

## How to Eat Right

When considering any diet, you must realize that not everyone is created equal. Some people are fast metabolizers and others are slow. Therein lies some of the rub with other diets, including The Zone, Atkins, Pritiken, Ornish, Sugar Busters, and more. Yet it is rather easy to incorporate your own metabolic individually into a healthful Mediterranean diet—use the basic tests of eating for your blood type as a guide for choosing foods within a Mediterranean style of eating.

The basics of the **blood-type diet** are that people have different metabolic needs, which relate to, among other things, their blood type. By now, I have lots and lots of proof that this is indeed true. More than **half** of all people adopting a blood-type diet will feel better, get healthier, lose weight if needed and get stronger. By incorporating the basics of the blood-type diet into a Mediterranean style of eating, your results will be better still.

For details on the blood-type diet, purchase the book ***Eat Right for Your Type*** from your local bookstore. However, the following basics are all you really need to know:

- **Blood Type O:** You are a **carnivore** by nature. You need to consume high protein foods like meat and fish. Fruits and vegetables are also very good for you. You need to limit your intake of grains, beans and legumes. If you are overweight, avoid wheat, corn, beans, lentils, cabbage, Brussels sprouts, and cauliflower. Beneficial foods for you include seafood, liver, red meat, Celtic Sea Salt, kale, broccoli, and spinach.
- **Blood Type A:** You are more of a natural **vegetarian**. In your case, vegetables, grains, beans, legumes, and fruits are good. Some seafood and tofu are also beneficial. If you are overweight, you need to avoid meat, dairy, kidney beans, wheat, and lima beans (who likes lima beans anyway!).
- **Blood Type B:** You are a balanced **omnivore**. This means you can metabolize all kinds of foods. Meat, dairy, grains, beans, legumes, fruits, and vegetables are all good for you. Chicken may not be good for you. If you have a weight problem, avoid corn, wheat, lentils, peanuts, sesame seeds, and buckwheat.
- **Blood Type AB:** You are an **omnivore in moderation**. You can eat most foods, but just not as freely as a Type O person. For you, meat, seafood, dairy, tofu, fruits, vegetables, grains, beans, and legumes can all be consumed beneficially. If you have a weight problem, avoid red meat, kidney and lima beans, seeds, corn, and buckwheat.

These are the general guidelines for an individualized style of eating. To use these tenets, you will obviously need to know your blood type. Get this information from your doctor or donate a pint of blood and ask the blood bank for your type. Once you know your type, experiment for one to three months with the general types of food you should eat, prepared in a Mediterranean style. And the first thing you need to know about Mediterranean eating is that **it is not low fat**.

*Bruce West – Healing Heart Program*