



**Henley House, Upton, St. Michael, Barbados BB11103**

**Tel: (246)431-9415 Fax: (246) 435-8456**

### **BLOOD TYPE "O"**

Thrives on intense physical exercise. Needs to eat lean meat, poultry and fish. Needs to watch dairy, grains, breads, legumes and beans. Please note this is NOT an anti-fungal or anti-yeast diet.

#### Foods that encourage weight gain:

wheat gluten, corn, cauliflower, mustard greens

#### Foods that encourage weight loss:

Kelp, seafood, liver, red meat, kale, spinach, broccoli

The food list below will be divided into:-

**"B" for beneficial, "N" for neutral, "A" for avoid**

#### **Meats:**

Beware of portion sizes of meat – no more than six ounces at any one meal. Balance meat proteins with the correct vegetables and fruits to avoid over-acidification.

**B:** beef buffalo, heart, lamb, liver, mutton, veal, venison

**N:** chicken, Cornish hens, duck, partridge, pheasant, rabbit, turkey, quail

**A:** bacon, goose, ham, pork, quail

#### **Seafood:**

**B:** cod, halibut, herring, mackerel, salmon, red snapper, rainbow trout, sardine, white perch, bluegill bass, sole, sturgeon, mahi-mahi, talapia

**N:** tuna, anchovy, clam, crab, flounder, frog, haddock, lobster, oysters, scallop, sea bass, shark, shrimp, chub

**A:** catfish, caviar, pickled herring, smoked salmon, octopus, calamari, barracuda, conch, salmon roe, marlin

#### **Dairy and Eggs:**

Cow Dairy must be severely restricted. Be sure to take a calcium supplement.

**B:** butter, mozzarella, goat cheese, feta, goat milk, almond milk, cooking crème, sour crème, yogurt

**A:** soy cheese, soy milk, farmer, ghee, American cheese, blue cheese, buttermilk, cheddar, colby, cottage, cream cheese, ice cream, Monterey jack, munster, parmesan, provolone, ricotta, milk, string cheese, Swiss

\*eggs ( 3x times per week max)

### **Oils and Fats:**

**B:** Flaxseed oil, olive oil, coconut oil, sesame oil

**A:** corn oil, cottonseed oil, peanut oil, safflower oil, castor oil, sunflower oil, soy oil, vegetable oil

### **Nuts and Seeds:**

**B:** pumpkin seeds, walnuts, flax seeds, macadamia nuts, almond nuts, almond butter

**A:** all other nuts and seeds

### **Beans and Legumes:**

**B:** aduke, azuki beans, pinto beans, black-eye peas, chick peas/chana, gressn peas, string beans, mung beans

**A:** avoid all other beans and peas

### **Cereals:**

**B:** none. Avoid ALL wheat products and all grains.

**N:** Amaranth, barley, buckwheat, cream of rice, puffed millet, rice bran, puffed rice, spelt

**A:** Cornflakes, cornmeal, cream of wheat, familia, farina, grape nuts, oat bran, oatmeal, seven-grain, shredded wheat, wheat bran, wheat germ, pop corn

### **Breads:**

**B:** Essene bread, Ezekiel bread, rice cakes

**A:** brown rice bread, gluten-free bread, flat bread, millet, rice cakes, 100% rye bread, rye crisp, rye vita, Soy flour bread, spelt bread, wasa bread. bagels, corn muffins, durum wheat, English muffins, hi-protein bread, wheat matzos, multigrain bread, oat bran muffins, pumpnickel, sprouted wheat bread, wheat bran muffins, whole wheat bread

### **Grains and Pasta:**

**B:** none. Any neutral pastas should be very occasional( rice pasta and kamut pasta)

**A:** barley flour, buckwheat, artichoke pasta, quinoa, rice (all kinds)

MI types of wheat, graham flour, oat flour, spinach pasta, semolina pasta

### **Vegetables:**

**B:** alfalfa sprouts, arugula, asparagus, artichoke avocado bamboo, beet/beet leaves, bok choy, breadfruit broccoli, carrots, cassava/ yucca, courgettes, collard greens, celery, chicory, chives, christophene, collards, cucumber, chickpeas, caraway, dasheen, dandelion, eddoes, endive, fennel, garlic, ginger, green olives, horseradish, jalapeno peppers, kale, kelp, kohlrabi, Romaine lettuce, other lettuce, tomatoes, okra, onions, parsnips, parsley, parsnips, plantains pumpkin, radishes, rutabaga, shallots squash,

spinach, scallions, Swiss chard sweet potatoes, pumpkin, tempeh, tufu, turnip, water chestnut, water-cress, yam, kelp or dulse/seaweed, zucchini, red/green/yellow peppers, zucchini

A: Cabbage, eggplant, mushrooms

**Fruits:**

**B:** figs, plums, prunes, grapes, lemons, limes, pineapples, raspberries, cranberries, blackberries, blueberries, strawberries, coconuts, bananas, apples, bajan cherries

**N:** apricots, kiwi, papayas, peaches, pears, raisins, watermelon (in moderation)

**A:** cantaloupe, honeydew, oranges, rhubarb, strawberries, tangerines

**Juices and Fluids:**

**B:** black cherry, pineapple, prune

**N:** apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato, vegetable

**A:** apple cider, cabbage, orange

**Spices:**

**A:** cinnamon, cornstarch, corn syrup, nutmeg, all vinegar

**Condiments:**

**B:** mustard, mayonnaise and salad dressing (all in moderation)

**A:** ketchup, peppersauce, all pickled foods are indigestible for type 0

For further information on the blood type diet and lifestyle, read:-

**EAT RIGHT FOR YOUR TYPE by Dr. Peter J.D'Adamo with Catherine Whitney**