

NUTRITIONAL FOOD CHART, TYPE O

- + Highly beneficial “like medicine” (building a healthy blood structure & strong protein net)/eat unlimited
- Neutral “like food”/eat some
- x Avoid “like poison” (causing inflammation, immune/allergy response, weakening protein net)/eat none

Category	Portion Size	Type O		
Meat	Portion Size: Male 4 to 6 oz Female 2 to 5 oz	+ Beneficial	- Neutral	x Avoid
	Frequency: 6 to 9 times per week	Beef (Organic/ grassfed) Bison Heart (beef) Lamb Liver (calf) Mutton Sweetbreads Veal Venison	Chicken Cornish Hen Duck Goat Goose Grouse Guinea Hen Horse Ostrich Partridge Pheasant Rabbit Pigeon Squirrel Turkey	Bacon/All pork products Quail Turtle

Category	Portion Size	Type O		
Fish	Portion Size: Male 4 to 6 oz Female 2 to 5 oz	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 5 times per week	Bass Cod Halibut Perch Pike/Walleye Red Snapper Shad Sole Sturgeon Swordfish Tilefish Trout/Rainbow Yellowtail	Anchovy Beluga Bluefish Bullhead Butterfish Carp Chub Clam Crab Croaker Cusk Drum Eel Flounder Gray Sole Grouper Haddock Hake Half Moon Fish Harvest Fish Herring Lobster Mackerel Mahi Mahi	Abalone Barracuda Catfish Conch Frog Muskellunge Octopus Pollock Squid

Category	Portion Size	Type O
		Monkfish
		Mullet
		Mussel
		Opaleye
		Orange roughy
		Oyster
		Parrot Fish
		Pickerel
		Pompano
		Porgy
		Rosefish
		Sailfish
		Salmon
		Sardine
		Scallop
		Shark
		Shrimp
		Smelt
		Snail/Escargot
		Sole/Gray
		Sucker/White
		Sunfish
		Tilapia
		Trout/Brook
		Trout/Sea
		Tuna
		Weakfish
		Whitefish
		Whiting

Category	Portion Size	Type O
Dairy Products	Milk & Yogurt	+ Beneficial
	Portion Size: Male 4 to 6 oz Female 2 to 5 oz Frequency: 0 to 3 times per week	None
	Cheese	- Neutral
	Portion Size Male 3 oz Female 2 oz Frequency: 0 to 2 times per week	Butter Farmer cheese Feta cheese Ghee/Clarified butter Goat cheese Mozzarella cheese (from whole milk)
		x Avoid ALL other cheeses Buttermilk Kefir Cow Milk Goat Milk Sour Cream Whey Yogurt

Category	Portion Size	Type O		
Grains	Portion Size: 1/2 Cup, dry (grains or pastas)	+ Beneficial	- Neutral	x Avoid
	Frequency: 1 to 6 times per week	Artichoke flour Essene bread/ Manna bread	Amaranth Buckwheat/ kasha/soba Kamut Millet Oat Oat bran Quinoa Rice Rye Sago palm Spelt Tapioca Teff	Barley Corn (all) Couscous Gluten flour Grits Sorghum Wheat (all)

Category	Portion Size	Type O		
Beans & Legumes	Portion Size: 1 cup cooked	+ Beneficial	- Neutral	x Avoid
	Frequency: 1 to 3 times per week	Adzuki Bean Black eyed Pea	Black bean Cannellini bean Fava bean Chickpea Green bean Jicama Lima bean Mung bean Northern bean Snap/string bean/yellow White bean	All soy (soy bean, soy cheese, soy milk, etc) Copper bean Kidney bean Lentils Navy bean Peanut Pinto bean Tamarinds

<p>GENERAL FOOD-COMBINING RULES Veggies + meat = yes Veggies + grains = yes Grains + meat = digestive problems Fruit = eat alone/in between meals</p>
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Category	Portion Size	Type O		
Oils	Portion Size: 1 tablespoon	+ Beneficial Flax seed oil Olive oil	- Neutral Almond oil Black currant seed oil Borage seed oil Canola oil Sesame oil Walnut oil	x Avoid Avocado oil Coconut oil Corn oil Cottonseed oil Evening primrose oil Peanut oil Safflower oil Soy oil Sunflower oil Wheat germ oil
	Frequency: 4 to 8 times per week			

Category	Portion Size	Type O		
Nuts & Seeds	Portion Size: 1 handfuls (seeds, nuts) 1 to 2 tablespoon (nut butters)	+ Beneficial Flax seed Pumpkin seed Walnut	- Neutral Almond Butternuts Hazelnut Macadamia Pecan Pine nuts Safflower seed Sesame	x Avoid Beechnut Brazilnut Cashew Chestnut Peanut Pistachio Sunflower seed
	Frequency: 2 to 5 times per week			

Category	Portion Size	Type O		
Eggs	Portion Size: 1 egg	+ Beneficial None	- Neutral Caviar Chicken Egg Duck Egg	x Avoid Goose Egg Quail Egg Salmon/Roe
	Frequency: 3 to 6 times per week			

Category	Portion Size	Type O		
Vegetables	Portion Size (Beneficial): 1 Cup, cooked or raw Frequency: Unlimited	+ Beneficial	- Neutral	x Avoid
	Portion Size (Neutral): 1 Cup, cooked or raw Frequency: 2 to 5 per week	Artichoke Beet greens Broccoli/sprouts Chicory roots Collard greens Dandelion greens Escarole Ginger root Horseradish Kale Kelp Kohlrabi Romaine Okra Onions Parsnips Peppers/Red Pumpkin Seaweed Spinach Sweet Potato Swiss Chard Turnips	Agar Arugula Asparagus Bamboo shoot Beet Bok choy Brussels sprouts Cabbage Carrot Celery Daikon radish Eggplant Endive Fennel Fiddlehead ferns Garlic Lettuce/all Mushroom (black trumpet, enoki, maitake, oyster, portabello, straw) Olive (green, kalamata) Olive (greek, spanish) Oyster plant Peas Pepper (green, jalapeno, yellow) Pimento Poi Radicchio Radish/sprouts Rappini/ broccoli rabe Rutabaga Sauerkraut Scallion Shallots Squash/all Tomato Water chestnut Yam/raw Zucchini	Alfalfa seeds/sprouts Aloe Caper Cauliflower Cucumber Leek Mushroom (domestic white, shitake) Mustard greens Olive/black Pickle/in brine Pickle/vinegar Potato (red, white) Rhubarb Taro (tahitian, dasheen), Yucca

Category	Portion Size	Type O		
Fruit	Portion Size: 1 Cup, or 1 piece	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 5 times per day			
		Banana	Apple	Asian pear
		Blueberry	Apricot	Avocado
		Cherry	Boysenberry	Bitter melon
		Fig	Breadfruit	Blackberry
		Guava	Christmas	Cantaloupe
		Mango	melon	Coconut
		Pineapple	Cranberry	Honeydew
		Plum	Currants	melon
		Prune	Dates	Kiwi
			Dewberry	Lychee
			Elderberry	Orange
			Gooseberry	Plantain
			Grape	Tangerine
			Grapefruit	
			Lemon	
			Lime	
			Mulberries	
			Nectarine	
			Papaya	
			Peach	
			Pear	
			Persian melon	
			Persimmon	
			Pomegranate	
			Prickly pear	
			Raisins	
			Raspberries	
			Starfruit	
			Strawberries	
			Watermelon	
			Youngberries	

Category	Portion Size	Type O		
Beverages		+ Beneficial	- Neutral	x Avoid
		Green tea	Red wine	Beer
		Seltzer water		Coffee
		Club soda		Liquor
				All soda pop
				Black tea
				White wine

Category	Portion Size	Type O	
Spices, & Condiments	Carob	Allspice	
	Curry powder	Almond extract	
	Dulse	Anise seed	
	Parsley	Arrowroot flour	
	Turmeric	Baking soda	
		Basil	Acacia (gum arabic)
		Bay leaf	Alfalfa
		Bergamot	Asparatame
		Caraway seed	Carageenan/
		Cardamom	Irish moss
		Cacao	Corn syrup
		Cilantro	Cornstarch
		Cinnamon	Dextrose
		Clove	Fructose
		Cumin	Guar gum
		Dill seed	Invert sugar
		Gelatin	Ketchup/with
		Honey	vinegar
		Licorice root	MSG
		Maple syrup	Mace
		Marjoram	Maltodextrin
		Mayonnaise	Mustard/with
		Miso	vinegar/with
		Molasses	wheat
		Mustard (wheat free)	Nutmeg
		Oregano	Pepper/white
		Paprika	Pickle relish
		Pepper (black, cayenne, chili)	Sucanat
		Peppermint	Vinegar
		Rice syrup	(balsamic, red wine, rice, white)
		Rosemary	
		Saffron	
		Sage	
		Savory	
		Sea salt	
		Soy sauce (wheat free)	
		Spearmint	
		Stevia	
		Sugar (raw/cane)	
		Tamari	
		Tarragon	
	Thyme		
	Vanilla		
	Veg. glycerine		
	Wintergreen		
	Yeast/bakers/nutritional/brewers		

80/20 RULE

Remember, “O’s” do very well on 70-80% leafy greens & veggies and lots of healthy fats and meat proteins! Aim high in order to build a healthy blood structure & strong protein net! This 80/20 rule will also help to alkalize the blood, which means increased disease reversal & prevention. Try to include some daily chlorophyll-rich greens smoothies, too!

FOOD COMBINING TIPS FOR FRUIT

**Eat fruit by itself, in between meals. Combining fruit with other foods (grains, starches, meats, veggies, etc.) can create digestive problems and fermentation. Different kinds of fruit can be eaten together, except for melon which should always be eaten alone. When making green smoothies, apple or pineapple are okay to include with the greens.

Do not mix acid and/or sub-acid fruits at the same meal. Acid fruits (ex. grapefruit, pineapple, strawberry) can be mixed with sub-acid fruits (ex. apples, grapes, peaches), but neither of these categories should be mixed with sweet fruits (ex. bananas, dates, raisins).

NUTS AND SEEDS

** Nuts and seeds should ideally be soaked or sprouted before consuming. Soaking destroys the phytic acid surrounding the nut/seed and allows the body to easily digest and assimilate. Sprouting increases the enzymatic action (digestive power!) and increases nutritional content exponentially.

For more info:

Book “Eat Right For Your Blood Type” by Dr. Peter D’adamo

Website:

<http://www.dadamo.com/program.htm>