ideally, organic and fresh, because people with type A blood have a sensitive immune system.

Type B blood: Avoid corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds. Chicken is also problematic. Eating green vegetables, eggs, certain meats, and low-fat dairy is recommended.

Type AB blood: Foods to focus on include tofu, seafood, dairy, and green vegetables. People with type AB blood tend to have low stomach acid. Avoid caffeine, alcohol, and smoked or cured meats.

Level of Effort: High

If you don't already know your blood type, you'll need to find that out. The results will determine exactly what you need to do.

Limitations: Depending on your blood type, you may need to severely restrict the foods you eat. And when cooking and shopping, your blood type will determine your shopping list and your choices when eating out.