

Eating the Correct Foods for your Blood Type

Blood Type A

Your blood type is the key to how foods affect your body and as a consequence it provides a guide that can improve your health, physical vitality and emotional strength. The link between blood types and food explains many of the paradoxes that have been observed in dietary studies over the years, it also explains why some people are able to lose weight on particular diets whilst others do not. The link between blood type and diet has been developed by two American Naturopathic Physicians, James and Peter D'Adamo and is based on 40 years of observation and research. From these observations the D'Adamo's have developed comprehensive lists of how specific foods affect the body and more importantly, which foods can be toxic to your blood type.

There is considerable evidence that the development of the various blood types is related to changes in diet during our evolutionary history. The original hunter and gatherer populations were type O, however with increasing population and migrations the other blood types developed. The first appearance of type A in appreciable numbers was during the agricultural revolution about 10,000 years ago. People with type A blood were more suited to the largely vegetarian diet and hence were more likely to survive than their type O predecessors. The type B blood type developed amongst the first communities to consume dairy foods in substantial quantities and it is not surprising that people with type B blood are able to tolerate dairy foods better than other individuals. The type AB blood type developed about 2000 years ago as a result of intermingling of type A and type B societies.

The importance of blood type in the development of disease has been recognized for many years. Type O's are more prone to ulceration whereas type A's are prone to cancer and cardiovascular disease, however the reason for these observations was not known. The D'Adamo's work on blood types and diet provides a simple and elegant understanding of how food — or more specifically — substances in foods called lectins, can interact with the blood and thus provide an environment in which disease can develop. The cells in our body have markers on their surfaces called antigens, that the immune system uses to determine whether the substances or cells are foreign or not. One of the most powerful antigens in the body is the one that determines blood type. It is found on the surface of red blood cells and your blood type is named for this antigen. For example, blood type A has the A antigen on the surface, blood type B has the B antigen, blood type AB has both the A and B antigens and blood type O has no antigens.

The key to the blood type approach to diet is that your body will reject blood type antigens that are not of your blood type. That is:

Blood type A will accept **type A** and reject **type B** antigens

Blood type B will accept type B and reject **type A** antigens

Blood type AB will accept **any other blood type**

Blood type O will reject **all other blood types**

The link between blood type and food is found in components of foods called lectins, and these lectins can mimic the blood type antigens. Simply put, when you eat food containing lectins that are incompatible with your blood type antigens, the lectins target an organ or bodily system and cause the blood cells in that area to clump together. This clumping is then associated with tissue destruction and can be a major factor in the development of disease.

TYPE A DIET: BENEFICIAL FOODS

<p>Seafood Carp Cod Grouper Mackerel Monkfish Pickerel Red snapper Rainbow trout Salmon Sardine Sea Trout Silver Perch Snail Whitefish Yellow perch</p> <p>Eggs & Dairy Soya cheese Soy milk</p> <p>Oils & Fats Linseed(flaxseed) oil Olive oil</p> <p>Nuts & Seeds Peanuts Peanut butter Pumpkin seeds</p> <p>Beans & Legumes Beans, aduke Beans, azuki Beans, black Beans, green Beans, red soy Lentils, domestic Lentils, green Lentils, red Peas, black-eyed</p> <p>Cereals Amaranth Buckwheat Kasha</p> <p>Breads Essene bread Ezekiel bread Rice cakes Soya flour bread Sprouted wheat bread</p>	<p>Grains & Pastas Buckwheat Kasha Flour, oat Flour, rice Flour, rye Noodles, soba Pasta, artichoke</p> <p>Vegetables Artichoke, domestic Artichoke, Jerusalem Beet leaves Broccoli Carrots Chicory Collard greens Dandelion Escarole Garlic Horseradish Kale Kohlrabi Leek Lettuce, romaine Okra Onions, red Onions, Spanish Onions, yellow Parsley Parsnips Pumpkin Spinach Sprouts, alfalfa Swiss chard Tempeh Tofu Turnips</p> <p>Fruits Apricots Blackberries Blueberries Boysberries Cherries Cranberries Figs, dried Figs, fresh Grapefruit Lemons Pineapple Plums, dark Plums, green Plums, red Prunes Raisins</p>	<p>Juices & Fluids Apricot Carrot Celery Cherry, black Grapefruit Pineapple Prune Water (with lemon)</p> <p>Spices Barley malt Blackstrap molasses Garlic Ginger Miso Soy sauce Tamari</p> <p>Condiments Mustard</p> <p>Herbal Teas Alfalfa Aloe Burdock Chamomile Echinacea Fenugreek Ginger Ginseng Green tea Hawthorn Milk thistle Rose hips Saint John's Wort Slippery elm Valerian</p> <p>Miscellaneous Beverages Coffee, decaffeinated Coffee, regular Tea, green Wine, red</p>
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TYPE A DIET: FOODS TO AVOID

<p>Seafood Anchovy Barracuda Beluga Catfish Caviar Clam Crab Crayfish Eel Flounder Frog Haddock Hake Halibut Herring (fresh) Herring (pickled) Lobster Mussels Octopus Oysters Scallops Shrimp Smoked salmon Sole Squid (calamari) Turtle</p> <p>Eggs & Dairy American cheese Blue cheese Brie Butter Buttermilk Camembert Casein Cheddar Colby Cottage cheese Cream cheese Edam Emmenthal Gouda Gruyere Ice cream Jarlsberg Monterey Jack Munster Neufchatel Parmesan Provolone Skim or 2% fat milk Swiss Whey Whole milk</p> <p>Oils & Fats Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil</p>	<p>Nuts & Seeds Brazil nuts Cashews Pistachios</p> <p>Beans & Legumes Beans, copper Beans, garbanzo Beans, kidney Beans, lima Beans, navy Beans, red Beans, tamarind</p> <p>Cereals Cream of wheat Familia Farina Granola Grape nuts Seven grain Shredded wheat Wheat bran Wheat germ</p> <p>Breads & Muffins Durum wheat English muffins High-protein bread Matzos, wheat Multi-grain bread Pumpernickel Wheat bran muffins Whole wheat bread</p> <p>Grains & Pastas Flour, white Flour, whole-wheat Pasta, semolina Pasta, spinach</p> <p>Vegetables Cabbage, Chinese Cabbage, red Cabbage, white Capsicum, green Capsicum, red Capsicum, yellow Eggplant Lima beans Mushroom, domestic Mushroom, shiitake Olives, black Olives, Greek Olives, Spanish Peppers, jalapeno Potatoes, red Potatoes, sweet Tomatoes Yams</p>	<p>Fruits Bananas Coconuts Mangoes Melon, honeydew Oranges Paw paw Plantains Rhubarb Rockmelon Tangerines</p> <p>Juices Orange Paw paw Tomato</p> <p>Spices Capers Gelatine, plain Pepper, black ground Pepper, cayenne Pepper, red flakes Pepper, white Peppercorns Vinegar, apple cider Vinegar, balsamic Vinegar, red wine Vinegar, white</p> <p>Condiments Mayonnaise Tomato sauce Worcestershire sauce</p> <p>Herbal Teas Catnip Cayenne Corn silk Red clover Rhubarb Yellow dock</p> <p>Miscellaneous Beverages Beer Liquor, distilled Seltzer water Soda, club Soda, cola Soda, diet Soda, other Tea, black decaffeinated Tea, black regular</p>
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CONCEPTS OF A/B/O EATING

Individuals with type A blood tend to be healthier if they avoid red meats and dairy foods. Beneficial foods for A's include soy, certain vegetables and fruits, nuts and beans.

O blood type individuals, however, tend to be healthier when consuming red meats and animal proteins. O's must avoid most grains and dairy foods.

B blood type individuals are the only people who can safely consume certain dairy products. B's also do well on animal protein but should also avoid grains.

AB's have greatest tolerance to lectins, but must still avoid many meats, grains and beans.

A/B/O Blood type program

- Reduces food sensitivities
- Based on human history
- Aids in weight loss
- Improves muscle mass
- Feeds the body what its designed to eat
- Reduces sugar cravings and balances blood sugar levels