

EAT RIGHT FOR (4) YOUR TYPE

In his book, *EAT RIGHT FOR (4) YOUR TYPE*, Dr. Peter D'Adamo teaches the fundamental relationship between your blood type and the dietary and lifestyle choices that will help you live at your very best. When you use the individualized characteristics of your blood type as a guide post for eating and living, you will be healthier, you will naturally reach your ideal weight, and you will slow the process of aging. You can pinpoint the foods that make you sick, contribute to weight gain, and lead to chronic disease.

Our ancestors had unique blueprints that complemented their environments. The genetic characteristics of our ancestors live in our blood today, and it is this lesson we bring with us into our current understanding of blood types. Your Blood Type Plan lets you zero in on the health and nutrition information that corresponds to your exact biological profile. With this new information, you can now make choices about your diet, exercise regimen, and general health that are based on the dynamic natural forces within your own body. If you follow your Blood Type Plan carefully, you can:

- Avoid many common viruses and infections.
- Lose weight, as your body rids itself of toxins and fats.
- Fight back against life-threatening diseases such as cancer, cardiovascular disease, diabetes, and liver failure.
- Avoid many of the factors that cause rapid cell deterioration, thus slowing down the aging process.

Today, it is well accepted that nutrition has a direct impact on the state of our health and general well-being. But confusing, and often conflicting, information about nutrition has created a virtual minefield for health-conscious consumers. Your blood type diet works because you are able to follow a clear, logical, scientifically researched and certified dietary blueprint based on your cellular profile.

Each of the sixteen food groups divides foods into three categories: HIGHLY BENEFICIAL, NEUTRAL, and AVOID. Think of the categories this way:

- HIGHLY BENEFICIAL is a food that acts like medicine.
- NEUTRAL is a food that acts like a food.
- AVOID is a food that acts like poison.

This diet was not specifically designed for weight loss: it was designed for optimum performance. The dynamics of weight loss are related to the changes your body makes when you follow your genetically tailored diet. As your body makes the dramatic shift of eliminating foods that are poorly digested or toxic, the first thing it does is try to flush out the toxins that are already there. Those toxins are deposited mainly in the fat tissue, so the process of eliminating toxins also means eliminating fat. Each blood type has its own reactions to certain foods. These are outlined in your Blood Type Diet.

As outlined in *EAT RIGHT FOR (4) YOUR TYPE*, diet, weight management, dietary supplementation, stress control, and personal qualities all form the essential elements of your individual Blood Type Plan. Refer to them often as you begin to familiarize yourself with the specific qualities of your blood type.

TYPE O "THE HUNTER"

Blood Type O is the oldest and most basic blood type. The appearance of our Cro-Magnon ancestors in around 40,000 B.C. propelled the human species to the top of the food chain. Skillful and formidable hunters, the Cro-Magnons soon had little to fear from any of their animal rivals. Protein meat was their fuel, and it was at this point that the digestive attributes of Blood Type O reached their fullest expression. The original Type Os were the epitome of focus, drive, and a strong sense of self-preservation. Every Person with Type O blood carries a genetic memory of strength, endurance, self-reliance, daring, intuition, and an innate optimism.

Strengths: hardy digestive tract, strong immune system, natural defenses against infections, and a system designed for efficient metabolism and preservation of nutrients. **Weaknesses:** intolerant to new dietary and environment conditions. **Medical risks:** blood-clotting disorders, inflammatory diseases– arthritis. **Exercise Regimen:** intense physical exercise, such as: aerobics, martial arts, contact sports, running, swimming, cycling, brisk walking, etc.

BLOOD TYPE O

	Beneficial	Neutral	AVOID
Meats and Poultry	Beef, ground beef, buffalo, heart, lamb, liver, mutton, veal, venison	Chicken, Cornish hen, duck, partridge, pheasant, rabbit, turkey, quail	Bacon, goose, ham, pork
Seafood	Bluefish, cod, hake, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardine, shad, snapper, sole, striped bass, sturgeon, swordfish, tilefish, white perch, whitefish, yellowtail	Abalone, albacore (tuna), anchovy, beluga, bluegill bass, carp, clam, crab, crayfish, eel, flounder, frog, gray sole, grouper, haddock, lobster, mahi-mahi, monkfish, mussels, ocean perch, oysters, pickerel, porgy, sailfish, scallops, sea bass, sea trout, shark, shrimp, silver perch, smelt, snail, squid (calamari), turtle, weakfish	Barracuda, catfish, caviar, conch, Pickled herring, lox (smoked salmon), octopus
Dairy and Eggs	None	Butter, soy cheese*, soy milk* CHEESES: farmer, feta, goat cheese, mozzarella EGGS: per week, by ancestry: African 0 Caucasian 3-4 Asian 5 *Good dairy alternatives	Buttermilk, goat milk, ice cream, skim milk, 2% milk, whey, whole milk, yogurt (all types) CHEESES: American, blue, brie, camembert, casein, cheddar, colby, cottage cheese, cream cheese, edam, emmenthal, gouda, gruyere, jarlsburg, kefir, monterey jack, munster, parmesan, provolone, neufchatel, ricotta, string cheese, Swiss
Oils and Fats	OIL: linseed (flaxseed), olive	OIL: canola, cod liver, sesame	OIL: corn, cottonseed, peanut, safflower
Nuts and Seeds	Pumpkin seeds, walnuts	Almond butter, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds NUTS: almonds, chestnuts, filbert, hickory, macadamia, pecans, pignola (pine)	Peanut butter, poppy seeds NUTS: brazil, cashew, litchi, peanuts, pistachios
Beans and Legumes	Black-eyed peas BEANS: aduke, azuki, pinto	BEANS: black, broad, cannellini, fava, garbonzo, green, jicama, lima, northern, red, red soy, snap, string, white PEAS: green peas, pea pods	BEANS: copper, kidney, navy, tamarind LENTILS: domestic, green, red
Cereals	None	Amaranth, barley, buckwheat, cream of rice, kamut, kasha, puffed millet, rice bran, puffed rice, spelt	Cornflakes, cornmeal, cream of wheat, familia, farina, grape nuts, oat bran, oatmeal, seven-grain, shredded wheat, wheat bran, wheat germ
Breads and Muffins	BREADS: Essene bread, Ezekiel bread	Fin crisp, millet, rice cakes, rye crisps, rye vita BREADS: brown rice bread, gluten-free bread, ideal flat bread, 100% rye bread, soy flour bread, spelt bread, wasa bread	Wheat bagels, corn muffins, durum wheat, english muffins, wheat matzos, oat bran muffins, wheat bran muffins BREADS: high-protein bread, multi-grain bread, pumpernickel, sprouted wheat bread, whole wheat bread
Grains and Pasta	None	Buckwheat, kasha, artichoke pasta, quinoa FLOUR: barley, rice, rye, spelt RICE: basmati, brown, white, wild	Soba noodles, seminola pasta, spinach pasta, FLOUR: bulgar wheat, couscous, durum wheat, gluten, graham, oat, sprouted wheat, white, whole wheat
Vegetables	Artichoke, beet leaves, broccoli, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, Spanish onions, yellow onions, parsley, parsnips, red peppers, sweet potatoes, pumpkin, seaweed, spinach, swiss chard, turnips	Arugula, asparagus, bamboo shoots, beets, bok choy, caraway, carrots, celery, chervil, coriander, cucumber, daikon, dill, endive, fennel, fiddlehead ferns, ginger, lima beans, green olives, green onions, radicchio, radishes, rappini, rutabaga, scallion, shallots, snow peas, mung sprouts, radish sprouts, all squash, tempeh, tofu, tomato, water chestnut, watercress, all yams, zucchini LETTUCE: bibb, boston, iceberg, mesclun MUSHROOMS: abalone, ennoki, portobello, tree oyster PEPPERS: green, jalapeno, yellow	Avocado, cauliflower, white corn, yellow corn, eggplant, mustard greens, red and white potatoes, alfalfa sprouts, brussel sprouts CABBAGE: chinese, red, white MUSHROOMS: domestic, shiitake OLIVES: black, Greek, Spanish
Fruit	Dried figs, fresh figs, prunes PLUMS: dark plums, green plums, red plums	Apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, black currants, red currants, red dates, elderberries, gooseberries, grapefruit, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, nectarines, papayas, peaches, pears, persimmons, pomegranates, prickly pear, raisins, raspberries, starfruit GRAPES: black, concord, green, red MELONS: canang, casaba, Christmas, Crenshaw, musk, Spanish, watermelon	Blackberries, coconuts, cantaloupe and honeydew melon, oranges, plantains, rhubarb, strawberries, tangerines
Juices and Fluids	Black cherry, pineapple, prune	Apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato water (with lemon), vegetable juices (corresponding with beneficial vegetables)	Apple, apple cider, cabbage, orange

	Beneficial	Neutral	AVOID
Spices	Carob, curry, dulse, kelp (bladder wack), parsley, cayenne pepper, turmeric	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, peppercorn pepper, red flakes pepper, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, sucanat, brown sugar, white sugar, tamari, tamarind, tapioca, tarragon, thyme, wintergreen	Capers, cinnamon, cornstarch, corn syrup, nutmeg, ground black pepper, white pepper, vanilla VINEGAR: apple cider, balsamic, red wine, and white
Condiments	None	Apple butter, jam or jelly (from acceptable fruits), mayonnaise, mustard, salad dressing (low-fat, from acceptable ingredients), Worcestershire sauce	Ketchup, relish PICKLES: dill, kosher, sweet, sour
Herbal teas	Cayenne, chickweed, dandelion, fenugreek, ginger, hops, linden, mulberry, parsley, peppermint, rose hips, sarsaparilla, slippery elm	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	Alfalfa, aloe, burdock, coltsfoot, corn silk, echinacea, gentian, goldenseal, red clover, rhubarb, Saint-John's-wort, senna, shepherd's purse, strawberry leaf, yellow dock
Miscellaneous beverages	Club soda, seltzer water	Beer, green tea, red wine, white wine	Distilled liquor COFFEE: decaf, regular SODAS: cola, diet, and other TEA: black decaf, black regular

BLOOD TYPE O

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 sufficient metabolism
RED MEAT	aids sufficient metabolism
KALE, SPINACH, & BROCCOLI	aids sufficient metabolism

*It is preferable that you obtain your iodine from sources such as seafood and kelp, as sodium can contribute to high blood pressure and water retention.

FOODS THAT ENCOURAGE WEIGHT GAIN

WHEAT GLUTEN	interferes with insulin efficiency slows metabolic rate
CORN	interferes with insulin efficiency slows metabolic rate
KIDNEY BEANS	impair calorie utilization
NAVY BEANS	impair calorie utilization
LENTILS	inhibit proper nutrient metabolism
CABBAGE	inhibits thyroid hormone
BRUSSEL SPROUTS	inhibit thyroid hormone
CAULIFLOWER	inhibits thyroid hormone
MUSTARD GREENS	inhibit thyroid production