Choosing between the Mediterranean and blood type diet

Use these steps from the article to choose between the Mediterranean diet and the blood type diet.

- [ ] Choose the Mediterranean diet for a pattern with trial evidence that suits every blood type.
- [ ] Build meals around fruits, vegetables, whole grains, legumes, nuts and extra virgin olive oil.
- [ ] Keep beans and whole grains in the diet, even on a blood type plan.
- [ ] Replace saturated and trans fats with unsaturated fats such as olive oil.
- [ ] Watch saturated fat from red meat and dairy on the type B plan.
- [ ] Protect calcium and vitamin D intake when a plan removes dairy, especially for children.
- [ ] Speak with a doctor or registered dietitian before the blood type diet with heart disease or diabetes.
- [ ] See a doctor about unplanned weight loss, ongoing tiredness or lasting digestive problems.

Notes

For general education only. Not a substitute for professional medical advice.