

# Blood Type Food Recommendations

## A-TYPE FOOD RECOMMENDATIONS

### Food that makes blood type A fat:

- ▼ Kidney beans, lima beans, chickpeas, sweet potatoes, potatoes (especially chips). These products contain lectins that bind to insulin receptors and stimulate the accumulation of fat.
- ▼ Pork, lamb, beef, venison, dairy products.
- ▼ A secretor: banana, coconut products.
- ▼ A non-secretor: wheat and maize products.
- ▼ Cabbage blocks thyroid function and slows down metabolism, so foods turn to fat instead of energy.
- ▼ Avoid foods with harmful lectins for type A, like wheat germ, wheat bran, cow's milk, tomatoes, beef, etc. (Refer to blood type lists) Lectins in these foods can cause metabolic upsets if they are eaten in large amounts every day.
- ▼ The stressed A-type gains weight easily. Don't use food to overcome stress. If you have to nibble, have fruit, nuts or seeds. Eat fruit like grapes, apples, pears and pineapple instead of cakes, chocolates or chips between meals. Rather take a deep breath, go outside to walk it off, meditate, do Yoga, Chi Gong or Tai Chi.

### Food that makes blood type A thin:

- ▼ All leafy green vegetables like spinach, broccoli, kale, lettuce, pok choy, celery and parsley.
- ▼ A non-secretors can substitute wheat products with millet and rye. Learn how to make your own breads, cakes and biscuits from grains that suit your blood type.
- ▼ Eat lean chicken, ostrich, turkey and oily fish with vegetables and salads instead of starches like rice.
- ▼ Type A vegetarians can eat lentils, soya and white cannellini beans to substitute for meat. They should also supplement with amino acids or foods high in chlorophyll, like spirulina, spinach or wheat grass.



## B TYPE FOOD RECOMMENDATIONS

### Foods that make blood type B fat:

- ▼ These products contain lectins that bind to insulin receptors and stimulate the accumulation of fat: lentils (lentil sprouts at four days old are beneficial), pumpkin seeds, rye, peanuts, wheat products, maize and sweet corn, mung beans, sesame seeds, chickpeas, buckwheat, crayfish, trout, mussels and anchovies.
- ▼ B non-secretors: soya products can disrupt hormone activity (chicken and duck are particular hazards to blood type B), canola oil, sunflower oil, coconut and avocado.
- ▼ B non-secretors gain weight easily. B non-secretors who do not secrete antigens to deflect the lectins in soya products can become extremely obese due to the additional effect of the phytoestrogens in it. Vegetarians in this group who do not eat meat, fish or eggs cannot tolerate soya, wheat and most of the other starches and sugars in normal food thus they get ill or fat.

### Food to make blood type B healthy:

- ▼ Only blood type B can tolerate oranges and there is no limit to the amount you can have in a day, providing it does not cause too much acidity in your system.
- ▼ All leafy green vegetables like kale, spinach, broccoli, lettuce, celery and parsley.
- ▼ Substitute wheat and soya products with millet and rice or barley. Learn how to make your own breads, cakes and biscuits using the grains best suited to you. Watch out for sugar and carbohydrate cravings, especially when you feel stressed. Eat lean meat, fish, vegetables and salads. Eat smaller meals more frequently to lose weight.

*Blood type variants: a saliva test can be ordered to determine your secretor status at [www.dadamo.com](http://www.dadamo.com), or you can take your own food-tolerance test at*