

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

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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

For information on Zyto Assessments or Biological Terrain Analysis, please contact:

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