

I'm not a robot



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.His son, Dr. Peter J. 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 eat and how you exercise. Blood type diets are a system of eating that categorizes foods as beneficial, neutral, or harmful. It’s based on a person’s 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 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 “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 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 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 diseaseorenergybetter 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 people on the A-positive blood type diet eat an organic, vegetarian, or almost-vegetarian food plan. Foods that D’Adamo recommends to eat inclusosoy protein, such as tofuencertain grains, such as spelt, hullled barley, and sprouted breadwalnuts, pumpkin seeds, and peanutsolive oilcertain fruits, such as blueberries and elderberriescertain kinds of beans and legumescertain vegetables, especially dark, leafy greens, such as kale, Swiss chard, 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 a good option. Limited amounts of animal protein, such as turkey and eggs, are allowed on this diet plan. They may be eaten for breakfast. Vegetables, fruits, and the allowed grains may be eaten at any meal. Beefporklambcow’s milkpotatoes, yams, and sweet potatoescertain vegetables, such as cabbage, eggplant, tomatoes, peppers, and mushroomslima beanscertain fruits, such as melons, oranges, strawberries, and mangos poultry other than chicken and turkey, such as duckvenisonfish, such as bluefish, barracuda, haddock, herring, and catfishsome grains and grain products, such as wheat bran, multigrain bread, and durum wheatrefined sugarrefined carbohydrates, such as white flour and white breadsother 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 compared to those with other blood types.Another 2018 study found that no type of blood has any effect on the association between following one of the blood-type diets and the chance of developing heart disease in overweight adults.One 2014 study found that adherence to the A-positive blood type diet might yield benefits, such as reduced body mass index (BMI)and blood pressure serum 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 blood simply means that you’ve inherited it from your parents from various possible combinations.The 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 quite common. However, because it occurs in 34% of Americans, it means that 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 no evidence there’s a specific benefit from doing this for people with A-positive blood. That said, this is a common recommendation in other diets and by many nutritionists that is likely to benefit anyone.The A-positive diet also recommends limiting eggs. Eating them in small amounts during breakfast is optimal, according to the diet. That said, as with sugar, there is no evidence that eating or avoiding any food is specifically beneficial to a person with a particular blood type. Eggs are still a nutritious food that can be a good source of protein in any diet. In most cases, eating 1-2 eggs daily isn’t likely to be harmful for most young, healthy adults. This has been confirmed by recent research findings. One egg daily may even help support better cognitive abilities in older adults, according to additional research.Learn more about the eggs.Blood-type diets may yield weight loss and other positive results because they’re highly restrictive. They also eliminate foods that are known to adversely affect health. However, there’s no scientific 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***. Credit: iStock.com/Foxys_forest_manufacture Your diet should be unique to you, and your blood type may help determine the best foods for your health. For instance, if your blood type is A positive, it could be beneficial to follow the popular A positive blood type 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. 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 is lacking scientific evidence. In this article, I have singled out the blood type A diet, which includes people with both A positive blood type and A negative blood type. I will detail how that diet for A positive blood type works, including which foods to eat and avoid. This guide to the type A blood type diet will also detail the research on the 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 is named after the blood type antigen, or surface marker, they possess on their red blood cells. In other words: Blood type A has the A antigens on your cells Blood type B has the B antigens on your cells Blood type AB has the A and B antigens on your cells Blood type O has no antigens on your cells An antigen, in simplest terms, is any substance that triggers a response from your body’s immune system. Blood type A will form when the O antigen or fucose, and another sugar called N-acetyl-galactosamine combine. The 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. There are also particular factors that make it difficult for a 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. Essentially, once you remove meat from 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 gallbladder 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, 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 Diet: Foods to Eat Whether you have A positive 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, monkfish, grouper, sardines, yellow or silver perch, white fish, and salmon. 2. Dairy Digesting dairy is thought to be difficult for the type A blood type; however, certain 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 type diet, and the most beneficial ones include flaxseed oil, olive oil, and sometimes cod liver oil. 6. Fruits Type A blood individuals can enjoy certain fruits, including apricots, cherries, pineapple, lemon, grapefruit, figs, prunes, plums, and most berries, especially blueberries, blackberries, cranberries, and raspberries. 7. Vegetables Many vegetables are well-suited to the type A blood type diet, including kale, collard greens, mustard greens, carrots, broccoli, onions, garlic, poppin, spinach, Swiss chard, dandelion, artichoke, chicke, horseradish, leek, romane, oak, parsley, alfalfa, sprouts, and turnip. 8. Nuts/Seeds Nuts and seeds include pine nuts, almonds, walnuts, pumpkin seeds, flaxseeds, sunflower seeds, pecans, and macadamia. 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. 2. Dairy proteins The type A blood type diet recommends people avoid meats. 3. Fats/Oils Fats and oils best avoided on the type A blood type diet include butter, lard, pork, lamb, veal, venison, goose, ham, bacon, quail, and pheasant. 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