

Eating the Correct Foods for your Blood Type

Blood Type B

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 B DIET: BENEFICIAL FOODS

<p>Meats & Poultry Lamb Mutton Rabbit Venison</p> <p>Seafood Cod Flounder Grouper Haddock Hake Halibut Mackerel Mahimahi Monkfish Ocean perch Pickerel Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)</p> <p>Eggs & Dairy Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Skim or 2% milk Yoghurt Yoghurt with fruit Yoghurt frozen</p> <p>Oils & Fats Olive oil</p> <p>Beans & Legumes Beans, kidney Beans, lima Beans, navy Beans, red soy</p> <p>Cereals Millet Oat bran Oatmeal Rice, puffed Rice, bran Spelt</p>	<p>Breads & Muffins Brown rice bread Essene bread Ezekiel bread Fin crisp Millet Rice cakes Wasa bread</p> <p>Grains & Pasta Flour, oat Flour, rice</p> <p>Vegetables Beets Beet leaves Broccoli Cabbage, Chinese Cabbage, red Cabbage, white Carrots Cauliflower Collard greens Eggplant Kale Mushroom, shiitake Mustard greens Parsley Parsnips Peppers, green Peppers, red Peppers, yellow Potatoes, sweet Sprouts, Brussels Yams, all types</p> <p>Fruits Bananas Cranberries Grapes, black Grapes, concord Grapes, green Grapes, red Paw paw Pineapple Plums, dark Plums, green Plums, red</p>	<p>Juices & Fluids Cabbage Cranberry Grape Paw paw Pineapple</p> <p>Spices Cayenne pepper Curry Ginger Horseradish Parsley</p> <p>Herbal Teas Ginger Ginseng Licorice Parsley Peppermint Raspberry leaf Rosehips Sage</p> <p>Miscellaneous Beverages Tea, green</p>
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TYPE B DIET: FOODS TO AVOID

<p>Meats & Poultry Bacon Chicken Duck Goose Ham Heart Partridge Pork Quail</p> <p>Seafood Anchovy Barracuda Beluga Bluegill bass Clam Crab Crayfish Eel Frog Lobster Mussels Octopus Oysters Sea bass Shrimp Smoked salmon Snail Striped bass Turtle Yellowtail</p> <p>Eggs & Dairy American cheese Blue cheese Ice cream</p> <p>Oils & Fats Canola oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Sunflower oil</p> <p>Nuts & Seeds Nuts, cashews Nuts, hazelnuts Nuts, pine Nuts, pistachio Peanut butter Peanuts Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>Beans & Legumes Beans, aduke Beans, azuki Beans, black Beans, garbanzo Beans, pinto Lentils, domestic Lentils, green Lentils, red Peas, black-eyed</p> <p>Cereals Amaranth Barley Buckwheat Cornflakes Cornmeal Cream of wheat Kamut Kasha Mixed grain Rye Wheat bran Wheat germ Wheat, shredded</p> <p>Breads & Muffins Bagels, wheat Corn muffins Durum wheat 100% rye bread Multi-grain bread Rye crispbreads Wheat bran muffins Whole wheat bread</p> <p>Grains & Pastas Buckwheat kasha Couscous Flour, barley Flour, bulgur Flour, Durum wheat Flour, gluten Flour, whole wheat Noodles, soba Pasta, artichoke Rice, wild</p> <p>Vegetables Artichoke, domestic Artichoke, Jerusalem Avocado Corn, white Corn, yellow Olives, black Olives, Greek Olives, green Olives, Spanish Pumpkin</p>	<p>Vegetables Radishes Sprouts, radish Sprouts, mung Tempeh Tofu Tomato</p> <p>Fruits Coconuts Persimmons Pomegranates Prickly pear Rhubarb Starfruit (carambola)</p> <p>Juices Tomato</p> <p>Spices Allspice Almond extract Barley malt Cinnamon Cornstarch Corn syrup Gelatin, plain Pepper, black ground Pepper, white Tapioca</p> <p>Condiments Tomato sauce</p> <p>Herbal Teas Aloe Coltsfoot Corn silk Fenugreek Gentian Hops Linden Mullein Red clover Rhubarb Senna Shepherd's-purse Skullcap</p> <p>Miscellaneous Beverages Liquor, distilled Seltzer water Soda, club Soda, cola Soda, diet Soda, other</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