

Type of BEANS to Eat Based on BLOOD TYPE

For Blood Type A, eat:

- aduki beans
- black beans
- black-eyed peas
- green beans
- lentils
- pinto beans
- red soy beans

Blood Type A, AVOID: chickpeas (garbanzo beans), copper beans, kidney beans, lima beans, navy beans, red beans, tamarind beans.

For Blood Type B, eat:

- cannellini beans
- kidney beans
- lima beans
- navy beans
- red beans

Blood Type B, AVOID: aduki beans, black beans, black-eyed peas, chickpeas (garbanzo beans), lentils and pinto beans.

For Blood Type AB, eat:

- green lentils
- navy beans
- pinto beans
- red beans
- red soy beans

Blood Type AB, AVOID: aduki beans, black beans, black-eyed peas, chickpeas (garbanzo beans), fava beans, kidney beans and lima beans.

For Blood Type O, eat:

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

- aduke
- azuki beans
- black-eyed peas
- pinto beans

Blood Type O, AVOID: copper beans, kidney beans, lentils, navy beans and tamarind beans.