

EAT RIGHT 4 YOUR BLOOD TYPE

BLOOD TYPE "0"

Thrives on intense physical exercise

Needs to eat lean meat, poultry and fish

Needs to watch dairy, grains, breads, legumes and beans

Foods that encourage weight gain: Wheat gluten, corn, kidney beans, navy beans, lentils, cabbage, brussel sprouts, cauliflower, mustard greens

Foods that encourage weight loss:

kelp seafood liver red meat kale spinach broccoli

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.

The list below will be divided into "B" for beneficial, "N," for neutral, and "A" for avoid.

Meats:

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

N: chicken, cornish hens, duck, partridge, pheasant, rabbit, turkey, quail

A: bacon, goose, ham, pork

Seafood:

B: cod, halibut, herring, mackerel, salmon, red snapper, rainbow trout, sardine, white perch

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

A: catfish, caviar, pickled herring, smoked salmon, octopus

Dairy and Eggs:

B: none - Must be severely restricted. Be sure to take a calcium supplement.

N: butter, soy cheese, soy milk, mozzarella, goat cheese, feta, farmer, eggs (one 3Atimes per week unless of African ancestry.. then none)

A: American cheese, blue cheese, buttermilk, cheddar, colby, cottage, cream cheese, ice cream, monterey jack, munster, parmesan, provolone, ricotta, milk, string cheese, Swiss, yogurt (all kinds)

Oils and fats:

B: Flaxseed oil, olive oil

N: canola oil, cod liver oil, sesame oil

A: corn oil, cottonseed oil, peanut oil, safflower oil

Nuts and Seeds:

B: pumpkin seeds, walnuts

N: almonds, almond butter, chestnuts, macadamia, pecans, sesame butter, sesame seeds, sunflower seeds

A: brazil, cashew, peanuts, peanut butter, pistachios, poppy seeds

Beans and Legumes: (eat in moderation.. as an occasional side dish)

B: Aduke beans, Azuki beans, Pinto beans, Black-eye peas.

N: Black beans, broad beans, garbanzo beans, green beans, lima beans, northern beans, red beans, snap beans, string beans, green peas, pea pods

A: Kidney beans, navy beans, lentils of all kinds

Cereals:

B: none avoid ALL wheat products

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

EAT RIGHT 4 YOUR BLOOD TYPE

Type “O” cont...

Breads:

- B: Essene bread, Ezekiel bread
- N: 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.
- A: Bagels, corn muffins, durum wheat, English muffins, hi-protein bread, wheat rnatzos, multigrain bread, oat bran muffins, pumpernickel, sprouted wheat bread, wheat bran muffins, whole wheat bread.

Grains and Pasta:

- B: none - any neutral pastas should be very occasional
- N: barley flour, buckwheat, artichoke pasta, quinoa, rice (all kinds)
- A: Ml types of wheat, graham flour, oat flour, spinach pasta, semolina pasta

Vegetables:

- B: artichoke, beet leaves, broccoli, collard greens, dandelion escarole, garlic, horradish kale, kohlrabi, leek, romaine lettuce, okra, red onions, Spanish onions, yellow onions, parsley, parsnips, red peppers, sweet potatoes, pumpkin, seaweed, spinach, Swiss chard, turnips.
- N: asparagus, beets, carrots, celery, cucumber, bibb lettuce, Boston lettuce, iceberg lettuce, lima beans. olives, green onions, green peppers, jalapeno peppers, yellow peppers, radishes, rutabaga scallion, snow peas, mung sprouts, squash (all kinds) , tomato, water chestnut, watercress, yams, zucchini
- A: avocado, Chinese cabbage, red cabbage, white cabbage, cauliflower, corn, eggplant, mushroom, mustard greens, black olives, Spanish olives, red potatoes, white potatoes, Alfalfa sprouts, Brussels sprouts

Fruits:

- B: figs, plums, prunes
- N: apples, apricots, bananas, blueberries, cherries, grapes, kiwi, lemons, limes, papayas, peaches, pears, pineapples, raisins, raspberries, watermelon (in moderation)
- A: blackberries, coconuts (and all oils etc. w/coconut oil), cantaloupe, honeydew, oranges, plantains, rhubarb, strawberries, tangerines

Juices and fluids:

- B: black cherry, pineapple, prune
- N: apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato, vegetable
- A: apple, apple cider cabbage, orange

Spices:

Avoid cinnamon, cornstarch, corn syrup, nutmeg, black pepper, white pepper. vanilla, all vinegar

Condiments:

- Use mustard, mayonnaise and salad dressing in moderation
- Avoid ketchup
- All pickled foods are indigestible for type 0

The best antidote to stress, depression and fatigue is physical work and exercise.

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

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EAT RIGHT 4 YOUR BLOOD TYPE

BLOOD TYPE "A"

Best exercise is gentle exercise like yoga or golf

Do best with a vegetarian diet

Need to watch dairy and wheat. Cut out meats

Foods that encourage weight gain: Meat, dairy, kidney beans, lima beans, wheat

Foods that encourage weight loss: Vegetable oils, soy foods, vegetables, pineapple

The food list below will be divided into "B" for beneficial, "N" for neutral and "A" for avoid.

Meats:

B: none

N: chicken, Cornish hens, turkey

A: bacon, beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, rabbit, veal, venison, quail

Seafood:

B: carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, silver perch, snail, whitefish, yellow perch

N: tuna, ocean perch, pike, shark, smelt, snapper, sturgeon, swordfish, white perch

A: anchovy, blue gill bass, catfish, caviar, clam, conch, crab, flounder, grog, haddock, halibut, herring, lobster, smoked salmon, mussels, octopus, oysters, scallop, shad, shrimp, sole, striped bass, turtle

Dairy and eggs:

B: soya cheese, soy milk

N: farmer, feta, goat cheese, goat milk, kefir, mozzarella (low fat) ricotta (low fat) string cheese, yogurt A:

American cheese, blue cheese, brie, butter, buttermilk, cheddar, colby, cottage, cream cheese, edam, gouda, ice cream, Monterey jack, Munster, parmesan, provolone, sherbet, skin or 2% milk, Swiss, whey, and whole milk.

Limit egg consumption to occasional organically grown eggs.

Oils and fats:

B: linseed (flaxseed), olive oil

N: canola, cod liver

A: corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil

Nuts and seeds:

B: peanuts, peanut butter, pumpkin seeds

N: almond butter, almonds, chestnuts, filberts, hickory, macadamia, poppy seeds, sesame seeds, sesame butter, sunflower seeds and butter, walnuts

Beans and legumes:

B: aduke, azuki, black, green, pinto, red soy beans, lentils, black-eyes peas

N: broad beans, snap, string, white, green peas, pea pods, snow peas

A: copper beans, garbanzo beans, kidney beans, lima beans, navy beans, red beans, tamrind beans

Cereals:

B: amaranth, buckwheat, kasha

N: barley, cornflakes, cornmeal, cream of rice, puffed millet, oat bran, oatmeal, puffed rice, rice bran, spelt

A: cream of wheat, familia, farina, granola, grape nuts, wheat gerrn, seven grain, shredded wheat

EAT RIGHT 4 YOUR BLOOD TYPE

Type "A" cont...

Breads:

- B: Essene bread, Ezekiel bread, rice cakes, soya flour bread, sprouted wheat bread
- N: wheat bagels, brown rice bread, corn muffins, gluten-free bread, ideal *flat* bread, millet, oat bran muffins, rye bread , rye crisp, spelt bread, Wasa bread
- A: durum wheat, English muffins, high-protein bread, matzos (wheat), multi-grain bread, pumpernickel, wheat bran muffins, whole wheat bread

Grains and pasta:

- B: buckwheat kasha, oat flour, rice flour, rye flour, soba noodles, artichoke pasta
- N: couscous, barley flour, bulgur wheat flour, durum wheat flour, graham flour, spelt flour, sprouted wheat flour, spelt noodles, quinoa, all rice
- A: white flour, whole wheat flour, semolina pasta, spinach pasta

Vegetables:

- B: artichoke, beet leaves, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, Spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, alfalfa sprouts, Swiss chard, tempeh, turnips, tufu (extremely good for type A)
- N: asparagus, avocado, bamboo shoots, beets, bokchoy, caraway, cauliflower, celery, Chervil, coriander, white/yellow corn, cucumber, daikon radish, endive, fennel, lettuce (bibb, Boston, iceberg, mescium), mushroom, mustard greens, green olives, green onions, radicchio, radishes, rutabaga, scallion, seaweed, shallots, Brussels sprouts, mung sprouts, radish sprouts, squash (all kinds), water chestnut, watercress, zucchini
- A: cabbage (all), eggplant, lima beans, shitake mushroom, domestic mushroom, black olives, Greek olives, Spanish olives, green peppers, jalapeno, red peppers, yellow peppers, sweet potatoes, red potatoes, white potatoes, tomatoes, yams

Fruits: Should eat 3 times per day:

- B: apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried-fresh figs, grapefruit, lemons, pineapple, plums (dark, green, red), prunes, raisins
- N: apples, currants, dates, grapes, guava, kiwi, kumquat, limes, watermelon, nectarines, peaches, pears, pomegranates, prickly pears, raspberries, strawberries
- A: bananas, coconuts, mangoes, cantaloupe, honeydew melon, oranges, papayas, plantains, tangerines

Juices and fluids:

- B: apricot, carrot, celery, black cherry, grapefruit, pineapple, prune, lemon (one-half lemon in warm water first thing every day)
- N: apple, cider, cabbage, cucumber, cranberry, grape
- A: orange, papaya, tomato

Spices:

- B: barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari
- A: capers, plain gelatin, black pepper, cayenne pepper, red pepper, white pepper, all vinegars

Condiments:

- B: mustard
- A: ketchup, mayonnaise, worcestershire sauce, be careful with pickled foods

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BLOOD TYPE "B"

Best exercise is moderate swimming, biking, or walking three days a week and relaxed exercises like golf or tai chi two days per week

Diet is most varied of all blood types

Foods that encourage weight gain: corn, lentils, peanuts, sesame seeds, buckwheat, wheat

Foods that encourage weight loss: green vegetables, meat, eggs, low fat dairy products, liver, Licorice tea

The food list below will be divided into "B" for beneficial, "N" for neutral, and "A" for avoid.

Meats: eat meat 2 - 3x per week

B: lamb, mutton, rabbit, venison

N: beef, buffalo, liver, pheasant, turkey, veal

A: bacon, chicken (especially bad for this blood type). cornish hens, duck, goose, ham, heart partridge, pork, quail

Seafood: type B's thrive on seafood (no shellfish)

B: cod, flounder, grouper, haddock, halibut, mackerel, ocean perch, pickerel, pike, salmon, sardine, shad, sole, sturgeon, caviar

N: abalone, tuna, bluefish, carp, catfish, herring, rainbow *trout*, red snapper, sailfish, scallop, shark, smelt, snapper, white perch, yellow perch

A: anchovy, barracuda, clam, conch, crab, eel, frog, lobster, smoked salmon, mussels, octopus, oysters, shrimp, snail, striped bass, turtle

Dairy and Eggs:

B: cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, skim or 2 % milk, yogurt, eggs (one 34x per week)

N: butter, buttermilk, cheddar, colby, cream cheese, edam, Monterey jack, munster, parmesan, provolone, sherbet, soy cheese, soy milk, Swiss, whey, whole milk

A: American cheese, blue cheese, ice cream, string cheese

Oils and Fats:

B: olive oil (one Tab. every other day at least)

N: cod liver oil, flaxseed oil

A: canola, corn. cottonseed, peanut, safflower, sesame, and sunflower oils

Nuts and seeds:

B: none

N: almond butter, almonds, brazil, chestnuts, hickory, macadamia, pecans, walnuts

A: cashews, filberts, pistachio, peanuts, peanut butter, poppy seeds, pumpkin seeds, sesame butter, sesame seeds, sunflower butter and seeds.

Beans and legumes:

B: kidney, lima, navy and red soy beans

N: broad beans, cannellini, copper, fava, green, jicama, northern, red, snap, string, and white beans. Green peas and pea pods.

A: aduke, azuk'i, black, garbanzo, and pinto beans. lentils (all), black-eyed peas

Cereals:

B: millet, oat bran, oatmeal, puffed rice, rice bran, spelt

N: cream of rice, familia, farina, granola, grape nuts

A: amaranth, barley, buckwheat, cornflakes, cornmeal, cream of wheat, rye, seven-grain, shredded wheat, wheat bran, wheat germ

EAT RIGHT 4 YOUR BLOOD TYPE

Type "B" cont...

Breads

B: brown rice bread, essene, ezeziel, fin crisp, millet, lice cakes, wasa

N: gluten-free, high-protein no-wheat bread, Ideal flat bread, oat bran muffins, pumpernickel, spelt bread, soy flour bread

A: bagels (wheat), corn muffins, durum wheat, multi-grain, 100% rye, rye crisp, rye vita, wheat bran muffins, whole wheat bread

Grains and pasta:

B: oat flour, rice flour

N: graham flour, spelt flour, white four, semolina pasta, spinach pasta, quinoa, all rice (except wild)

A: buckwheat, couscous, barley flour, bulgar wheat flour, durum wheat flour, rye flour, whole wheat flour, artichoke pasta, soba noodles, wild rice

Vegetables:

B: beets, broccoli, cabbages, carrots, cauliflower, greens, eggplant, lima beans, parsley, parsnips, all peppers, sweet potatoes, Brussels sprouts, yams

N: all other vegetables unless on the avoid list

A: artichokes, avocado, corn (white or yellow), olives(all), pumpkin, radishes, mung sprouts, radish sprouts, tempeh, tofu, tomato

Fruits: eat one or two from the beneficial list daily

B: bananas, cranberries, all grapes, papaya, pineapple, all plums

N: apples, apricots, cherries, grapefruit, all melons, oranges, peaches, pears, strawberries, etc.

A: coconuts, persimmons, pomegranates, prickly pear, rhubarb and starfruit

Juices and fluids:

B: cabbage, cranberry, grape, papaya, pineapple

N: apple, apple cider, apricot, carrot, celery, black cherry, grapefruit, orange, prune, lemon

A: tomato

Spices:

B: cayenne pepper, curry, ginger, horseradish, parsley

N: many including honey, maple syrup, mint, dry mustard, red pepper flakes, pimiento, soy sauce, vanilla, apple cider vinegar, red wine vinegar all that are not mentioned in the avoid.

A: allspice, almond extract, barley malt, cinnamon, cornstarch, corn syrup, plain gelatin, black pepper, white pepper, tapioca.

Condiments:

B: none

N: mayonnaise, mustard, dill pickles, apple butter, low flit salad dressing, worcestershire sauce

A: ketchup

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EAT RIGHT 4 YOUR BLOOD TYPE

BLOOD TYPE "AB"

Exercises that provide calm and focus are the best.. as are moderate isotonic exercises Diet is similar to the type of the A and B

Foods that encourage weight gain: red meat, kidney beans, lima beans, seeds, corn, buckwheat, wheat

Foods that encourage weight loss: tofu, seafood, dairy, green vegetables, kelp, pineapple

The food list below will be divided into "B" for beneficial, "N," for neutral and "A" for avoid

Meats: small portions (4-6 oz for men: 2-5oz. for women & children) three times per week.

B: lamb, mutton, rabbit, turkey

N: liver, pheasant

A: bacon, beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail

Seafood:

B: albacore tuna, cod, grouper, mackerel, ocean perch, pickerel, pike, rainbow trout, red snapper, sailfish, salmon, sardine, sea trout, shad, snail, sturgeon

N: abalone, carp, catfish, caviar, herring, mussels, scallop, shark, silver perch, smelt, snapper, sole, swordfish, whitefish, white perch, yellow perch

A: anchovy, clam, crab, flounder, frog, gray sole, haddock, halibut, pickled herring, lobster, smoked salmon, oysters, shrimp, striped bass

Dairy and eggs:

B: cottage cheese, farmer, feta, goat cheese, goat milk, Kefir, mozzarella, ricotta, sour cream (non-fat) yogurt, eggs (One 34x per week)

N: cheddar, colby, cream cheese, edam, gouda, Monterey jack, Munster, skim, soy cheese, soy milk, string cheese, Swiss, whey

A: American, blue, brie, butter, buttermilk, ice cream, parmesan, provolone, sherbet, whole milk

Oils and fats:

B: olive oil , ghee (in small amounts)

N: canola, cod liver, flaxseed, peanut oils

A: corn, cottonseed, safflower, sesame, sunflower oils

Nuts and Seeds: eat in small amounts and with caution nut butters are preferable to whole nuts

B: chestnuts, peanuts, peanut butter, walnuts

N: almond butter, almonds, brazil, cashews, hickory, macadamia, pistachio

A: filberts, poppy seeds, pumpkin seeds, sesame butter, sesame seeds, sunflower butter and seeds

Beans and Legumes:

B: navy, pinto, red, red soy beans, green lentils

N: broad, cannellini, copper, northern, green, jicama, snap, string, tamarind, white beans. Lentils, domestic and red. green peas and pea pods

A: aduke, azuki, black, fava, garbanzo, kidney, lima beans, black-eyed peas

Cereals:

B: millet, oat bran, oatmeal, rice bran, puffed rice, spelt

N: amaranth, barley, cream of rice, cream of wheat, familia, farina, granola, grape nuts, seven-grain, shredded wheat, soy flakes or granules, wheat bran (1x per wk.), wheat germ (1 x per week)

A: buckwheat, cornflakes, cornmeal, kamut, kasha

EAT RIGHT 4 YOUR BLOOD TYPE

Type "AB" cont...

Breads:

B: brown rice bread, essene, ezekial, fin crisp, millet, 'rice cakes, 100% rye bread, rye crisps, rye vita, soy flour bread, sprouted wheat bread, wasa

N: wheat bagels, durum wheat, gluten-free bread, high-protein bread, Ideal *flat* bread, wheat Matzos, multi-grain bread, oat bran muffins, pumpernickel, spelt bread, wheat bran muffins, whole wheat bread

A: corn bread and muffins

Grains and Pasta:

B: oat flour, rice flour, rye flour, sprouted wheat flour, basmati rice, brown rice, white rice, wild rice

N: couscous, barley flour, bulgur wheat flour, furum wheat flour, graham flour, spelt, white, whole wheat, semolina pasta (1 -2x per week), spinach pasta (1 -2x per week), quinoa

A: buckwheat, artichoke pasta, soba noodles, corn, buckwheat

Vegetables:

B: beets & leaves, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, mustard greens, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh, tofu all types of yarns

N: asparagus, cabbages, lettuces, olives, (except black) mushrooms, Brussels sprouts, tomato, and all not mentioned in A

A: artichoke, avocado, corn, lima beans, shitake mushroom, black olives, green, red, yellow & jalapeno peppers, radishes, mung sprouts, radish sprouts

Fruits:

B: cherries, cranberries, figs, grapes, grapefruit, kiwi, lemons, pineapples, plums

N: apples, apricots, blackberries, blueberries, currants, dates, elderberries, kumquat, limes, cantaloupe, honeydew, watermelon, nectarines, papayas, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines

A: bananas, coconuts, guava, mangoes, oranges, pomegranates, rhubarb

Juices and fluids:

begin each day with one-half lemon squeezed into water. Follow with a diluted glass of grapefruit or papaya juice

B: cabbage, carrot, celery, black cherry, cranberry, grape, papaya

N: apple, cider, apricot, cucumber, grapefruit, pineapple, prune

A: orange

Spices: sea salt and kelp should be used in place of salt

B: curry, garlic, horseradish, miso, parsley

A: allspice, almond extract, anise, barley malt, capers, cornstarch, corn syrup, plain gelatin, black, cayenne, red, or white pepper, tapioca, apple cider vinegar, balsamic vinegar, red wine and white vinegar

Condiments:

N: mayonnaise, mustard, low fat salad dressing

A: ketchup, pickles, relish, Worcestershire sauce, all pickled condiments

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