

Blood Type	Food based on Blood Type	Allowed food according to Blood Type	Food list for Blood Type to avoid	Food list for Blood type that helps with weight loss
Type A	Vegetarian	beans, fruit grains, legumes, seafood, tofu, vegetables	dairy, kidney beans, Lima beans, meat, wheat	pineapple soy foods, vegetable oils, vegetables
Type B	Balanced diet	beans, dairy, fruit, grains, legumes, meat (no chicken), vegetables	buckwheat, corn, lentil, peanuts, seeds, sesame, wheat	eggs, greens, licorice, liver, tea, venison
Type AB	Mixed diet	beans, dairy, fruits, grains, legumes, meat, seafood, tofu, vegetables	buckwheat, corn, kidney beans, lima beans, red meat, seeds	dairy, greens, kelp, pineapple, seafood, tofu
Type O	High Protein	fish, fruit, Meat, vegetables	Brussels, cabbage, cauliflower, corn, kidney beans, lettuce, mustard greens, navy beans, sprouts, wheat	broccoli, kale, kelp, liver, red meat, salt, seafood, spinach, sprouts, wheat