

Dr. Peter D'Adamo, author of the book, "Eat Right for Your Type," states that there is a natural reaction between the foods you eat and your blood type. He claims that lectins, which are proteins in food, are either incompatible or compatible with your blood. Although not generally life-threatening, eating foods that are incompatible with your blood type can cause negative reactions in various organs.

Type O

People who have type O blood are the meat eaters. They can handle almost all meats, including red meat, organ meats, poultry and seafood without complications. Eating these meats as well as certain vegetables, such as kelp, kale, spinach and broccoli may help people with type O to lose weight. They should limit grains, beans of all types and legumes. Wheat, corn, cabbage, cauliflower and Brussels sprouts should be avoided. The best diets for people with type O blood are high in protein and low in grains and foods made with them. Dr. D'Adamo claims that people with type O blood typically have high stomach acid, hypothyroidism and thinner blood.

Type A

Those with type A blood do well as vegetarians. Foods that are compatible with type A include most vegetables, tofu, seafood, grains, legumes, beans, soy products, pineapple, fruits and vegetable oil. The foods that are incompatible with type A blood types include meat, dairy products, kidney beans, lima beans and wheat. If people with type A blood eat any meat, it should be free-range and cage-free animals. The best seafood for type A includes cod, grouper, snapper, trout, salmon, sardines, perch and mackerel. According to Dr. D'Adamo, people with type A have a higher risk for diabetes, cancer and cardiovascular disease.

Type B

Type B people are considered balanced omnivores. They may eat dairy, grains, legumes, beans, fruits, vegetables, greens, eggs, liver and venison. To lose weight, people with type B blood should avoid corn, peanuts, lentils, seeds, wheat and buckwheat. They should also avoid chicken. People with type B, according to Dr. D'Adamo, are the most likely to overcome, or not have, heart disease or cancer.

Type AB

People with type AB can consume a moderately mixed diet. They do well on a diet of seafood, tofu, dairy, legumes, beans, grains, fruits and vegetables. To lose weight, they should also eat greens, kelp and pineapple. In order to lose weight, type B blood types should avoid red meat, lima beans, kidney beans, seeds, buckwheat and corn. People with type AB blood are considered the most modern of all the blood types, and they can eat a mixed diet.