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## How To Eat the Right Foods for Your Blood Type

by Sarah Carpenter

Most of us know what a “healthy diet” consists of. It’s lots of vegetables and fruits, choosing whole grain foods over processed ones, and lean proteins. Right? Well not so fast. According to the “blood type diet,” these seemingly healthy foods could actually cause problems for you, depending on your blood type.

Let’s explore the relationship of food and blood health according to the blood type diet and make sure your “healthy diet” is healthy for you after all.

### What Is the Blood Type Diet?

The blood type diet was popularized in 1996 by Peter D’Adamo, a naturopathic physician. The idea behind it is that your body’s response to food is directly linked to your blood type, based on what your ancestors with the same blood type ate. It maintains that eating foods with lectins (a protein) incompatible with a person’s blood type can cause blood cell clumping (agglutination), and result in health problems such as heart or kidney disease or cancer.

[The diet helps you understand](#) why certain foods are right for your blood type and others are not. It also provides insight into how you can best handle stress, manage weight and plan strategies for overall health and well-being. To begin the diet, you must first know your blood type — you can order a blood-typing kit from the website in case you don’t know it. Then, your blood type establishes what are called “Avoid” and “Beneficial” foods, which identifies a diet optimized for you. Finally, the diet offers supplements formulated for your blood type and biology.

### What Should I Eat and Not Eat Based on My Blood Type?

The key to your individuality lies in blood type. Your ABO profile can help you understand why certain foods are the right ones for your blood type and why others are not. Taking a look at our ancestry provides clues to what foods will work best for our bodies today.

Type O

[The oldest of the blood types](#), type O traces as far back as the human race itself. With primal origins based in the survival and expansion of humans and their ascent to the top of the food chain, it's no wonder blood type O genetic traits include exceptional strength, a lean physique and a productive mind.

Further demonstrating a link to the meat-based nourishment of the early hunter-gatherer, type O stress can manifest in an overactive "fight-or-flight" response reminiscent of early survival instincts. This can result in excessive adrenaline production that is managed with a protein-rich diet:

- High protein: meat, fish, vegetables, fruit, limited grains, beans, legumes.
- Avoid: wheat, corn, navy beans, lentils, kidney beans, dairy.
- Beneficial: kelp, seafood, red meat, kale, spinach, broccoli, olive oil.

### Type A

[Around the time in human history](#) when it was discovered that plant energy could be controlled and optimized, and when agriculture and animal domestication appeared, blood type A entered the genetic landscape. Thriving on a mostly vegetarian diet rich in soy protein, fruits and vegetables, blood type A individuals are sensitive, creative, analytical thinkers.

To minimize stress levels and promote balance, type A's need to limit triggers like sugar, caffeine and alcohol:

- Largely vegetarian: vegetables, tofu, seafood, grains, legumes, fruit, turkey.
- Avoid: meat, dairy, kidney beans, lima beans, corn.
- Beneficial: olive oil, seafood, vegetables, pineapple.

### Type B

[Blood type B was the third type](#) to appear on the ABO timeline and has shown to have developed differing characteristics in response to climatic changes. In fact, even within type Bs, physiological traits can vary by altitude.

Sticking to a balanced omnivore diet of meat, dairy, grains, fruit and fish is key for a type B to maintain efficient metabolism, a healthy weight and optimal energy:

- Balanced omnivore: meat, dairy, grains, fruits, vegetables, fish, seafood, select beans, legumes.
- Avoid: chicken, corn, lentils, peanuts, sesame seeds, wheat.
- Beneficial: greens, eggs, venison, liver, licorice tea.

### Type AB

[Blood type AB](#) is found in less than 5% of the population. Produced as a result of intermingling rather than the environment, blood type AB carries both tolerances and predispositions of type A's and type B's. While this means the type AB immune system has enhanced abilities, type AB's are also at greater risk for certain diseases.

The type AB diet is designed to boost immunity, manage metabolism and counter the overproduction of adrenaline in response to stress. Type AB individuals respond well to a mixed diet where they can get

proteins from different sources:

- Mixed diet: lamb, fish, dairy, tofu, beans, legumes, grains, vegetables, fruit.
- Avoid: chicken, corn, kidney beans, buckwheat.
- Beneficial: tofu, seafood, greens, kelp.

Knowing your blood type is one more way to better understand and optimize your health. Like exercising for your blood type, you can also eat the right foods for your blood type. Remember, the best diet is always the one that is balanced and fits your lifestyle.

*Sarah Carpenter is a freelance writer whose portfolio spans the industries of health care, higher education, and entertainment. Find out more at [her website](#).*

## References:

D'Adamo Personalized Nutrition - [The Diet That Knows You Best](#)

D'Adamo Personalized Nutrition - [All About Blood Type O](#)

D'Adamo Personalized Nutrition - [All About Blood Type A](#)

D'Adamo Personalized Nutrition - [All About Blood Type B](#)

D'Adamo Personalized Nutrition - [All About Blood Type AB](#)