**Blood Type Diet**

|  |  |  |
| --- | --- | --- |
| **BLOOD TYPE A** | **Consume** | **Stay Away From** |
| **vegetables, whole grains instead of small ones (pasta or bread). Also, consume berries, figs, avocados, apples and nectarines. Proteins that are allowed are nuts and soy.** | **Any kind of meat is not recommended as well as dairy products and kidney beans.** |
| **BLOOD TYPE 0** | **Consume** | **Stay Away From** |
| **Red meat, poultry (chicken/turkey), seafood and other proteins are highly recommended. When it comes to vegetables kale, spinach, kelp and broccoli are a good choice.** | **legumes (beans, peanuts, lentils), dairy and egg products, as well as wheat and grains.** |
| **BLOOD TYPE B** | **Consume** | **Stay Away From** |
| **fruits, green vegetables, certain grains, red meat, fish, turkey.** | **seeds of any kind, chicken, peanuts, lentils and corn. Also try to avoid buckwheat.** |
| **BLOOD TYPE AB** | **Consume** | **Stay Away From** |
| **turkey, tofu, seafood and fish. Also, vegetables, beans, watermelon, figs, apples and bananas and legumes are a good option.** | **buckwheat, corn, red meat (you may experience stomach acid). Be careful with consuming too much alcohol and caffeine** |