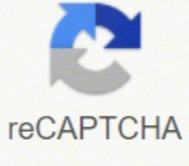




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Diet for blood type b positive pdf

Could eating a diet based on your blood type -- O, A, B, or AB -- help you trim down and get healthier? That's the idea behind the Blood Type Diet, created by naturopath Peter J. D'Adamo. D'Adamo claims that the foods you eat react chemically with your blood type. If you follow a diet designed for your blood type, your body will digest food more efficiently. You'll lose weight, have more energy, and help prevent disease. That depends on your blood type. Here's what D'Adamo recommends for each type: Type O blood: A high-protein diet heavy on lean meat, poultry, fish, and vegetables, and light on grains, beans, and dairy. D'Adamo also recommends various supplements to help with tummy troubles and other issues he says people with type O tend to have. Type A blood: A meat-free diet based on fruits and vegetables, beans and legumes, and whole grains -- ideally, organic and fresh, because D'Adamo says people with type A blood have a sensitive immune system. Type B blood: Avoid corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds. Chicken is also problematic, D'Adamo says. He encourages eating green vegetables, eggs, certain meats, and low-fat dairy. Type AB blood: Foods to focus on include tofu, seafood, dairy, and green vegetables. He says people with type AB blood tend to have low stomach acid. Avoid caffeine, alcohol, and smoked or cured meats. If you don't already know your blood type, you'll need to find that out. The results will determine exactly what you need to do. Limitations: Depending on your blood type, you may need to severely restrict the foods you eat. Cooking and shopping: Your blood type will determine your shopping list and your choices when eating out. Packaged foods or meals? None required. In-person meetings? No. Exercise: The Blood Type Diet recommends exercises based on your blood type. For instance, it suggests yoga or tai chi for type As, and vigorous aerobic exercises like jogging or biking for up to an hour a day for type Os. Because the diet dictates that you eat very specific types of food based on your blood type, it doesn't allow much for personal tastes. For example, if you're a big fan of meat and potatoes, you won't be very happy on the type A diet, which is mostly vegetarian. There are even recommendations about the types of spices and condiments you can use. If you're looking for a diet that's gluten-free, you should know that this diet doesn't ban gluten. You may be able to make choices that are gluten-free, if you read food labels carefully. Cost: D'Adamo recommends a lot of specialty and organic foods (such as soy milk and carob chip cookies), which can be pricey. Vitamin and herbal supplements are also part of the diet. Support: You do this diet on your own. Does It Work? One study found that adults eating the type A diet showed improved health markers, but this occurred in everyone, not just those with type A blood type. In 2013, a major review concluded that no evidence exists to support benefits of blood type diets. It's likely that you would lose weight, though, because the diet can be very restrictive. Is It Good for Certain Conditions? The Blood Type Diet makes recommendations based solely on your blood type. So, if you have a chronic condition (say, diabetes), you may be told to eat high protein, while another person with diabetes may have to avoid dairy or chicken. This may conflict with your diabetes treatment plan. The American Diabetes Association recommends a more practical approach to your day-to-day eating. It also cautions against focusing on specific foods. In most cases it doesn't recommend cutting out any major food groups. The Blood Type Diet also fails to address other conditions such as heart disease, high blood pressure, or cholesterol. Any needed weight loss is sure to have a positive impact on these conditions. But no matter your blood type, you should follow the same guidelines issued by The American Heart Association (AHA) for a low-fat and low-salt diet. Also, everyone should aim for 150 minutes of aerobic exercise per week and at least 2 days of strength training per week. The Final Word On The Blood Type Diet, you'll avoid processed food and simple carbs. That may be enough to help you lose some weight. But any weight loss on this diet has not been linked to your blood type. There's also no research proving that this diet can aid in digestion or give you more energy. Although you'll buy and prepare your own foods on this plan, your choices are limited depending on your blood type. So be prepared to spend some time in the kitchen. The diet may quickly become expensive, too, since the author recommends you buy organics as well as his own line of supplements. If the Blood Type Diet intrigues you, consider this: The science is stacked behind traditional recommendations for healthy eating for weight loss -- not restrictions based on the type of your blood. SOURCES: Cusack, L. American Journal of Clinical Nutrition, May 2013. D'Adamo, P. Eat Right For Your Type, Penguin Group, 1996. 4yourtype.com. Dadamo.com: "Eat Right for Your Type." N-equals-one.com: "Gnomic Advice." Wang, J. PLoS One, 2014; 9(1): e84749. Published online Jan. 15, 2014. © 2020 WebMD, LLC. All rights reserved. You never know what you're going to get when you book a bed and breakfast. I've had delightful experiences, where I stayed up late with the owners, drinking wine and swapping stories. And I've had bizarre visits, such as the time when I watched a cat walk across a table full of food -- and the owner did nothing. So I was a little apprehensive when my husband Don told me that he'd booked a night in a bed and breakfast during a trip we took last year to see his family in Iowa. To make matters weirder, he chose the Heavenly Habitat in Madison County, a church that the owners renovated into a inn. The potential for awkwardness seemed very high. It turned out that our night at the Heavenly Habitat was one of the highlights of our four-day trip. That's because the owner, Steve, did a few things right that all B&B owners should keep in mind: Privacy: No one likes an in-your-face host. We arrived on a rainy Thursday night, carrying a pizza and beer that we had picked up at the local Casey's (an Iowan equivalent to 7-11). We were tired, hungry and in no mood for chatter. Steve welcomed us into our wing of the church, showed us where the silverware and napkins were and then left us alone, without feeling the need to chitchat. Bliss. Appropriate decor: The last time we visited Don's family in Iowa, we stayed at a B&B where the entire room -- no lie -- was covered in flowers. We're talking flowers on the wallpaper, flowers on the bedspread, flowers on the carpet. It looked like a greenhouse had exploded. The Heavenly Habitat had a few themes going on in its decor: Madison County bridges in the living room; roosters in the kitchen; churchy objects, such as a pew, here and there. But it never felt over the top or obnoxious. Space to spread out: When Steve and his wife bought the church, they took one half -- the chapel -- as their own to live in. The entire second half, which included the fellowship hall, is available for guests. So we had our own kitchen, living room and bedroom. The inn only has two rooms, and we were the only ones there that night. It felt nice to have some space, without feeling like we were intruding in someone's home. A glorious breakfast: It doesn't have to be fancy. But one of the pleasures of staying at a bed and breakfast is having someone else make your eggs -- and when it's done right, you can stay full through mid-afternoon. An upbeat, informative host: We had not planned on going to Winterset's John Wayne birthplace, but Steve talked us into it -- and we found it a worthwhile stop. He also made sure that we had maps to find the Madison County bridges. We appreciated Steve's upbeat attitude as well -- a stark contrast to B&B managers we met in Sedona once who told us how much they hated running an inn. Now, the Heavenly Habitat wasn't perfect. There wasn't any Wi-Fi, for example (although the owner said they'd be adding it in the future). But I felt like we got a very good deal, as our room was only \$80 (Monday through Thursdays; the price goes up to \$100 on the weekends), especially when I saw our next hotel, the rather grim Days Inn in Atlantic, Iowa. What do you think? What makes a perfect B&B? -- written by Chris Gray Faust People with blood type B are prone to life style diseases but they can lead a healthy life with variety of food. Buck wheat, sesame seeds, peanut and corn cause weight gain. It is advisable that you avoid chicken and meat, but you can include any fish except shellfish. You can enjoy a variety of dairy products and oil seeds. However, tomato can have adverse effect on your health if your blood type is B. Following are the tips for blood group B diet:Include foods in daily diet:beef / salmon Cottage cheese / milk / yoghurt / roccotta OlivesMillets / oats / rice All green leafy vegetablesPineapple / banana / crane berry / papaya / plumGinger / curry leaves / pepper / ginseng / licorice / green tea. Avoid foods in daily diet:Wheat, buckwheat, corn, corn syrup, cornstarchChicken, shellfish, American cheese, blue cheese, ice cream, lentils, garbanzos, black-eyed peas, beans, Tofu,Artichoke, avocado, corn, olives, pumpkin, radish, tomatoCoconuts, persimmons, pomegranates, prickly pear, rhubarb,Oils of canola, corn, cottonseed, peanut, safflower, sesame, sunflower; margarine,cashews, pine, pistachio, peanuts, pumpkin seeds, sesame seeds, sunflower seedsBarley malt sweeteners, corn syrup, cornstarch, cinnamonDistilled liquor, Seltzer water, soda. To maintain mind - body balance practice meditation along with intense physical training. Include activities such as tennis, martial arts, cycling, hiking and golf. Published on Dec 10, 2010Last Updated on Jun 30, 2018

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