

Foods for type 'O' Blood Group

MEATS & POULTRY

Highly Beneficial: Beef: minced, regular, Buffalo, Heart, Kidney, Lamb, Liver: calf, chicken, lamb, pig, Mutton, Oxtail, Sweetbreads, Tripe, Veal, Venison

Neutral: Chicken, Duck, Partridge, Pheasant, Poussin, Quail, Rabbit, Turkey

Avoid: Bacon, Goose, Ham, Pork

SEAFOOD

Highly Beneficial: Bluefish, Cod, Hake, Halibut, Mackerel, Perch, Pike, Rainbow trout, Red snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped bass, Sturgeon, Swordfish, Tilefish, White perch, Whitefish, Yellow perch, Yellowtail

Neutral: Abalone, Albacore, Anchovy, Beluga, Bluegill bass, Carp, Clam, Crab, Crayfish, Eels, Flounder, Frog's legs, Grey sole, Grouper, Haddock, Herring: fresh, Lobster, Mahi mahi, Monkfish, Mussels, Ocean perch, Oysters, Pickerel, Porgy, Prawn, Sailfish, Scallop, Sea bass, Sea trout, Shark, Shrimp, Silver perch, Smelt, Snail, Squid (calamari), Tuna, Turtle, Weakfish

Avoid: Barracuda, Catfish, Caviar, Conch, Herring: pickled, Octopus, Smoked salmon

EGGS & DAIRY

Highly Beneficial: NONE

Neutral: Butter, Eggs (for those of, Caucasian or, Asian ancestry), Farmer cheese, Feta, Goat cheese, Mozzarella, Soya cheese*, Soya milk*, **Good dairy, alternatives*

Avoid: American cheese, Blue cheese, Brie, Buttermilk, Camembert, Casein, Cheddar, Colby cheese, Cottage cheese, Cream cheese, Edam, Eggs (for those of, African ancestry), Emmenthal, Fromage frais, Goat milk, Gouda, Gruyere, Ice cream, Jarlsberg, Kefir, Milk: semi-, skimmed, skimmed, whole, Monterey jack, Munster, Neufchatel, Parmesan, Provolone, Ricotta, String cheese, Swiss cheese, Whey, Yogurt

OILS & FATS

Highly Beneficial: Linseed (flaxseed), oil, Olive oil

Neutral: Canola oil, Cod liver oil, Sesame oil

Avoid: Corn oil, Cottonseed oil, Groundnut (peanut), oil, Safflower oil

NUTS & SEEDS

Highly Beneficial: Pumpkin seeds, Walnuts

Neutral: Almonds, Almond butter, Chestnuts, Filberts, Hazels, Hickory, Macadamia, Pecans, Pignola (pine), Sesame paste, (tahini), Sesame seeds, Sunflower, margarine, Sunflower seeds

Avoid: Brazil nuts, Cashew, Lychee, Peanuts, Peanut butter, Pistachios, Poppy seeds

BEANS & LEGUMES

Highly Beneficial: Aduki beans, Black-eyed peas, Pinto beans

Neutral: Beans: black, broad, cannellini, fava, garbanzo, green, jicama, lima, northern, red, red soya, snap, string, white, Peas: green, pods, chick

Avoid: Beans: baked, copper, haricot, kidney, tamarind, Lentils: brown, green, red

CEREALS

Highly Beneficial: NONE

Neutral: Amaranth, Barley, Buckwheat, Cream of rice, Kamut, Kasha, Millet: puffed, Rice bran, Rice: puffed, Spelt

Avoid: Cornflakes, Cornmeal, Cream of wheat, Familia, Farina, Grape nuts, Oatbran, Oatmeal, Seven-grain, Shredded wheat, Wheat bran, Wheat germ

BREADS & MUFFINS

Highly Beneficial: Essene bread, Ezekiel bread, Sprouted wheat, bread: 100%

Neutral: Brown rice bread, Fin crisp, Gluten-free bread, Ideal flat bread, Rice cakes, Rye bread: 100%, Rye crisps, Ryvita, Soya flour bread, Spelt bread, Wasa bread

Avoid: Bagels: wheat, Cornbread, Corn muffins, Durum wheat, bread, English muffins, High-protein bread Matzos: wheat, Multi-grain bread, Oat bran muffins, Pumpernickel, Wheat bran, muffins, Wholewheat bread

GRAINS & PASTAS

Highly Beneficial: NONE

Neutral: Barley flour, Buckwheat flour, Kasha, Millet, Noodles: soba, (buckwheat), Pasta: artichoke, Quinoa, Rice: basmati, brown, white, wild, Rice flour, Rice noodles, Rye flour, Spelt flour, Tapioca

Avoid: Bulgur wheat flour, Couscous flour, Durum wheat flour, Gluten flour, Graham flour, Oat flour, Polenta, Pasta: semolina, spinach, White flour – plain, or self-raising, Wholewheat flour

VEGETABLES

Highly Beneficial: Artichoke: globe, Jerusalem, Beetroot leaves, Broccoli, Chicory, Collard greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce: cos, romaine, Okra, Onions: red, Spanish, yellow, Parsley, Parsnips, Peppers: red, Potatoes: sweet, Pumpkin, Seaweeds, Spinach, Swiss chard, Turnips

Neutral: Arugula, Asparagus, Bamboo shoots, Beetroot, Bok choy, Caraway, Carrots, Celery, Chervil, Coriander, Courgettes, Cucumber, Daikon radish, Dill, Endive, Fennel, Fiddlehead Ferns, Ginger root, Lettuce: Bibb, Boston, butterhead, iceberg, mesclun, Mangetout peas, Mushroom: abalone, chanterelles, enoki, oyster, porcini, Portobello, Olives: green, Onions: spring, Pak choi, Peppers: chilli, green, jalapeño, yellow, Radicchio, Radish, Rappini, Rocket, Shallots, Snow peas, Sprouts: mung, radish, Squash: all types, Swede, Tempeh, Tofu, Tomato, Water chestnut, Watercress, Yams: all types

Avoid: Aubergines Avocado, Cabbage: Chinese, red, white, Cauliflower, Mushroom: cultivated, shiitake, Mustard greens, Olives: black, Greek,

Spanish Potatoes: red, white, Sprouts: alfalfa, Brussels, Sweetcorn

FRUIT

Highly Beneficial: Figs: dried, fresh, Plums: green, purple, red, Prunes

Neutral: Apples, Apricots, Bananas, Blackcurrants, Blueberries, Boysenberries, Cherries, Cranberries, Currants: black, red, Dates, Elderberries, Gooseberries, Grapefruit, Grapes: black, green, red, Guava, Kiwi, Kumquats, Lemons, Limes, Loganberries, Mangoes, Melons: cantaloupe, casaba, Christmas, Crenshaw, musk, Spanish, watermelon, Nectarines, Papayas, Peaches, Pears, Persimmons, Pineapple, Pomegranates, Prickly pear, Raisins, Raspberries, Starfruit, (carambola)

Avoid: Blackberries, Coconuts, Lychees

Melons: cantaloupe, honeydew, Oranges, Plantains, Rhubarb, Strawberries, Tangerines

JUICES & FLUIDS

Highly Beneficial: Black cherry juice, Pineapple juice, Prune juice

Neutral: Apricot juice, Carrot juice, Celery juice, Cranberry juice, Cucumber juice, Grape juice, Grapefruit juice, Papaya juice, Tomato juice, Water (with lemon), Vegetable juice, (from acceptable vegetables)

Avoid: Apple cider, Apple juice, Cabbage juice, Orange juice

SPICES, HERBS & FLAVOURINGS

Highly Beneficial: Carob, Curry, Dulse, Kelp (bladder-, wrack), Parsley, Pepper: cayenne, Turmeric

Neutral: Agar, Allspice, Almond essence, Anise, Arrowroot, Barley malt, Basil, Bay leaf, Bergamot, Brown rice syrup, Caraway, Cardamom, Chervil, Chives, Chocolate, Clove, Coriander, Cream of Tartar, Cumin, Dill, Garlic, Gelatin: plain, Honey, Horseradish, Maple syrup, Marjoram, Mint, Miso, Molasses, Mustard, Paprika, Pepper: peppercorn, Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage,

Salt, Savory, Soy sauce, Spearmint, Sugar: brown, white, Tamari, Tamarind, Tapioca, Tarragon, Thyme, Wintergreen

Avoid: Capers, Cinnamon, Cornflour, Corn syrup, Nutmeg, Pepper: black, ground, white, Vanilla: essence, pod, Vinegar: apple, cider, balsamic, distilled white, herb, malt, red or white wine

CONDIMENTS

Highly Beneficial: NONE

Neutral: Apple butter, Jam (from acceptable fruits), Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad dressing (low-fat, from acceptable ingredients), Worcestershire, sauce

Avoid: Ketchup, Pickles: Branston, dill, kosher, sour, sweet, Relish

HERBAL TEAS

Highly Beneficial: Cayenne, Chickweed, Dandelion, Fenugreek, Ginger, Hops, Linden, Mulberry, Parsley, Peppermint, Rose hip, Sarsaparilla, Slippery elm

Neutral: 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

Avoid: Alfalfa, Aloe, Burdock, Coltsfoot, Corn silk, Echinacea, Gentian, Goldenseal, Red clover, Rhubarb, St. John's wort, Senna, Shepherd's purse, Strawberry leaf, Yellow dock

MISC. BEVERAGES

Highly Beneficial: Soda water, Seltzer water

Neutral: Beer, Lager, Tea: green, Wine: red, rosé, white,

Avoid: Coffee: decaff, regular, Liquor: distilled, Soda: cola, diet, other, Tea, black: decaff, regular

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from EAT RIGHT FOR YOUR TYPE by Dr. Peter D'Adamo and other sources

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