

# Eating Right for Your Blood Type

## Blood Type O

*Very special thanks to Doctors Peter and James D'Adamo for their pioneer work in this important aspect of diet. Peter's book "Eat Right 4 Your Blood Type" is a must read for all who wish to deepen their understanding of how specific foods relate to your blood type and health.*

### Overview

This information is shared as general guidelines to help focus your food sensitivity experiments. There is, to-date, no one easy accurate way to determine which specific foods will best support your health and healing or which foods will interfere with it. With this understood, please view the following Blood Type guidelines as focus tools to direct your attention to those foods with a higher likelihood of interfering with your metabolism.

Please note, however, that there are many reasons beyond blood type predispositions which determine our individual responses to foods. When it comes to food sensitivities the proof is still in the pudding! We encourage each of our clients to engage our more comprehensive Detoxification-Elimination-Provocation process to more accurately assess the impact of specific foods. As this process requires more time and attention, we commonly begin with a Modified Elimination Diet for starters, and focus on the most common, significant and often blood type related food intolerances first.

### Blood Type O

- Typically does better on a high protein diet.
- Has a hardy digestive tract with high stomach acid and an overactive immune system.
- **Avoid wherever possible:** Wheat gluten, dairy, kidney/navy beans, lentils, cabbage, cauliflower, brussel sprouts, mustard greens. These foods may slow metabolic rate, inhibit thyroid function and may encourage weight gain.
- **Typically well tolerated and beneficial:** Meat, seafood, kelp, kale, spinach, broccoli. These foods aid in efficient digestion, increase thyroid function and may encourage weight loss.
- This blood type appears to be more predisposed to inflammatory allergic and auto-immune diseases, ulcers, arthritis, hypothyroidism.

### Stress

- Stress manifests its deleterious effects most significantly on the musculature.
- The best way to release stress is through intense and vigorous physical exercise. E.g. weight training, aerobics, jogging, cycling, contact sports.
- High intensity physical activity is often necessary for the type O to lose body fat.

**Proteins**

*When choosing from this list, look for organic or wild sources and lower fat selections.*

**Meats****Typically well tolerated and often beneficial:**

- Beef
- Buffalo
- Heart
- Lamb
- Liver
- Mutton
- Veal
- Venison

**Typically tolerated:**

- Chicken
- Cornish hens
- Duck
- Partridge
- Pheasant
- Rabbit
- Turkey
- Quail

**Avoid wherever possible:**

- Bacon
- Goose
- Ham
- Pork

**Seafood****Typically well tolerated and often beneficial:**

- Bluefish
- Cod
- Hake
- Halibut
- Herring
- Mackerel
- Pike
- Rainbow trout
- Red Snapper
- Salmon
- Sardine
- Shad
- Sole
- Striped bass
- Sturgeon
- Swordfish
- Tilefish
- White perch
- Whitefish
- Yellow perch
- Yellowtail

**Typically tolerated:**

- Abalone
- Albacore (tuna)
- Anchovy
- Beluga
- Bluegill bass
- Carp
- Clam
- Crab
- Crayfish
- Eel
- Flounder
- Frog
- Gray sole
- Grouper
- Haddock
- Lobster
- Mahimahi
- Monkfish
- Mussels
- Ocean perch
- Oysters
- Pickerel
- Porgy
- Sailfish
- Scallop
- Sea bass
- Sea trout
- Shark
- Shrimp
- Silver perch
- Smelt
- Snail (calamari)
- Turtle
- Weakfish

**Avoid wherever possible:**

- Barracuda
- Catfish
- Caviar
- Conch
- Herring (pickled)
- Lox (smoked salmon)
- Octopus

**Dairy & "Milks"****Typically tolerated:**

- Rice
- Soy or almond milks
- Farmer
- Feta
- Goat cheese
- Mozzarella
- butter

**Avoid wherever possible:**

- American cheese
- Blue cheese
- Brie
- Buttermilk
- Camembert
- Casein
- Cheddar
- Colby
- Cottage
- Cream cheese
- Edam
- Emmenthal
- Goat milk
- Gouda
- Gruyere
- Ice Cream
- Jarlsberg
- Monterey jack
- Munster
- Parmesan
- Provolone
- Neufchatel
- Ricotta
- Skim, 2% or Whole milk
- String cheese
- Swiss
- Whey
- Yogurt (all varieties)

## Beans & Legumes

*Typically well tolerated and often beneficial:*

- Tempeh
- Miso
- Beans: adukey, azuki, pinto, black-eyed

*Typically tolerated:*

- Beans: black, broad, cannellini, fava, garbanzo, green, jicama, lima, northern, red, red soy, snap, string, white
- Peas: green, pods
- Tofu

*Avoid wherever possible:*

- Beans: copper, kidney, navy, tamarind
- Lentils: domestic, green, red

## Carbohydrates

*Please refer to the Glycemic Index when choosing your carbohydrate selections and wherever possible, balance your carbohydrate selections with suitable protein and fat selections as better blood sugar control will improve fat burning, mental function, endurance and immunity.*

### Grains & Pasta

*Typically tolerated:*

- Barley flour
- Buckwheat
- Kasha
- Artichoke pasta
- Quinoa
- Basmati rice
- Brown rice
- White rice
- Wild rice
- Rice flour
- Rye flour
- Spelt flour

*Avoid wherever possible:*

- Bulgur wheat flour
- Couscous flour
- Durum wheat flour
- Graham flour
- Oat flour
- Soba noodles
- Semolina pasta
- Spinach pasta
- Sprouted wheat flour
- White flour
- Whole wheat flour
- Corn (white, yellow)

### Vegetables

*Typically well tolerated and often beneficial:*

- Artichoke (domestic and jerusalem)
- Beet leaves
- Broccoli
- Chicory
- Collard greens
- Dandelion
- Escarole
- Garlic
- Horseradish
- Kale
- Kohlrabi
- Leek
- Lettuce (romaine)
- Okra
- Onions (red, spanish, yellow)
- Parsley
- Parsnips
- Red pepper
- Sweet potatoes
- Pumpkin
- Seaweed
- Spinach
- Swiss chard
- Turnips

*Typically tolerated:*

- Arugula
- Asparagus
- Bamboo shoots
- Beets
- Bok choy
- Caraway
- Carrots
- Celery
- Chervil
- Coriander
- Cucumber
- Daikon radish
- Dill Endive
- Fennel
- Fiddlehead ferns
- Ginger
- Lettuce (bibb, boston, iceberg, mesclun)
- Lima bean
- Green olives
- Mushrooms (abalone, enoki, portobello, shiitake, tree oyster)
- Peppers (green, jalapeno, yellow)
- Radicchio
- Green onions
- Rutabaga
- Scallion
- Shallots
- Radishes
- Rappini
- Squash (all types)
- Tempeh
- Tofu
- Snow peas
- Sprouts (mung, radish)
- Yams (all types)
- Zucchini
- Tomatoes
- Watercress

*Avoid wherever possible:*

- Avocado
- Lima beans
- Potatoes (white, red)
- Cabbage (chinese, red, white)
- Mushrooms (domestic)
- Cauliflower
- Corn (white, yellow)
- Olives (black, greek, spanish)
- Sprouts (alfalfa, brussels)
- Eggplant

**Fruits**

*Typically well tolerated and often beneficial:*

- Figs (dried, fresh)
- Plums (dark, green, red)
- Prunes

*Typically tolerated:*

- Apples
- Cherries
- Grapefruit
- Kumquat
- Melons (canang, casaba, christmas, crenshaw, musk, spanish, watermelon)
- Papayas
- Pomegranates
- Apricots
- Cranberries
- Grapes (black, concord, green, red)
- Lemons
- Peaches
- Prickly pears
- Bananas
- Currents (black, red)
- Limes
- Pears
- Raisins
- Blueberries
- Dates, Elderberries
- Guava
- Loganberries
- Persimmons
- Raspberries
- Boysenberries
- Gooseberries
- Kiwi
- Mangoes
- Nectarines
- Pineapples
- Starfruit (carambola)

*Avoid wherever possible:*

- Blackberries
- Rhubarb
- Coconuts
- Strawberries
- Melons (cantaloupe, honeydew)
- Tangerines
- Oranges
- Plantains

**Fats/Oils**

*Oils are subject to rancidity and oxidation which create toxic waste products. Be sure to choose only those oils which have been properly protected during processing and storage. (See "Fats and Oils" video from our Diet Health Connection Series part 4 or Functional Dietetics pages 37-43.)*

**Fats & Oils**

*Typically well tolerated and often beneficial:*

- Olive oil
- Flaxseed (linseed) oil

*Typically tolerated:*

- Canola oil
- Cod liver oil
- Sesame oil

*Avoid wherever possible:*

- Corn oil
- Cottonseed oil
- Peanut oil
- Safflower oil

**Nuts & Seeds**

*Typically well tolerated and often beneficial:*

- Pumpkin seeds
- Walnuts

*Typically tolerated:*

- Almond butter
- Macadamia nuts
- Sunflower butter
- Almond nuts
- Pecans
- Sunflower seeds
- Chestnuts
- Pignola (pine) nuts
- Filbert nuts
- Sesame seeds
- Hickory nuts
- Sesame butter (tahini)