

Type of BEANS to Eat Based on BLOOD TYPE

For Blood Type A, eat:	For Blood Type B, eat:	For Blood Type AB, eat:	For Blood Type O, eat:
<ul style="list-style-type: none"> • aduki beans 	<ul style="list-style-type: none"> • cannellini beans 	<ul style="list-style-type: none"> • green lentils 	<ul style="list-style-type: none"> • aduke
<ul style="list-style-type: none"> • black beans 	<ul style="list-style-type: none"> • kidney beans 	<ul style="list-style-type: none"> • navy beans 	<ul style="list-style-type: none"> • azuki beans
<ul style="list-style-type: none"> • black-eyed peas 	<ul style="list-style-type: none"> • lima beans 	<ul style="list-style-type: none"> • pinto beans 	<ul style="list-style-type: none"> • black-eyed peas
<ul style="list-style-type: none"> • green beans 	<ul style="list-style-type: none"> • navy beans 	<ul style="list-style-type: none"> • red beans 	<ul style="list-style-type: none"> • pinto beans
<ul style="list-style-type: none"> • lentils 	<ul style="list-style-type: none"> • red beans 	<ul style="list-style-type: none"> • red soy beans 	
<ul style="list-style-type: none"> • pinto beans 			
<ul style="list-style-type: none"> • red soy beans 			

Note: Some [sources](#) say that beans should be avoided by Type Os, completely. But if they're eaten, the beans that are best for Os are included above.