**Blood Type Diet**

**Type O**

People should avoid wheat, kidney beans, corn, navy beans, cabbage, lentils, cauliflower, Brussels sprouts, avocados, oranges and mustard greens.

**Type A**

Blood type should avoid meat, kidney beans, dairy, lima beans, and wheat.

**Type B**

Corn, peanuts, seeds, wheat, lentils, sesame, and buckwheat should be avoided if you are Type B.

**Type AB**

Avoids red meat, lima beans, corn, kidney beans, seeds, and buck wheat.