

Blood Type O

Adapted from Dr. Peter J. D'Adamo *Cook Right 4 Your Type* ©1999

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 115—170g women/ children 60—140g	WEEKLY <i>Lean Red Meats:</i> Caucasians: 4—6 X Africans: 5—7 X Asians: 3—5 X <i>Poultry:</i> Caucasians: 2—3 X Africans: 1—2 X Asians: 3—4 X	beef, ground beef, buffalo, heart, lamb, liver, mutton, veal, venison	chicken, duck, partridge, pheasant, quail, rabbit, turkey	bacon, goose, ham, pork
SEAFOOD: <i>portion:</i> 115—170g	WEEKLY Caucasians: 2—3 X Africans: 1—4 X Asians: 4—6 X	bluefish, cod, hake, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardine, shad, sole, stripped bass, sturgeon, swordfish, tilefish, whitefish, white perch, yellow perch, yellowtail	abalone, anchovy, beluga, carp, clam, crab, crayfish, eel, flounder, frog, gray sole, grouper, haddock, lobster, mahi mahi, monkfish, mussels, ocean perch, oysters, pickerel, prawns, tuna, scallop, sea bass, sea trout, shark, silver perch, smelt, snail, squid (calamari), turtle	barracuda, catfish, caviar, conch, herring (pickled), smoked salmon, octopus
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 60g yogurt: 115—170g milk: 115—170g	WEEKLY <i>Eggs:</i> Caucasian: 3—4 X Africans: 0 X Asians: 5 X <i>Cheeses:</i> Caucasians: 0—3 X Africans: 0 X Asians: 0—3 X <i>Yogurt:</i> Caucasians: 0—3 X Africans: 0 X Asians: 0—3 X <i>Milk:</i> Caucasians: 0—1 X Africans: 0 X Asians: 0—2 X	none	butter, farmer, feta, goat cheese, mozzarella, soy cheese,* soy milk *good dairy alternatives	blue, Brie, buttermilk, Camembert, casein, Cheddar, Colby, cottage, Edam, Emmenthal, goat milk, Gouda, Gruyere, ice cream, Jarlsberg, kefir, Monterey Jack, Munster, Parmesan, Philadelphia, processed, provolone, neufchatel, ricotta, skim or 2% milk, string cheese, Swiss, tasty, whey, whole milk, yogurt (all varieties)

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OILS & FATS: <i>portion:</i> 1 tablespoon (15g)	WEEKLY Caucasians: 4—8 X Africans: 1—5 X Asians: 3—7 X	linseed (flaxseed) oil, olive oil	canola oil, cod liver oil, sesame oil	corn oil, cottonseed oil, peanut oil, safflower oil
NUTS & SEEDS: <i>portion:</i> nuts & seeds: 6—8 nuts nut butters: 1 tablespoon (15g)	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 3—4 X Africans: 2—4 X Asians: 2—3 X <i>Nut Butters:</i> Caucasians: 3—7 X Africans: 3—4 X Asians: 2—4 X	pumpkin seeds, walnuts	almond butter, almonds, chestnuts, hazelnuts, hickory nuts, macadamias, pecans, pignoli (pine), sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds	Brazil, cashew, litchi, peanuts, peanut butter, pistachios, poppy seeds
BEANS & LEGUMES: <i>portion:</i> 240g dry	WEEKLY Caucasians: 1—2 X Africans: 1—2 X Asians: 2—6 X	adzuki beans, pinto beans, black-eyed peas	black beans, broad beans, cannelloni beans, fava beans, garbanzo beans, green beans, jicama beans, lima beans, northern beans, red beans, red soy beans, snap beans, string beans, white beans, green peas, pea pods	copper beans, kidney beans, navy beans, tamarind beans, domestic lentils, green lentils, red lentils
CEREALS: <i>portion:</i> 240g dry	WEEKLY Caucasians: 2—3 X Africans: 2—3 X Asians: 2—4 X	none	amaranth, barley, buckwheat, Cream of Rice, kamut, kasha, puffed millet, puffed rice, rice bran, spelt	cornflakes, cornmeal, Cream of Wheat, Familia, farina, oat bran, oatmeal, seven grain, shredded wheat, wheat bran, wheat germ
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or cracker 1 muffin	DAILY <i>Breads/Crackers:</i> Caucasians: 0—2 X Africans: 0—4 X Asians: 0—4 X <i>Muffins:</i> Caucasians: 0—1 X Africans: 0—2 X Asians: 0—1 X	Essene bread, Ezekial bread	brown-rice bread, Fin crisp, gluten free bread, Ideal flat bread, millet, rice cakes, 100% rye bread, rye crisps, Rye Vita, soy-flour bread, spelt bread, Wasa bread	wheat bagels, corn muffins, durum wheat, English muffins, high-protein bread, wheat matzo, multigrain bread, oat-bran bread, pumpernickel, sprouted-wheat bread, wheat-bran muffins, whole-wheat bread

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<p>GRAINS & PASTA: <i>portion:</i> grains: 240g dry pastas: 240g dry</p> <p>VEGETABLES: <i>portion:</i> raw, cooked, or steamed: 240g prepared</p> <p>FRUITS: <i>portion:</i> 1 fruit or 85—140g</p>	<p>WEEKLY All Ancestral Types <i>Grains:</i> 0—3 X <i>Pastas:</i> 0—3 X</p> <p>DAILY All Ancestral Types <i>Raw vegetables:</i> 3—5 X <i>Cooked or steamed vegetables:</i> 3—5 X</p> <p>DAILY All Ancestral Types 3—4 X</p>	<p>none</p> <p>artichokes (Jerusalem & domestic) beet leaves, broccoli, red capsicum, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, Spanish onions, yellow onions, parsley, parsnips, sweet potatoes, pumpkin, seaweed, spinach, Swiss chard, turnips</p> <p>dried or fresh figs, dark plums, red plums, green plums, prunes</p>	<p>barley flour, buckwheat, kasha, artichoke pasta, quiona, basmati rice, brown rice, white rice, wild rice, rice flour, rye flour, spelt flour</p> <p>asparagus, bamboo shoots, beet root, bok choy, green capsicum, yellow capsicum, caraway, carrots, celery, chervil, coriander, cucumber, daikon, dill, endive, fennel, fiddlehead ferns, ginger, bibb lettuce, Boston lettuce, iceberg lettuce, mesclun lettuce, lima beans, abalone, enoki mushrooms, Portobello mushrooms, tree oyster mushrooms, green olives, green onions, jalapeno peppers, radicchio, radishes, rappini, rocket, rutabaga, scallion, shallots, snow peas, mung sprouts, radish sprouts, all types of squash, tempeh, tofu, tomato, water chestnut, watercress, yams, zucchini</p> <p>apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, black & red currants, red dates, elderberries, gooseberries, grapefruit, black grapes, concord grapes, green grapes, red grapes, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, canang melon, casaba melon, Crenshaw melon, Christmas melon, Spanish melon, watermelon, nectarines, papayas, peaches, pears, persimmons, pineapples, pomegranates, prickly pears, raspberries, star fruit (carambola), sultanas</p>	<p>bulgur-wheat flour, couscous flour, durum-wheat flour, gluten flour, graham four, oat flour, soba noodles, semolina pasta, spinach pasta, sprouted-wheat flour, white flour, whole-wheat flour</p> <p>avocado, Chinese cabbage, red cabbage, white cabbage, cauliflower, white corn, yellow corn, eggplant, domestic mushrooms, mustard greens, black olives, Greek olives, Spanish olives, red potatoes, white potatoes, alfalfa sprouts, Brussels sprouts</p> <p>blackberries, coconuts, honeydew melon, mandarins, oranges, rhubarb, rock melon, strawberries</p>

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<p>JUICES & FLUIDS: <i>portion:</i> juices: 240ml water: 240ml</p> <p>SPICES:</p> <p>CONDIMENTS:</p> <p>HERBAL TEAS:</p> <p>MISC. BEVERAGES:</p>	<p>DAILY All Ancestral Types Juices: 2—3 X Water: 4—7 X</p>	<p>black cherry, pineapple, prune</p> <p>carob, cayenne pepper, curry, dulce, kelp (bladderwrack), parsley, turmeric</p> <p>none</p> <p>cayenne, chickweed, dandelion, fenugreek, ginger, hops, linden, mulberry, parsley, peppermint, rose hips, sarsaparilla, slippery elm</p> <p>carbonated mineral water</p>	<p>apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato water (with lemon), vegetable juice</p> <p>agar, allspice, almond extract, anise, arrowroot, barley malt, basil, bay leaf, bergamot, brown-rice syrup, cardamom, chervil, chives, chocolate, clove, coriander, cream of tartar, cumin, dill, garlic, plain gelatin, honey, horseradish, maple syrup, marjoram, mint, miso, molasses, dry mustard, paprika, peppercorns, pepper, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, sucanat, white & brown sugar, tamari, tamarind, tapioca, tarragon, thyme, wintergreen</p> <p>apple butter, jam & jelly from acceptable fruits, mustard, salad dressing (low-fat from acceptable ingredients), Worcestershire sauce</p> <p>catnip, chamomile, dong quai, elder, ginseng, green tea, hawthorn, horehound, licorice root, mullein, raspberry leaf, sage, skullcap, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow</p> <p>beer, green tea, red wine, white wine</p>	<p>apple, apple cider, cabbage, orange</p> <p>capers, cinnamon, cornstarch, corn syrup, nutmeg, ground black pepper, white pepper, vanilla extract, apple cider vinegar, balsamic, red wine vinegar, white vinegar</p> <p>ketchup, mayonnaise, dill pickles, kosher pickles, sweet pickles, sour pickles, relish</p> <p>alfalfa, aloe, burdock, coltsfoot, corn silk, echinacea, gentian, goldenseal, red clover, rhubarb, St.-John's-wort, senna, shepherd's purse, strawberry leaf, yellow dock</p> <p>regular & decaf coffee, distilled liquors, cola, diet cola & other sodas, regular & decaf black teas</p>