

ABO Dietary Lectins – Revised 2006
from the Scientific Literature (Total 62+)
 Laura Power, MS, PhD, LDN

BLOOD TYPE A	BLOOD TYPE B	BLOOD TYPE O
Blackberries (2) Brown trout (3) Cornflakes (2) Escargot (<i>Roman snail</i>) (3) Field beans (2,4) 2 French mushrooms (3) (<i>Hygrophorus hypothejus</i>) (<i>Psilocybe spadicea</i>) Garfish (3) Halibut (3) Hog peanut (5) Lima beans (3) Snakes (3) Snow white mushroom (2) Soybeans (1) Soybean sprouts (2) String beans (2) Tora beans (2,6) Vetch, common (7) Vetch, hairy (?) Western painted turtle (3) White croaker fish (3) Winged beans (8) MANY OTHER BEANS (3) TOTAL = 22+	Bitter melon (9) Black-eyed peas (2,10) Carp-Minnow roe (3) Cocoa (2) Cornilla (3) (<i>heart disease herb</i>) Crab (13) (<i>charybdis japonica</i>) Field beans (2,4) 3 French mushrooms: (<i>Hygrophorus hypothejus</i>) (<i>Marasmius oreades</i>) (<i>Psilocybe spadicea</i>) (3) Halfmoon fish (3) Mung Bean Sprouts Opaleye fish (3) Perch & Perch roe (3) Pomegranate (2) Salmon caviar (roe) (3) Sesame seeds (2,9) Snakes (3) Soybean (mild) (1) Trout caviar (roe) (3) Tuna (3) Western painted turtle (3) Yeast TOTAL = 23	Asparagus pea (5) Australian catfish (3) Blackberries (2) Boa constrictor (3) Cocoa (2) Eels (~50% of eels) (3) Evonymus Europaea (3) (<i>butter dye herb</i>) French mushroom (3) (<i>Amanita muscaria</i>) Gorse (<i>Ulex europaeus</i>) (12) Halfmoon fish (3) Halibut (3) Opaleye fish (3) Perch & Perch roe (3) Sunflower seeds (2) White croaker fish (3) TOTAL = 15 BLOOD TYPE A1 Giant butter clam (3) Horse gram (legume) (<i>Dolichos biflorus</i>) (3) Coronilla (3) (<i>heart disease herb</i>) TOTAL = 3 BLOOD TYPE A2 French mushroom (3) (<i>Amanita muscaria</i>) TOTAL = 1

References

1. Goldstein & Etzler. Chemical Taxonomy, Molecular Biology, and Function of Plant Lectins. New York, Alan Liss, 1983, p 1-29.
2. Nachbar & Oppenheim. Lectins in the United States Diet. In: Am J Clin Nutr. 1980, 33:2338-2345.
3. Gold & Balding. Receptor-Specific Proteins: Plant and Animal Lectins. New York, Amer Elsevier Pub, 1975, p120-389.
4. Kruppe. Blutgruppenspezifische Pflanzliche Eiweisskorper (Phyttagglutinine). Stuttgart, Enke, 1956. [field bean].
5. Berlin. Advances in Lectin Research. Springer-Verlag, New York. [hog peanut].
6. Ohtani & Misaki. Chemical and Biological Characterization of Tora Bean Lectin. Abstracts of papers ACS, CARB no. 48, ACS/CSJ, Chemical Congress, Honolulu, 1979.
7. Renkonen. Studies on Hemagglutinins Present in Seeds....Ann Med Exptl., Fenn. 1948;26:66. [common vetch, *vicia cracca*].
8. Appukuttan & Basir. Anal Biochem 1981, 113:253-255. [winged bean].
9. Tomita et al. Purification of a Galactose-Binding Phytoagglutinin....Experientia, 1972, 28:84. [bitter pear melon, sesame seeds].
10. Roberson & Strength. Characterization of a Lectin from Cow Peas. Federation Proc., 1978; 37:1677. [black-eyed pea].
11. Cohen, Rise, Wissler. Life Science 1965; 4:2009-2016. [horseshoe crab].
12. Matsumoto & Osawa. Arch. Biochem. Biophys. 1970; 140:484. [gorse].
13. Umetsu, Yamashita & Suzuki. Purification and Carbohydrate-Binding Specifications of a Blood Type B Binding Lectin from Hemolymph of a Crab (*Charybdis japonica*), J Biochem. 1991, 109, 718-721.
14. Issit & Issit. Applied Blood Group Serology. West Chester, Pa, Biological Corp of America, 1981, p 77-79, p 193
15. Usher. A Dictionary of Plants Used by Man. London, Constable, 1974.