## I'm not a robot



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Some people believe that eating certain foods, including soy protein and certain kinds of grains, may benefit people with an A-positive blood type. The concept of blood-type diets was originally put forth by the naturopathic physician Dr. James L. D'Adamo, popularized the diet in his book, "Eat Right 4 Your Type." He
claims that differing blood types evolved at various points in our genetic history and that your blood type should determine what you exercise. Blood type and other factors. D'Adamo claims foods harmful to your
blood type cause an agglutination reaction. This makes blood cells stick together, increasing the risk of disease. Read on to learn more about this diet and D'Adamo's claims. The blood type, based upon the lectins, or molecules,
which the food contains. On this diet, people are defined as being "secretors" or "nonsecretors" or "nonsecretors" or "nonsecretors" or "secretor status. This is why the diet is known as an individualized plan. Food ratios are also provided for each blood type
group. These are further broken down into ratios specifically recommended for people of African, Caucasian, and Asian descent. Supplements are recommended for blood-type diets, which are sold on D'Adamo's website. According to Dr. D'Adamo, the A-positive blood type became prevalent during the early years of the agricultural age. He theorizes
this is why people with this blood type can readily digest vegetarian. D'Adamo believes people with this blood type diet is primarily vegetarian. D'Adamo believes people with this blood type diet is primarily vegetarian. D'Adamo believes people with this blood type diet is primarily vegetarian. D'Adamo believes people with this blood type diet is primarily vegetarian. D'Adamo believes people with this blood type diet is primarily vegetarian.
diseasemore energybetter digestionAs with any diet, people may try this plan in order to lose weight or for other health benefits. Weight loss and lowered cholesterol have been reported by people who have tried this diet. However, there's no evidence the theory underlying this diet caused these results. Like many other food plans, this plan stresses
the avoidance of:processed foodsfoods high in sugarsimple carbohydratesThese diet measures are known to benefit anyone's health, regardless of blood type. D'Adamo recommends to eat includesoy protein, such as
tofucertain grains, such as spelt, hulled barley, and sprouted breadwalnuts, pumpkin seeds, and peanutsolive oilcertain fruits, such as blueberries and elderberries and spinachgarlic and onionscold-water fish, such as sardines and
salmonlimited amounts of chicken and turkeygreen teagingerThe diet recommends eating protein at the start of the day. Canned sardines or a smoothie made with silken tofu and goat milk may be eaten for breakfast. Vegetables,
fruits, and the allowed grains may be eaten at any meal. beefporklambcow's milkpotatoes, yams, and sweet potatoescertain fruits, such as melons, oranges, strawberries, and mangospoultry other than chicken and turkey, such as duckvenisonfish, such as
bluefish, barracuda, haddock, herring, and catfishsome grains and grain products, such as white flour and white breadoils other than olive oilartificial ingredientsmost condimentsMedical conditions which D'Adamo states are associated with this blood type
include:cancerdiabetesanxiety disorderscardiovascular diseaseHowever, there's no scientific evidence that the blood-type diet works or that it alleviates any specific health conditions. For instance, a 2021 study found that among 68 subjects who ate a low-fat, vegan diet, those who had type A blood did not experience any additional health benefits
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mass index (BMI)blood pressureserum triglyceridescholesterolHowever, these benefits weren't seen to be influenced by, or associated with, study participants' blood types. While no specific risks have been identified to date given the limited research, this diet is restrictive and may be difficult to follow. It's important that anyone striving to follow this
eating plan makes sure they're getting broad-based nutrition from a wide range of foods, including protein sources. Having A-positive marker is related to the presence of certain antigens in your blood along with a protein known as the
rhesus (Rh) factor. There's no scientific evidence that having A-positive blood is anything unique. In fact, it's one of the types most easily to find or donate for a transfusion. The A-positive diet recommends avoiding refined sugar and foods that are high in sugar. There's
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evidence linking a person's blood type to their need to avoid, or eat, specific foods. If you do decide to follow this plan, make sure to eat as wide a range of foods as possible so you get enough nutrition. You can also talk to your doctor about your individual risk of developing a disease. They can help you make lifestyle changes to ensure you're living
your healthiest life. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial
policy. Disclaimer: Results are not guaranteed*** and may vary from person to person t
diet. Knowing your blood type is important for understanding how your body reacts to food, your reaction to stress, your susceptibility to disease, and more. Your blood contains a distinct biochemical makeup. There are four main blood types—A, B, AB, or O. Each blood type plays a big role in determining your ideal diet, according to naturopathic
doctor Peter D'Adamo. D'Adamo proposed the blood type diet in his New York Times best-selling books Eat Right 4 Your Type and Live Right for Your Type and Live Right for Your Type. D'Adamo explains how to eat right for your specific blood type in his books; however, it is important to note that the blood type diet in his New York Times best-selling books Eat Right for Your Type. D'Adamo explains how to eat right for Your Type and Live Right for Your Type.
the blood type A diet, which includes people with both A positive blood type and A negative blood type diet. A Positive Blood type diet. A Positive Blood Type Diet: How It Works How does the A
positive blood type diet work? Basically, a person's blood type antigens on your cells Blood type B has the A antigens on your cells Blood type A has the A antigens on your cells Blood type A has the A antigens on your cells Blood type A has the A antigens on your cells Blood type B has the B antigens on your cells Blood type A has the A antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells Blood type B has the B antigens on your cells B has the B antigens on your cells B has the B antigens on your cells B h
your cells An antigen, in simplest terms, is any substance that triggers a response from your body's immune system. Blood type A blood is also called the agrarian, or the cultivator. The type A blood type was established from the need to fully
utilize nutrients from carbohydrates. This can also be observed in the digestive structure of someone with type A blood individual to digest and metabolize animal protein and fat. This will include when there are low levels of hydrochloric acid in the stomach, low levels of
intestinal alkaline phosphatase, and high intestinal disaccharide digestive enzyme levels. D'Adamo notes that people with type A blood should consume a plant-based diet that is completely free from red meat. The blood type A diet closely resembles a vegetarian diet. Blood type A individuals should also consume foods as fresh and organic as possible
Although the blood type A diet is not a weight loss plan, losing weight is a natural side effect of the diet, you will increase your energy and lose weight. Blood type A diet foods may also boost immunity and decrease the overall risk of disease, especially type 1 diabetes, anemia, cancer, heart disease,
and liver and gallbladders disorders. A healthy lifestyle is vital for the A positive blood type diet. Type A people naturally have high levels of the stress hormone cortisol. As a result, stress will manifest in the form of brain fog during the daytime, muscle loss, weight gain, increased blood thickening, and disturbed sleep. Stress in type A blood people
can also lead to insulin resistance, hypothyroidism, and OCD (obsessive-compulsive disorder). A Positive Blood type or A negative blood type or A negative blood type or A negative blood type, the diet will include a combination of vegetables, fruit, proteins, grains, legumes, nuts, seeds, spices, beverages, and fats and oils. The following is
more detail on the food included within the type A blood type diet: 1. Meat proteins Although people with type A blood are best on a vegetarian diet, that can eat certain animal products, such as poultry, fish, free-range eggs, and some dairy. Poultry will include turkey, chicken, and Cornish hens. Examples of fish and seafood will include carp, cod,
pickerel, red snapper, trout, red snapper, trout, red snapper, monkfish, grouper, sardines, yellow or silver perch, white fish, and salmon. 2. Dairy Digesting dairy types may be tolerable, including goat milk, yogurt, kefir, and cheeses like ricotta, feta, and mozzarella. 3. Grains Most grains are well-
 tolerated among type A blood individuals; however, the most beneficial grains include amaranth, buckwheat, soba noodles, quinoa, spelt, rice, oats, rye, corn, kamut, millet, barley flakes, and couscous. Each grain can be eaten once or twice per week. 4. Legumes Many legumes are said to be well-tolerated on the type A blood type diet. The best
 legumes on the type A blood diet include lentils, black-eyed peas, red soy, pinto beans, black beans, green black, and adzuki beans. 5. Fats/Oils Healthy fats and oils are also beneficial for the type A blood individuals can enjoy
certain fruits, including apricots, cherries, pineapples, lemon, grapefruit, figs, prunes, plums, and most berries, especially blueberries, blackberries, especially blueberries, blackberries, cranberries, and boysenberries, blackberries, cranberries, blackberries, cranberries, blackberries, cranberries, blackberries, cranberries, blackberries, blackb
spinach, Swiss chard, dandelion, artichoke, chicory, horseradish, leek, romaine, okra, parsley, alfalfa, sprouts, and turnip. 8. Nuts/Seeds Nuts and seeds include pine nuts, almonds, walnuts, pumpkin seeds, flaxseeds, sunflower seeds, pecans, and macadamia nuts. 9.
Spices Spices and condiments thought to benefit the type A blood individual include ginger, garlic, soy sauce, miso, tamari, and blackstrap molasses. 10. Beverages Teas that include slippery elm, ginger, Echinacea, burdock, alfalfa, hawthorn, aloe, or green tea are welcomed on the type A blood type diet. Coffee and red wine are also acceptable. A
Positive Blood Type Diet: Foods to Avoid Which foods should you avoid on the blood type A diet? The following is a list of the animal proteins, grains, legumes, fats and oils, vegetables, fruit, sweeteners, spices and condiments, herbs, and beverages to avoid in detail. 1. Meat proteins The type A blood type diet recommends people avoid meats,
including beef, duck, lamb, pork, veal, venison, goose, ham, bacon, quail, and pheasant. Seafood best avoided include caviar, conch, clam, catfish, bass, scallops, lobster, shrimp, crayfish, crab, eel, octopus, herring, prawns, flounder, sole, halibut, haddock, oyster, shad, hake, mussels, frog, and turtle. 2. Dairy Most dairy, milks, ice creams, and
whipped cream should also be avoided. 3. Grains While most grains are tolerated on the type A blood diet, some that should be avoided include granola, cream of wheat, farina, grape nuts, wheat germ, seven grain, wheat bran, durum wheat, and shredded wheat. Bread products that should be avoided include granola, cream of wheat, farina, grape nuts, wheat bran, durum wheat bran, durum wheat, and shredded wheat. Bread products that should be avoided include granola, cream of wheat bran, durum wheat, and shredded wheat. Bread products that should be avoided include granola, cream of wheat, and shredded wheat.
 wheat bran muffins, white and whole-wheat flour, breads like multi-grain and whole-wheat breads, and pastas. 4. Legumes Some legumes should also be avoided on the type A blood type diet, including red beans, kidney beans, kidney beans, and copper beans. 5. Fats/oils Fats and oils best avoided on the type A
blood type diet include canola oil, corn oil, coconut oil, palm oil, cottonseed oil, peanut oil, safflower oil, sesame oil, cashew butter, shortening, and hydrogenated oils. 6. Fruits Fruits that should be avoided on the type A blood type diet include bananas, plantains, tangerines, oranges, mandarins, honeydew, cantaloupe, rhubarb, mango, papaya,
coconut, blackberries, strawberries, and juices like orange, tomato, and papaya. 7. Vegetables Although many vegetables are a good thing on the type A blood type diet, certain ones to avoid include domestic mushrooms, shiitake mushrooms, shiitake
be avoided include cashews, Brazil nuts, and pistachios. 9. Spices, herbs, and condiments Spices, condiments, and herbs on the avoid list include relish, capers, vinegar, black pepper, white pepper, cayenne pepper, plain gelatin, ketchup, pickles, Worcestershire sauce, mayonnaise, wintergreen, catnip, cornsilk, red clover, and yellow dock. 10.
 Beverages Beverages the type A blood type diet will avoid include soda, diet soda, seltzer water, distilled liquor, black tea, beer, and processed flavors, colors, and preservatives. A Positive Blood Type Diet Chart The following is a comprehensive chart for the
blood type A diet that includes foods you should eat and avoid. Food Groups/Types Foods to Eat Foods to Avoid Protein Meat/Poultry: Chicken, turkey, Cornish hens, and free-range eggs All red meat (beef, pork, lamb, veal, ham, bacon, deer, heart, liver, goat, buffalo, and wieners), goose, duck, pheasant, quail, and partridge Fish/Seafood: *Red
snapper, *pickerel, *monkfish, *carp, *cod, *trout, *salmon, *whitefish, stargeon, tuna, squid, mackerel, yellowfish, yello
crab, crayfish, lobster, shrimp, mussels, oyster, hake, smoked fish, haddock, sole, flounder, eel, herring, shad, octopus, frog, turtle, and prawns Dairy: Cheese: *tofu, *soya cheese, cow's cheese, goat, feta, kefir, mozzarella, ricotta, lecithin granules, soy flakes, string cheese, and frozen yogurt Most dairy, milks, ice creams, whip cream, and
uncooked dairy Grains: *Amaranth, *buckwheat/groats/kasha, corn, barley, spelt, rye, millet, kamut, oat bran, oats, rice, quinoa, rice bran and their flours Granola, cream of wheat, farina, grape nuts, wheat germ, seven grain, wheat bran, durum wheat, and shredded wheat Breads/Cereals: Breads: Gluten-free breads (like rice), rye crackers, rice
cakes, and fresh breads not bagged in plastic Cereals: Puffed (millet, rice, corn, kamut, spelt), cream of rice, barley flakes, couscous, and pastas except wheat flour, multi-grain and whole-wheat breads, and pastas Legumes: *Adzuki
*aduke, *red soy, *lentils, *black eyed peas, *black, *green, *pinto, broad, cannellini, jimaca, snap, string, white, pods, green peas, and mung beans Red beans, tamarind, navy beans, lima beans, kidney beans, kidney beans, kidney beans, and copper beans Red beans, tamarind, navy beans, lima beans, kidney beans, kidney beans, lima beans, kidney beans, garbanzo beans, and copper beans Red beans, tamarind, navy beans, lima beans, kidney beans, sidney beans, lima beans, li
butter Canola oil, corn oil, coconut oil, palm oil, coconut oil, palm oil, cottonseed oil, peanut oil, safflower oil, sesame oil, cashew butter, shortening, and hydrogenated oils Vegetables: *Artichoke, * beet leaves, *carrots, *broccoli, *dandelion, *kale, *kohlrabi, *leek, *romaine lettuce, *okra, *parsnip, *pumpkin, *spinach, *Swiss chard, asparagus, avocado, bamboo
 shoots, beets, bok choy, Brussels sprouts, collard greens, radicchio, radishes, rutabaga, seaweed, sprouts, squashes, turnip, mustrooms (enoki, tree oyster, and Portobello), water chestnut, watercress, and zucchini Cabbages, yams, shiitake and
domestic mushroom, potato, tomato, peppers, eggplants, sweet potatoes, and olives Fruits: Blueberries, blackberries, blackberrie
tomato, papaya, and orange Nuts/Seeds: Almonds, chestnuts, hazelnuts, litchi, hickory, macadamia, peanut, pine, pumpkin seeds, almond butter, poppy seeds, and pistachios Herbs/Spices/Condiments: Ginger, garlic, soy sauce, miso, tamari, and blackstrap molasses
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 seltzer water, distilled liquor, black tea, beer, and club soda Sweetener/Other: White sugar, corn syrup, and processed flavors, colors, and preservatives * Highly beneficial A Positive Blood Type Diet: What Do Studies Say? One of the central theories of the blood type diet is associated with proteins called lectins. These are considered anti-nutrients,
and they may have a negative impact on the gut lining. The blood type diet theory claims there are lectins in the diet that target different ABO blood cells. Although some evidence suggests that raw lima beans may interact with red blood cells in blood
type A individuals, overall, the majority of agglutinating lectins react with all ABO blood types and diet? There is strong evidence that people with certain blood types can have a lower or higher risk for various diseases. For
instance, those with blood type A are more likely to have a higher risk for microbial infections. That being said, women with type A blood are likely to have a higher rate of fertility, too. However, no studies show that this has anything to do with your diet. One large study published in the journal PLoS One of 1,455 young adults eating a type A diet with
lots of fruits and vegetables was associated with better health markers. But, this effect was seen in everyone following the type A diet and not just those with type A blood. A major systematic review published in The American Journal of Clinical Nutrition in 2013 examined data from over a thousand studies and did not found a single well-designed
study looking at the benefits of the blood type diets. In other words, from the studies somewhat related to ABO blood type diets. In other words, from the studies somewhat related to ABO blood type diets. In other words, from the studies somewhat related to ABO blood type diets.
contradicted the blood type diet's recommendations. Is the A Positive Blood Type Diet Right for You? If you are blood type A positive, does that mean you shouldn't try the blood type A positive diet? I suggest trying the blood type A positive, does that mean you.
Although it might not be related to blood type diet. As a result, if you tried the blood type diet and it worked for you, don't let the lack of research on the diet stop you from eating that way. For those on the type A blood type diet, here are a few other healthy tips: Don't skip meals, and
eat more protein at the beginning of the day and less at the end of the day. Chew food to enhance digestion, eat smaller and more frequent meals, and don't eat when anxious. Establish a daily schedule. It may include going to bed no later than 11 p.m., getting at least eight hours of sleep, and not staying in bed once you wake up. Take at least two 20-
minute breaks while working where you can mediate, walk, stretch, or perform deep-breathing exercises. Also, engage in a calming exercise like yoga around three times weekly. Also Read: O-Positive Blood Type A," Dadamo; last accessed Oct. 27, 2017.
 "Blood Type and Your Health," Dadamo; last accessed Oct. 27, 2017. "Blood Groups and Red Cell Antigens," NCBI Resources; last accessed Oct. 27, 2017. Cusack, L., et al., "Blood type diets lack supporting evidence: a systematic review," The American Journal of Clinical Nutrition, May 22, 2013, 98(1): 99-104, doi: 10.3945/ajcn.113.058693, last
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of genomics," Transfusion Medicine Reviews, April 2012; 26(2): 103-118, doi: 10.1016/j.tmrv.2011.08.002, last accessed Oct. 27, 2017.. Power, L., "Biotype Diets System: Blood types and food allergies," Journal of Nutritional & Environmental Medicine, July 2009, 16(2): 125-135, doi: 10.1080/13590840701352807, last accessed Oct. 27, 2017. Some
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cause an agglutination reaction. This makes blood cells stick together, increasing the risk of disease. Read on to learn more about this diet and D'Adamo's claims. The blood type diet requires a regimen called compliance. This refers to eating "beneficials." Beneficials are chosen for each blood type, based upon the lectins, or molecules, which the food
contains. On this diet, people are defined as being "secretors" or "nonsecretors." These terms refer to an individual's ability to secrete blood-type antigens into bodily fluids. What you eat is partly based upon your secretor status. This is why the diet is known as an individual's ability to secretor status. These are
 with this blood type can readily digest vegetables and carbohydrates, but have a difficult time digesting animal protein and fat. The A-positive blood type diet is primarily vegetarian. D'Adamo believes people with this blood type have less-than-robust immune systems and are prone to anxiety. His diet plan promises: weight lossless diseasemore
energybetter digestionAs with any diet, people may try this plan in order to lose weight or for other health benefits. Weight loss and lowered cholesterol have been reported by people who have tried this diet. However, there's no evidence the theory underlying this diet caused these results. Like many other food plans, this plan stresses the avoidance
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your healthiest life. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial
 policy. In 1996, Dr. Peter D'Adamo released a book called Eat Right For Your Type. This book suggested that many ailments and diseases could be cured if people would diet aligned with their specific blood type. A blood type. A blood type diet varies between A, B, AB, and O blood types, and it can be difficult to know which foods are best for you and which to leave a long type. This book suggested that many ailments and diseases could be cured if people would diet aligned with their specific blood type. A blood type diet varies between A, B, AB, and O blood types, and it can be difficult to know which foods are best for you and which to leave a long type. This book suggested that many ailments and diseases could be cured if people would diet aligned with their specific blood type.
 alone. For people with the A Positive blood type, the emphasis is on a mostly vegetarian meal plan, with some seafood and a few dairy products. This food plan relies heavily on vegetables, preferably organic and low in lectins, which some people could be sensitive to. People with the A Positive blood type could also be susceptible to digestive tract
issues, heart disease, and diabetes. The foods on Dr. D'Adamo's acceptable foods list include many foods that prevent or help manage these conditions. If you're interested in learning more, read through this list of the 15 best foods for A Positive blood type, and see if they can be worked into your meal plan. At the end of this article, I'll also share a conditions. If you're interested in learning more, read through this list of the 15 best foods for A Positive blood type, and see if they can be worked into your meal plan. At the end of this article, I'll also share a conditions.
small list of some foods to avoid, and why. The best foods for people with the A Positive blood type include mostly vegetables and seafood. Broccoli is rich in vitamin C and folate. Broccoli is a powerhouse food that's highly recommended for A-
positive blood types. It's packed with nutrients while being low in substances like lectins, which could upset the digestive tract. Broccoli is high in fiber and low in calories. A one-cup serving of fresh, chopped broccoli contains only 31 calories but 9% of the daily recommended intake for fiber. This vegetable is also rich in folate, pantothenic acid,
 vitamin B6, and several other vitamins and minerals. One cup of broccoli also provides 90% of the daily recommended intake for vitamin C and 77% for vitamin K. vitamin B6, and several other vitamin sand minerals. One cup of broccoli also provides 90% of the daily recommended intake for vitamin B6, and several other vitamin sand minerals. One cup of broccoli also provides 90% of the daily recommended intake for vitamin C and 77% for vita
 fatty acids. Salmon and other cold-water fish such as trout, mackerel, and sardines are great food choices for people who have A-positive blood types. Omega-3 fatty acids are known to reduce the risk of heart disease, promote eye health, help with
 depression and anxiety, and more. A-positive blood type might be interested to know that omega-3 fatty acids also reduce the symptoms of metabolic syndrome, as well as preventing cancer and fighting autoimmune diseases. Most meats aren't recommended for people with A-positive blood types, but they can eat seafood 3-4 times per week. Besides
 being rich in omega-3 fatty acids, one small salmon fillet provides 91% of the daily recommended intake for niacin, as well as 122% for selenium, 116% for vitamin D, and 315% for vitamin B12.Okra provides fiber and omega-3 fatty acids, and it could help control blood sugar. This
is helpful for people with type A-positive blood because they are prone to diabetes. Like broccoli, okra is low in calories and high in fiber. A one-cup serving of raw okra provides 11% of the recommended daily intake for fiber, with just 33 calories. It's also rich in folate, vitamin C, vitamin K, thiamin, and magnesium. Okra is also surprisingly rich in
 omega-3 and omega-6 fatty acids. Spinach is rich in vitamins and minerals that can help prevent heart problems. Spinach is a superfood across the board, with health benefits for all blood types. It's especially important for A-positive blood types because people with A-positive blood do best with vegetarian meals created from nutrient-dense vegetables.
like spinach. One cup of raw spinach contains less than 7 calories, but it provides a wide array of helpful vitamins. A one-cup serving also provides 116% of the daily recommended intake for vitamin K. This is important because vitamin K has
been linked to a lower risk of coronary heart disease, which is something people with A-positive blood types could be susceptible to. Broccoli sprouts are also known for their high levels of sulforaphane and other phytonutrients that combat cancer and diabetes. Many vegetable seeds can be sprouted and eaten when they are just a few days old. This
 includes mung beans, broccoli, radish, alfalfa, and even dried beans such as pinto beans or black beans. The interesting thing about these foods is that they are oftentimes even more nutritious as sprouts than as a full-grown, harvested vegetable. For example, while 3-day-old broccoli sprouts contain less vitamin A and vitamin K than a head of
broccoli, they provide many times more the amount of vitamin K. Broccoli sprouts are also known for their high levels of sulforaphane and other phytonutrients found in a head of broccoli. Some of the nutrients found in kelp are associated
 with reduced blood glucose levels. Kelp represents several types of brown seaweed that grow in shallow ocean waters. It's one of the best sources of iodine, a mineral that promotes thyroid gland, which controls metabolism. Kelp is also rich in
antioxidant compounds, which could help fight cancer and oxidative stress. Some of the nutrients found in kelp are associated with reduced blood glucose levels, and it could upset the digestive tracts of people with
type A-positive blood. Olive oil is an exception, as well as black currant oil, walnut oil, and flaxseed oil. Besides being low in lectins, olive oil is known for providing healthy fats that are beneficial to the body. These health benefits include lowering blood pressure, protecting against LDL cholesterol, reducing inflammation, and it may reduce the risk of
 some cancers. Olive oil is also packed with compounds called polyphenols, which have strong antioxidant tendencies. One cup of black beans contains 57% of the daily recommended intake for fiber. Beans are usually well-tolerated by people with an A blood type. They are rich in fiber, protein, and carbohydrates. The high fiber content in beans helps
control blood glucose levels. A 100-gram serving of black beans (around half a cup) provides 16 grams of fiber or around 57% of the recommended daily intake. One interesting thing about the fiber in black beans is that it could help promote a healthy gut microbiome, which is something essential for people with A-positive blood. This serving size of
black beans also provides 32% of the daily recommendation for potassium, 28% for iron, and 111% for folate. Black beans are also rich in other vitamins and minerals that help keep bodies functioning properly. A cup-sized serving of steamed cod contains 52% of the daily recommendation for protein. Along with salmon and fatty fish,
cod is a type of seafood that people with type A blood do well with. While it's not as high in omega-3 fatty acids as some fish, cod does provide a healthy nutrient profile. One cup of steamed cod supplies consumers with 71% of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium, 62% for phosphorus, 120% for vitamin B12. Cod also provides a decent amount of the daily recommended intake for selenium and the daily recommended intake f
several B vitamins. Where it really shines is its protein content. A cup-sized serving of steamed cod contains 52% of the daily recommendation for protein source is harder to do. Cod provides that protein while still being relatively easy on the
digestive system. One ounce of English walnuts contains 2.76 mg of omega-3 fatty acids. Walnuts, almonds, and other nuts are great sources of protein and healthy fats. This is important for people with A-positive blood types, because they are counseled not to eat most meats, and they need to find other sources of protein and fats. According to Dr.
D'Adamo's food list recommendations, walnuts are particularly good for this blood type. Walnuts are rich in antioxidants, omega-3 fatty acids, and help manage weight, which has secondary benefits of supporting a healthy heart and
preventing diabetes. Legumes are an excellent source of folate, a B vitamin that is necessary for the division of cells and proper body growth. Like black beans, lentils are rich in protein and fiber. A 100-gram serving (around half a cup) provides 11 grams of fiber or around 39% of the daily recommended intake. It also contains 50% of the daily
recommendation for protein. Lentils have a low glycemic index, so they help prevent and manage diabetes. The fiber also creates a great environment for good bacteria to grow within the gut. Legumes are an excellent source of folate, a B vitamin that is necessary for the division of cells and proper body growth. A serving of legumes provides 120% of
the daily recommended intake for folate. It also supplies consumers with high levels of several trace elements, including zinc, potassium, phosphorus, manganese, iron, and copper. Kale is a great source of folate, with 400 micrograms in a one-cup serving. Kale is a superfood that's both a dark leafy green vegetable and a cruciferous vegetable. Like
broccoli, kale is rich in sulforaphane and vitamin K. A cup of kale provides 684% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. It also supplies consumers with 134% of the daily recommendation for vitamin K. I
include quercetin, which also acts as an anti-inflammatory substance, and kaempferol. Kale is one of several vegetables on the list of acceptable foods recommended by Dr. D'Adamo. The compounds in pumpkin are linked with better eyesight, reduced risk for some cancers, heart health, healthy skin, and even weight lossPumpkin's bright orange flesh
 is loaded with vitamin A, which acts as an antioxidant and supports the immune system. A 100-gram serving of cooked pumpkin contains 48% of the daily recommended intake for vitamin E, and 4% for folate, as well as several other vitamins and minerals. The compounds for vitamin E, and 4% for folate, as well as several other vitamin E, and 4% for vitamin E, and 4% for vitamin E, and 4% for folate, as well as several other vitamin E, and 4% for vitamin E, and 4%
in pumpkin are linked with better eyesight, reduced risk for some cancers, heart health, healthy skin, and even weight loss. A recent study also indicated that pumpkins could be helpful for helping control blood sugar levels. One form of soluble fiber in oats, called beta-glucan, helps create a healthy gut microbiome. Oatmeal is loaded with both soluble
and insoluble fiber. This helps promote heart health, control blood sugar spikes, and promote a healthy microbiome. This is important for people who have the A Positive blood type because they can be sensitive to digestive tract issues. One cup of cooked oatmeal provides 15% of the daily recommended intake. Oatmeal is also a good source of iron,
potassium, calcium, thiamin, riboflavin, and magnesium. Eating garlic has been shown to stop the progression of heart disease. Garlic is as much seasoning or herb as it is a food. It's often used to flavor foods. It also has several health benefits that range from reducing blood pressure and improving cholesterol levels to detoxifying heavy metals and
 helping prevent Alzheimer's disease. One interesting thing about garlic is that it contains several sulfur compounds give the immune system a boost. Garlic is on the list of acceptable foods provided by Dr. D'Adamo. Now that you've read through the 15 best foods for A Positive blood type, you can
probably see a pattern. The foods that are most recommended are vegetables. They're high in antioxidants and compounds that support the immune systems and digestive tracts. While most vegetables support these systems, some veggies—especially
 those containing high levels of protein types called lectins-could actually be hard on some people with this blood type. Here are a few to watch out for:Tomatoes are in the same family as nightshade. While they're not poisonous, they do contain high lectin levels, which some people with this blood type could be sensitive, too.Peppers, like tomatoes,
are in the nightshade family and contain relatively high levels of lectins. These lectins could promote inflammation. Eggplant is also in the nightshade family. Eggplant can be inflammatory because of its relatively high levels of lectins. These lectins could promote inflammation. Eggplant is also in the nightshade family and contain relatively high levels of lectins.
cruciferous veggie containing high amounts of sulforaphane, it also contains high lectin levels. The idea behind the Blood Type Diet is that we all have different nutritional needs depending on our blood type can help you be healthier and even lose
 weight. The diet hasn't been proven to work for everyone, however. (Photo Credit: Moment/Getty Images) In 1996, naturopathic doctor Peter J. D'Adamo wrote a bestselling book called Eat Right 4 Your Type, where he claimed that certain foods can lower inflammation, boost energy, help with weight loss, and prevent disease. In the years since
D'Adamo introduced the Blood Type Diet, many studies have looked into whether the diet actually works, but none of them have shown a clear link between eating according to your blood type and better health. Still, the diet's focus on healthy foods has shown benefits for some people. It may be useful for you want to try it and your doctor
 agrees. The following explanation of how the Blood Type Diet works is based on the description written by its creator. Everyone responds differently to nutrition plans, and you should always talk to your doctor before starting any new diet. These claims are not backed by WebMD. You're born with a certain blood type depending on the blood types of
your biological parents. The four major blood groups are categorized based on two antigens, A and B, either being present or absent on the surface of your red blood cells. (Antigens tell your immune system whether or not something is harmful.) For example, if you have both antigens, you have type AB blood, but if you have neither antigen present
you have type O blood. Blood type diet to lose weight D'Adamo claims that the antigens found in your blood type, he says. People with different blood types
also have different gut bacteria, which D'Adamo traces back to our early ancestors. His research suggests that the first humans had type O blood. Since they were hunter-gatherers, they are fewer carbs and more protein. People with A blood types are believed to have descended from farmers, which is why D'Adamo urges a diet with more vegetables
for this group. He thinks B blood types can digest more fat because they supposedly evolved from nomadic tribes, whose diets were rich in meat and dairy. D'Adamo claims that eating foods that were common when your blood type evolved may help your blood type evolved may help your blood types can digest more fat because they supposedly evolved from nomadic tribes, whose diets were rich in meat and dairy. D'Adamo claims that eating foods that were common when your blood type evolved may help your blood type evolved may help your blood type evolved may help your blood type.
your blood type. You'll have to take a test to find out your blood type if you don't already know it. You can request a test from your doctor, or you might be able to get your blood type confirmed while donating blood at a blood drive. It's worth noting that each person has an Rh, or Rhesus, factor on their red blood cells. This is a special protein that you
 inherit from your parents. When you take a blood test, your blood type will either be positive (-) if you have the Rh factor present, or negative doesn't play as big a role as the blood type group. Once you know whether you're type O, A, B, or AB, you can plan your snacks
and meals around which foods are supposed to be best for you. You can decide whether to start this diet right away. Or you could take your time and slowly replace the foods in your kitchen with ones that are better suited to your blood type. Here's what D'Adamo suggests for each group:O blood
type dietThis is a high-protein diet that's heavy on lean meat, poultry, fish, fruits, and vegetables, while light on grains, beans, and dairy. If your goal is to lose weight, you'll want to avoid carbohydrates. Instead, choose seafood, kelp, red meat, broccoli, spinach, and olive oil. D'Adamo also suggests taking various supplements to help with digestive
troubles and other issues he says people with type O blood tend to have. A blood type dietType A blood type A 
 pineapple, olive oil, and soy are best for weight loss, while dairy, wheat, corn, and kidney beans may lead to weight gain, he adds. B blood type dietIf you have type B blood, a mixed diet that includes meat, fruit, dairy, seafood, and grains is thought to be best. Foods to avoid include corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds
 Chicken can also be problematic, D'Adamo says. The list of foods to eat more of includes green vegetables, eggs, certain meats, and low-fat dairy, and green vegetables. D'Adamo believes that people with type AB blood tend to have low stomach acid and because
of that, should avoid caffeine, alcohol, and smoked or cured meats. Some dairy products, such as yogurt and kefir, are also good for this group. Every diet, including the Blood Type Diet, has pros and cons. Depending on your lifestyle and food preferences, some ways of eating may suit you more than others. Benefits of the Blood Type Diet According to
D'Adamo, proteins in certain foods called lectins can bind to your blood type antigen and make your blood stick together. This results in fatigue, headaches, digestive issues, and some chronic conditions, such as heartburn. D'Adamo
 also claims that each blood type is at a higher risk for some diseases. People with type O blood, for example, may be more likely to get stomach ulcers, while heart disease and diabetes are more common in people with type O blood, for example, may be able to lower your chances of getting some diseases by choosing a diet that works best with your
 blood type. Risks of the Blood Type DietThere's no scientific evidence to support the benefits of the Blood Type Diet. In 2013, researchers studied all of the existing medical literature on the subject (1,415 references in total). They found no studies showing that the Blood Type Diet works. D'Adamo's idea about ancestral blood types has also been
questioned. Other researchers suggest that type AB may have actually been the first ever blood group, not O.Another study published in 2021 examined if people with heart disease could benefit from a plant-based diet depending on their blood type. No connection was found between blood types and their health outcomes. It's worth noting that most
 of the foods suggested for the Blood Type Diet are healthy, but if you try the Type B diet, you should watch your red meat and dairy intake. As these foods are higher in saturated fat, having too much of either may raise your chances of heart disease. Does it allow for restrictions or preferences? Because the Blood Type Diet suggests very specific types
of food, it doesn't allow much for personal tastes. For example, if you're a big fan of meat, you won't be very happy on the type A diet, which recommends dairy. There are even suggestions about the types of spices and condiments you can
use. If you're looking for a gluten-free diet, you should know that the Blood Type Diet doesn't ban gluten. You may be able to make gluten-free choices if you read food labels carefully. Level of effort: high You may need to limit your food choices if you read food labels carefully. Level of effort: high You may be able to make gluten-free choices if you read food labels carefully. Level of effort: high You may need to limit your food choices. Your blood type will decide your should know that the Blood Type Diet doesn't ban gluten-free choices if you read food labels carefully. Level of effort: high You may need to limit your food choices. Your blood type will decide your should know that the Blood Type Diet doesn't ban gluten-free choices if you read food labels carefully. Level of effort: high You may need to limit your food choices. Your blood type will decide your should know that the Blood Type Diet doesn't ban gluten-free choices if you read food labels carefully. Level of effort: high You may need to limit your food choices. Your blood type will decide your should know that the Blood Type Diet doesn't ban gluten-free choices if you read food labels carefully. Level of effort: high You may need to limit your food choices. Your blood type will decide your should know that the Blood Type Diet doesn't ban gluten-free choices if you read food labels carefully.
have different blood types, meal planning may be hard. Special packaged foods, however, aren't required for this diet. What else you should knowCost. D'Adamo recommends a lot of specialty and organic foods (such as soy milk and carob chip cookies), which can be pricey. Vitamins and herbal supplements are also part of the diet. Support. Beyond
D'Adamo's book and website, you follow the Blood Type Diet on your own. Exercises based on your blood type. For instance, it suggests exercises based on your blood type Diet on your blood type Diet on your blood type. For instance, it suggests exercises based on your blood type Diet on your blood type. For instance, it suggests exercises based on your blood type.
such as tennis, martial arts, or golf, while a mix of calming and aerobic exercise is best for AB types. Does the Blood Type Diet work? Though the Blood Type Diet wo
debunked. "It's somewhat of a gimmicky way to try to get people to eat healthier. There is absolutely no science to substantiate that your blood type Diet do work since it's mostly a healthy, plant-forward diet. She cites a 2014 study that found
adults eating the type A diet showed improved health markers, but this occurred in everyone, not just those with type A blood type. The diet recommends high-quality food, lots of fruits and vegetables, fiber, vitamins and minerals, lean meats, and foods low in saturated fat. And, by cutting calories and getting rid of added sugar, you're likely to lose
weight. Still, if you follow the guidelines for just your blood type, it may not be the most useful option for you. Is the Blood Type Diet good for certain conditions? "The best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with, and the best diet is the one that you can stick with you can stick w
address other conditions." Depending on your blood type, the diet outlined may not support treatment for heart disease, high blood pressure, or high cholesterol levels. For example, the type B diet has more saturated fat than the other types, which can put you at risk for heart disease. The fruits and vegetables that are in other parts of the diet plan
are lower in saturated fat, however. "If you have heart disease or if you have diabetes, this diet could probably be modified, without eliminating some of the foods [D'Adamo] does, to improve your health. But it has nothing to do with your blood type," she says. Zelman recommends that you check with your doctor or see a registered dietitian nutritionist
before starting a diet such as the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are there concerns about the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet. Are the recommended food guidelines in the Blood Type Diet.
eggplant."Due to D'Adamo's theory on lectins in certain foods causing health issues, many grocery list items aren't included in the Blood Type Diet. "Foods like beans and whole grains that contain lectins -- they have good-for-you nutrients, and they shouldn't be eliminated," Zelman says. She also explains that while eating less processed foods can be
good for your health, not all processed foods are bad. Milk and wheat, for example, need to be processed for safety reasons and to make them easier to digest. Finally, Zelman notes that it's OK if you can't always buy the organic versions of food recommended by the Blood Type Diet, which can be costly. "It's much more important to eat more fruits
and vegetables than to worry about whether they're organic or not," she says. Can kids try the Blood Type Diet, it might be a challenge to meet everyone's nutritional needs, especially if you strictly follow it. Zelman gives the example of avoiding dairy (part of the type O and A diets), which could be harmful to
kids. "Dairy is so critically important to growth and development for kids to get enough calcium and vitamin D," she says. The general idea of the diet — fewer processed foods, less added sugars, and eating lean meats and lots of fruits and vegetables — are all good for everyone's overall health, Zelman says. But once you start customizing the diet for
your family, it's not really the Blood Type Diet anymore. "There's no problem in modifying this diet to meet your family's needs. But when I say modifying it, you're essentially then following a healthy meal plan that's advocated by the American Heart Association, and by the Dietary Guidelines," she says. Here are some foods you could eat based on
D'Adamo's Blood Type Diet: Meal ideas for type O bloodBreakfast: Mango smoothie made with pineapple juice, mango, banana, frozen blueberries, and ice cubes Lunch: Black bean soup with ground beef and riceDinner: Baked sesame chicken, served with rice, salad, or spelt noodles Meal ideas for type A bloodBreakfast: Tofu scramble with grated
carrot and zucchiniLunch: Vegetarian lentil soupDinner: Spinach feta riceMeal ideas for type B bloodBreakfast: Applesauce cake made with crushed almonds, quinoa flakes, flaxseeds, and chia seedsLunch: Egg and banana pancakesLunch: Egg and seaweed soupDinner: Grilled lamb chops with mint-yogurt sauceMeal ideas for type B bloodBreakfast: Applesauce cake made with crushed almonds, quinoa flakes, flaxseeds, and chia seedsLunch: Egg and banana pancakesLunch: Egg and seaweed soupDinner: Grilled lamb chops with mint-yogurt sauceMeal ideas for type B bloodBreakfast: Egg and banana pancakesLunch:
Tofu and vegetable stir-fryDinner: Pumpkin lentil dalThe idea behind the Blood Type Diet is that your specific blood type makes certain foods easier for you to digest. But there's no scientific proof that this way of eating works. If you lose weight on the Blood Type Diet, it's most likely because many of the foods it includes, such as fruits and vegetables,
are healthy options. It also asks you to avoid ultra-processed foods, such as packaged sweets and fast foods, that lead to weight gain. If you want to try the Blood Type Diet, check with your doctor first, especially if you have an ongoing health condition. Is the Blood Type Diet works or is harmful,
it's better to consider your family's health history (such as whether certain diseases run in your family) rather than your blood type when it comes to choosing the diet that's best for you. How fast can I lose weight on the Blood Type Diet? D'Adamo says most people on the Blood Type Diet start to see some results in 2 weeks, which can include weight
loss.Can a person with blood type O eat eggs?Eggs are considered to be a neutral food for all blood type that's healthier than another. The Blood Type Diet claims that each type has its own benefits and potential health
considerations. What foods should O+ blood type avoid? If you're trying to stick to the Blood Type Diet, you should eat less dairy, beans, and legumes. Gluten could also cause you to gain weight. What are the best foods for A positive blood type diet? All A blood types are advised to stick to a largely vegetarian diet, such as soy protein, whole grains, and
vegetables. D'Adamo believes that fresh and organic types are best.
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