

## BLOOD TYPE O

### THE HUNTER

- Meat Eater
- Hardy digestive tract
- Intolerant to dietary and environmental adaptations
- Responds best to stress with intense physical activity
- Requires an efficient metabolism to stay lean and energetic

### FOODS THAT ENCOURAGE WEIGHT GAIN

- Wheat gluten interferes with insulin efficiency; slows BMR
- Corn interferes with insulin efficiency; slows BMR
- Kidney beans impairs calorie utilization
- Navy Beans impairs calorie utilization
- Lentils inhibits proper nutrient metabolism
- Cabbage inhibits thyroid hormone
- Brussel Sprouts inhibits thyroid hormone
- Cauliflower inhibits thyroid hormone
- Mustard Greens inhibits thyroid hormone

### FOODS THAT ENCOURAGE WEIGHT LOSS

- Kelp Contains Iodine; Increases thyroid hormone production
- Seafood Contains Iodine; Increases thyroid hormone production
- Iodized salt Contains Iodine; Increases thyroid hormone production
- Liver B vitamin source; Aids efficient metabolism
- Red Meat Aids efficient metabolism
- Kale, Spinach Aids efficient metabolism

### EXTRAS

- Supplements are aimed at charging the metabolism, increasing blood clotting activity, preventing inflammation, stabilizing the thyroid
- B Complex supplement is a good idea, one without yeast or wheat germ
- Green leafy vegetables should be eaten for there vitamin K content
- Iodine supplements are not recommended but should consume foods high in Iodine such as Seafood, esp saltwater fish, kelp and Iodized salt
- Pancreatic enzymes might be good with the high meat content of the diet
- Caution with vitamin A because of blood thinning factors.

Adapted from "Eat Right for your Blood Type" by Peter D'adamo

FOOD TABLES FOR TYPE O

BENEFICIAL    BENEFICIAL    NEUTRAL    NEUTRAL    AVOID    AVOID

Beef Buffalo Lamb Mutton Venison	Beef, ground Heart Liver veal	Chicken Duck Pheasant Turkey	Partridge Rabbit Quail	Bacon Ham	Goose Pork
Bluefish Hoke Herring Pike Snapper Sardines Striped Bass Swordfish White perch Yellow perch	Cod Halibut Mackeral Rainbow trout Salmon Sole Sturgeon Tilefish Whitefish Yellowtail	Abalone Anchovy Bass Clam Crayfish Flounder Gray sole Haddock Mussels Oysters Porgy Scallop Se Trout	Squid Albacore Beluga Carp Crab Eel Groper Lobster Ocean perch Shellfish Sea Bass Shark Silver perch	Barracuda Caviar Herring (pickled) Octopus	Catfish Conch Lox
		Butter Feta Mozzarella Soy milk	Farmer cheese Goat cheese Soy cheese	American Brie Camembert Cheddar Cottage Edam Goat milk Gruere Monterey Jack Parmesan Neufchatel Skim milk	Blue cheese Buttermilk Casein Colby Cream cheese Gonda Ice cream Munster Provolone Ricotta String cheese Whey Yogurt – all types
Flaxseed Oil	Olive Oil	Canola Oil Sesame Oil	Cod liver Oil	Corn oil Cottonseed oil	Peanut oil Safflower Oil
Pumpkin seeds	walnuts	Almonds Chestnuts Macadamia Pine sunflower	Almond butter Pecans Sesame seeds tahini	Brazil Litchi pistachio	Cashew Peanuts Poppy seeds
Aduke beans Pinto beans	Azuki beans Black-eyed peas	Black beans Fava beans Green beans Northern beans Red soy beans String beans Green peas	Canneloni beans Garbanzo beans Lima beans Red beans Snap beans White beans Pea pods	Copper beans Navy beans Domestic lentils Red lentils	Kidney beans Tamarind beans Green lentils
		Amaranth Buckwheat Kamut Millet, puffed	Barley Cream of rice Kasha Rice bran	Cornflakes Cream        of Wheat Oat bran	Cornmeal Grape nuts Oatmeal Shredded wheat

		Rice, puffed	Spelt	Seven grain Wheat bran	Wheat germ
Essene bread	Ezekiel bread	Brown rice bread Millet 100% Rye bread Rye Vita Spelt bread	Gluten free bread Rice Cakes Rye Crisps Soy flour bread Wasa bread	Bagels, Wheat, English muffins, Multigrain bread, Pumpernickel Wheat bran muffins	Corn muffins Matzos Oatbran muffins Sprouted wheat Whole meal. Wheat bread
		Barley flour Kasha Quionona Rice, brown Rice, wild Rye flour	Buckwheat Pasta, artichoke Rice, basmati, Rice, white Rice flour Spelt flour	Bulgar flour Gluten flour Oat flour Pasta, semolina White flour	Cous Cous flour Graham flour Soba noodles Pasta, spinach Whole wheat flour
Artichokes, broccoli Collard greens Garlic Kale Leek Okra Onions, radish Parsely Peppers, red Pumpkin Spinach Turnips	Beet leaves Chicory Dandelion Horseradish Lettuce, romaine Onions. Red Onions, yellow Parsnips Potatoes, sweet Seaweed Swiss chard	Bamboo shoots Bok Choy Carrots Chevril Cucumber Dill Fennel Ginger Mush. Albalone Olives, green Peppers green Raddichio Shallots Squash Water chestnuts Yams, all types	Asparagus Beets Caraway Celery Coriander Daikon Endive Lettuce Mush. Portobelo Onions, green Peppers, yellow Radishes Scallion Snow peas Sprouts, radish Tempeh, Tomato Watercress Zucchini	Avocado Cabbage, red Cauliflower Corn, yellow Mushroom.dom Mustard greens Greek Olives , Potatoes, red Sprouts, Alfalfa	Cabbage, Chinese Cabbage, white Eggplant Mush. Shiitake Olives black Olive, Spanish Potatoes, white Brussell sprouts
Figs, dried Plums, dark Plums, red	Figs, fresh Plums, green Prunes	Apples Banana Boysenberries Currants, black Dates, red Grapefruit Lemons Mango's Nectarines Peaches Pineapples Raisins	Apricots Blueberries Cherries Currants Grapes Kiwi Limes Melons Papaya Pears Pomegranates Raspberries	Blackberries Cantaloupe Orange Rhubarb Tangerine	Coconut Honeydew Plantains Strawberries
Black cherry Prune	Pineapple JUICES	Apricot celery Cucumber Grapefruit Vegetable juices	Carrot Cranberry Grape Papaya	Apple Blackberry Cabbage	Apple Cider orange
Carob Parsley Turmeric	Curry Kelp Pepper, Cayenne	Agar Almond extract Arrowroot Basil	Allspice Anise Barley Malt Bay leaf Brown rice syrup	Capers Cornstarch Nutmeg Pepper, white Apple cider vin.	Cinnamon Corn syrup Pepper, black Vanilla Balsalmic vinegar

		Bergamont Cardamon Chives Clove Cream of tartar Dill Honey Maple syrup Mint Molasses Paprika Peppermint Rice syrup Saffron Salt Soy sauce Sugar, brown thyme	Chevril Chocolate Coriander Cumin Garlic Horseradish Marjoram Miso Mustard (dry) Peppercorn Rosemary Sage Savory Spearmint Sugar, white Tamari Wintergreen	Red wine vin.	White vinegar
		Apple butter Jelly Mustard Worcestershire	Jam Mayonnaise Salad dressing	Ketchup Pickles (all types)	
Cayenne Chickweed Dandelion Fenugreek Ginger Hops	Parsley Peppermint Rose hips Sarsparilla Slippery elm	Catnip Chamomile Dong Quai Elder Ginseng Green tea Hawthorn Licorice Mullein	Rasp. Leaf Sage Skullcap Spearmint Thyme Valerian Vervain White oak bark Yarrow	Alfalfa Aloe Burdock Cornsilk Echinacea Gentian Goldenseal	Red clover Rhubarb St. John's wort Senna Shepperds Purse Strawberry leaf Yellowdock
Soda, club	Seltzer water	Beer Green tea	Red wine White wine	Coffee Liquor Soda, diet	Soda, cola, tea, black Tea, regular