

EATING FOR YOUR BLOOD TYPE

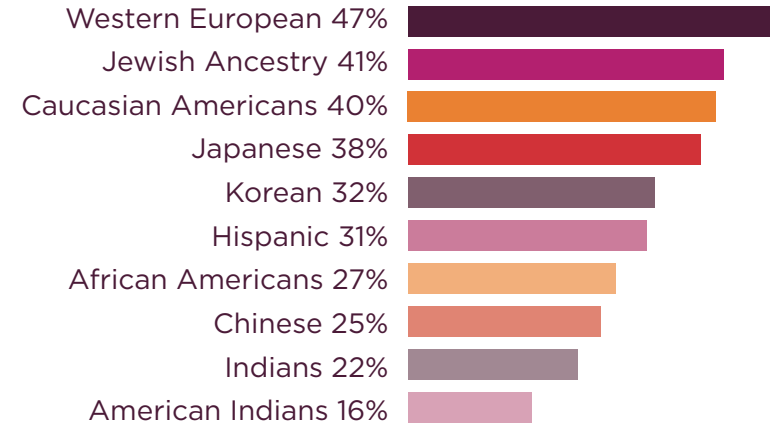
It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.

AGRARIAN

- Cooperative
- Sensitive
- Orderly
- Settled
- Cultivator



Blood Type A evolved when agriculture began.



STRENGTH	WEAKNESS	HEALTH RISK	DIET PROFILE	WEIGHT LOSS	SUPPLEMENTS	EXERCISE
<p>Adapts well to changes in diet and environment</p> <p>Little need for animal foods</p> <p>Immune system preserves and metabolizes nutrients more easily</p>	<p>Sensitive digestive tract</p> <p>Vulnerable immune system, open to microbial invasion</p>	<p>Heart disease</p> <p>Cancer</p> <p>Anemia</p> <p>Liver and gallbladder disorders</p> <p>Type 1 diabetes</p>	<p>Classic vegan/vegetarian</p> <p>Vegetables</p> <p>Tofu</p> <p>Seafood</p> <p>Grains</p> <p>Beans</p> <p>Legumes</p> <p>Fruit</p>	<p>Reduce:</p> <p>Meat</p> <p>Dairy</p> <p>Kidney beans</p> <p>Lima beans</p> <p>Wheat</p> <p>Increase:</p> <p>Vegetable oil</p> <p>Soy foods</p> <p>Vegetables</p> <p>Pineapple</p>	<p>Vitamin B-12 for vegans</p> <p>Folic acid</p> <p>Vitamin C</p> <p>Vitamin E</p> <p>Hawthorn</p> <p>Echinacea</p>	<p>Calming and centering exercises, such as yoga or tai chi</p>

Adapted from Peter D'Adamo's *Eat Right for Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight*