

Blood Type Diet

What's involved with following this diet?

The premise is that certain blood types have foods that they can digest and absorb better.

Type A: seafood and plant based diet, avoid red meat. If you want to lose weight, avoid dairy, wheat, corn and kidney beans.

Type B: diverse diet including meat, fruit, dairy, seafood and grains. Avoid chicken, corn, buckwheat and kidney beans.

Type AB: a balanced diet including animal proteins. Avoid chicken, corn, buckwheat and kidney beans.

Type O: low carb, high protein diet. Avoid grains, beans and legumes, corn, wheat and dairy.

Who is it for?

For people who want to avoid searching external sources of health benefits. But also everyone!

Is it backed by scientific research?

Not really, because this is based off a naturopathic perspective on health, which is the notion that the body heals itself instead of turning to external sources first.

However, it may have some evolutionary evidence (see type O diet, it is the original "ancestral" blood type of the earliest humans, hence why the diet is high in animal protein. Type A blood evolved around the time when humans started to farm, which leads to a more vegetarian diet.)

However, overall there isn't enough substantial evidence about the benefits of this diet.

Is it dangerous?

It isn't necessarily dangerous.

Would you recommend?

I wouldn't necessarily recommend either, it does sound like it has some benefits but it's not a scientifically valid diet to be superior to others or to be recommended.