

Red Flag Avoid Food Lectins

According to Dr. D'Adamo, these foods are to be strictly avoided in order to prevent leaky gut, a condition in which the lining of the small intestines becomes porous causing an overgrowth of candida albicans.

Type O Red Flag Avoid Foods

wheat	navy beans
corn	kidney beans
peanuts	potatoes
lentils	

Type B Red Flag Avoid Foods

chicken	buckwheat
corn	sesame seeds
peanuts	tomatoes (secretors only)
lentils	

Type A Red Flag Avoid Foods

potatoes	lima beans
wheat	cabbage
corn	
bananas (secretors only)	
eggplant and tomatoes (secretors only)	

Type AB Red Flag Avoid Foods

chicken	certain types of whitefish
corn	kidney beans
buckwheat	lima beans