

Live Right 4 Your Blood Type by Dr. D'Adamo

Beneficial Foods (bold print) possess components that enhance your metabolic, immune or structural health.

Neutral Foods (standard print) have no direct benefit or harm, but supply nutrients necessary for good health.

Avoid Foods (separate area) contain components that are harmful for your blood type.

BLOOD TYPE O:

(Not in Alphabetical Order & Please ignore any errors)

MEAT: Beef, Buffalo, Lamb, Calf Liver, Mutton, Veal, Venison, Heart/Sweetbreads. Chicken, Cornish Hens, Duck, Goat, Goose, Grouse, Guinea Hen, Horse, Ostrich, Partridge, Pheasant, Rabbit, Squab, Squirrel, Turkey. **FISH:** Cod, Perch, Pike, Bass, Halibut, Red Snapper, Shad, Sole, Sturgeon, Swordfish, Tilefish, Rainbow Trout, Yellowtail. Anchovy, Beluga, Bluefish, Bullhead, Butterfish, Carp, Caviar, Chub, Clam, Crab, Croaker, Cusk, Drum, Eel, Flounder, Gray Sole, Grouper, Haddock, Hake, Halfmoon Fish, Harvest Fish, Herring, Lobster, Mackerel, Mahimahi, Monkfish, Mullet, Mussels, Opaleye Fish, Orange Roughy, Oyster, Parrot Fish, Pickerel, Pompan, Porgy, Rosefish, Sailfish, Salmon, Sardine, Scallop, Scrod, Scup, Shark, Shrimp, Smelt, Snail, Sucker, Sunfish, Tilapia, Brook & Sea Trout, Tuna, Weakfish, Whitefish, Whiting. **DAIRY & EGGS:** Butter, Duck Egg, Chicken Egg, Cheeses- Farmer, Feta, Goat & Mozzarella. Ghee (clarified butter). **BEANS:** Adzuki Beans, Black-eyed Peas. Beans- Black, Broad, Cannellini, Fava, Garbanzo, Lima, Northern, Red, Snap, Soy & White. Jicama, Mung Beans & Sprouts, Soy Cheese, Flakes, Granules, Milk, Miso, Tempeh & Tofu. **NUTS & SEEDS:** Pumpkin Seed, Black and English Walnuts, Flaxseed. Almonds – Butter, Cheese & Milk. Butternut, Filbert (Hazelnut), Hickory, Macadamia, Pecan, Pecan Butter, Pine Nut, Pignola, Safflower seed, Sesame Butter (Tahini), Sesame Seed. **GRAINS & STARCHES:** Essene Bread (Manna). Amaranth, Artichoke Pasta, Buckwheat/Kasha, Ezekiel Bread, Gluten-free Bread, Kamut, Millet, Oat Products, Quinoa, Rice Products, Rye Products, Soba Noodles(100% Buckwheat), Soy Flour Products, Tapioca, Teff. **VEGGIES:** Beet Greens, Chicory, Collard Greens, Dandelion, Ginger, Horseradish, Kelp, Onion, Seaweed, Spinach, Artichokes, Broccoli, Escarole, Kale, Kohlrabi, Romaine Lettuce, Okra, Parsnip, Red/Cayenne Pepper, Sweet Potato, Pumpkin, Swiss Chard, Turnip. Agar, Arugula, Asparagus, Bamboo Shoot, Beet Products, Bok Choy, Brussel Sprout, Cabbage Products (+Juice), Carrot (+Juice), Celeriac, Celery (+Juice), Chervil, Chili Pepper, Cilantro, Daikon Radish, Eggplant, Endive, Fennel, Fiddlehead Fern, Garlic, Lettuces – Bibb, Boston, Iceberg & Mesclun. Mushrooms – Abalone, Enoki, Maitake, Oyster, Portobello & Straw. Olives – Greek, Spanish & Green. Peas- Green, Pod & Snow. Peppers – Green, Yellow & Jalapeno. Pimento, Poi, Radicchio, Radish, Radish Sprouts, Rappini, Rutagaba, Sauerkraut, Scallion, senna, Shallots, Squash – Summer & Winter, String Bean, Tomato (+Juice), Water Chestnut, Watercress, Yam, Zucchini. **FRUITS:** Banana, Blueberry, All Cherries, Black Cherry Juice, Fig (Fresh & Dried), Guava (+Juice), Mango (+Juice), Plum – Dark, Green & Red. Prune (+Juice), Pineapple Juice. Apple, Apple Cider & Juice, Apricot (+Juice), Boysenberry, Breadfruit, Melons – Canang, Casaba, Christmas, Crenshaw, Musk, Spanish & Watermelon. Cranberry (+Juice), Black & Red Currants, All Dates, Dark Blue & Purple Elderberries, Gooseberry, All Grapes, Grapefruit (+Juice), Kumquat, Lemon (+Juice), Lime (+Juice), Loganberry, Mulberry, Nectarine (+Juice), Papaya (+Juice), Peach, Pear (+Juice), Persimmon, Pineapple, Pomegranate, Prickly Pear, Quince, Raisin, Raspberry, Sago Palm, Starfruit (Carambola), Strawberry, Water & Lemon, Youngberry. **OILS:** Flaxseed, Linseed, Olive. Almond, Black Currant Seed, Borage Seed, Canola, Cod Liver, Sesame, Walnut. **HERBS, SPICES & CONDIMENTS:** Dulse, Carob, Curry, Parsley, Turmeric Allspice, Almond Extract, Anise, Apple Pectin, Arrowroot, Barley Malt, Basil, Bay Leaf, Bergamot, Caraway, Cardamom, Chili Powder, Chives, Chocolate, Cinnamon, Clove, Coriander, Cream of Tartar, Cumin, Dill, Plain Gelatin, Honey, Licorice Root, Maple Syrup, Marjoram, Mayonnaise, Mint, Molasses, Prepared, Dry & Vinegar Free Mustard, Oregano, Paprika, Peppercorn & Red Flake Pepper, Peppermint, Rice Syrup, Rosemary, Saffron, Sage, Salad Dressing (OK'd Ingred's), Savory, Sea Salt, Soy & Worcestershire Sauces, Spearmint, Stevia, Sucanat, Brown/White Sugar, Tamari(Wheat Free), Tamarind, Tarragon, Thyme, Vanilla, Apple Cider Vinegar, Wintergreen, Brewer's Yeast. **BEVERAGES:** Seltzer Water, Green Tea. Red Wine.

AVOID MEAT: Pork, Quail, Turtle. **FISH:** Abalone, Barracuda, Catfish, Conch, Frog, Muskellunge, Octopus, Pollack, Squid.

DAIRY & EGGS: Cheeses – (American, Blue, Cheddar, Colby, Cottage, Cream, Edam, Emmenthal, Jarlsberg, Monterey Jack, Muenster, Neufchatel, Parmesan, Provolone, Quark, Ricotta, String & Swiss). Brie, Buttermilk, Camembert, Casein, Gouda, Gruyere, Half & Half, Ice Cream, Kefir, Milks – (Cow ~ Skim, Whole & 2%, Goat). Paneer, Sherbet, Sour Cream (Low/No fat), Yogurt, Goose Egg, Quail Egg, Salmon Roe, Whey. **BEANS:** Copper, Kidney, Navy, Pinto & Tamarind. Lentils – Domestic, Green & Red. **NUTS & SEEDS:** Beechnut, Brazil Nut, Cashew, Cashew Butter, Chestnut, All Peanut Products, Peanut Butter, Pistachio, Sunflower Seed & Butter, Litchi, Poppy Seed.

GRAINS & STARCHES: Barley, All Corn Products, Cornmeal, Couscous (cracked wheat), Gluten Flour, Popcorn, Sorghum, All Wheat Products. **VEGGIES:** Alfalfa Sprouts, All Aloe Products, Cauliflower, Cucumber (+Juice), Juniper, Leek, Silver-Dollar Mushroom, Black Olive, All Pickle Products, Taro, Yucca, Acacia, Caper, Shiitake Mushroom, Mustard Greens, All Potato Products. **FRUITS:** Asian Pear, Avocado, Bitter Melon, Blackberry (+Juice), Cantaloupe, Coconut Milk, Honey Dew, Kiwi, Orange (+Juice), Tangerine (+Juice), Plantain.

OILS: Castor, Coconut, Corn, Peanut, Safflower, Soy, Sunflower, Wheat Germ, Evening Primrose. **HERBS, SPICES & CONDIMENTS:** Blue-Green Algae, Aspartame, Carrageenan, Corn Syrup, Cornstarch, Dextrose, Fructose, Guar Gum, Guarana, Ketchup, Maltodextrin, MSG, Black & White Pepper, Pickle Relish, Vinegar, Mace, Nutmeg. **BEVERAGES:** All Coffees (Reg & Decaf), Liquor, All Sodas, Beer, Black Tea (Reg & Decaf), White Wine.

Lifestyle: Type O's benefit from a brisk regular exercise program, a high protein (critical for fat metabolism) diet, the avoidance of wheat-potato-corn and most dairy products. Type O's increased Acid content in the stomach is useful for digesting high quality, lean, organic meat products but can lead to stomach ailments such as ulcers if the avoid foods are consumed regularly. Type O's also have very thin blood which can lead to bleeding disorders and with all of the blood type A and B antigens, Type O also have aggressive immune responses such as allergies and inflammatory disorders. An over consumption of Carbohydrates creates an excess stored fat and inflammation. Include regular portions of richly oiled cold-water fish. Eat lots of beneficial fruits and veggies. Replace all caffeine products with green tea and totally avoid alcohol and caffeine if possible. Use beneficial and neutral nuts and dried fruits for snacks. Avoid all acid producing fruits such as Oranges, Tangerines & Strawberries. Drink Carbonated Mineral Water for help with acid production and choose vegetable juices over fruit juices.

Supplements: Vitamin B Complex (quicken metabolism), Vitamin K (found in liver, egg yolks and green leafy veggies for blood clotting), Calcium (necessary for joints and needs to be supplemented due to lack of dairy products), Iodine (Thyroid stability – found in seafood & Kelp). Avoid supplementing with Vitamins A & E due to their blood thinning characteristics.