

## Blood Type 0

Food	Good & Healthy for the body	Neutral	Avoid
<b>Meat &amp; Poultry</b>	Beef	Chicken	Bacon
	Buffalo	Duck	Goose
	Game	Hare	Ham
	Ground Beef	Horse	Pork
	Lamb	Ostrich	
	Mutton	Partridge	
	Offal (Heart, Liver)	Pheasant	
	Veal	Quail	
		Rabbit	
		Snails	
		Turkey	
<b>Fish &amp; Seafood</b>	Anchovies	Atlantic Umber	Barracuda
	Bluefish	Barramundi	Herring
	Cod	Bellywhite	Catfish
	Fresh Herring	Blue Bass	Caviar
	Grouper	Bream	Octopus
	Hake	Butterfly Fish	Sea Snails
	Halibut	Carp	Muskellunge (Muskie)
	Mackerel	Crabs	Smoked Salmon
	Mayfish	Eel	Scallop
	Perch	Flounder	Pollock
	Pike	Freshwater Crayfish	Sea Ears
	Pike Perch	Freshwater Drum	Wolf Fish
	Rainbow Trout	Frog Legs	
	Red Bass	Gold Mackerel	
	Red Snapper	Grouper	
	Salmon	Haddock	
	Sardine	Lobster	
	Shad	Lobsters	
	Snapper	Monkfish	
	Sole	Mussels	
	Striped Bass	Oysters	
	Sturgeon	Perch	
	Swordfish	Pike Bass	
	Tilefish	Pompano	
	White Bass	Rudderfish	
	Yellow Perch	Scallops	
	Yellowtail	Scrod	
		Sea Bass	
		Sea Bream	
		Sea Snails	
		Sea Trout	
	Seabass		
	Shark		

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<b>Fish &amp; Seafood</b>		Shrimp	
		Smelt	
		Snails	
		Snapper	
		Sour Carp	
		Squid	
		Sunfish	
		Tilapia	
		Trout	
		Tuna	
		Venus Clams	
		White Sturgeon	
		Whiting	
		Wrasse	
<b>Dairy products</b>		Butter	American Processed Cheese
		Farmer's Cheese	Blue Cheese
		Ghee	Brie
		Goat Cheese	Buttermilk
		Mozzarella	Camembert
		Sheep's Cheese (Feta)	Casein Cheese
		Soy Cheese	Cheddar
		Soy Milk	Colby
		String Cheese	Cottage Cheese
			Cream Cheese
			Edam
			Emmental
			Goat's Milk
			Gouda
			Gruyère
			Ice Cream
			Jarlsberg
			Kefir
			Low-Fat Milk
			Monterey Jack
			Münster
			Neuchâtel
			Parmesan
			Processed Cheese
			Provolone
		Quark	
		Ricotta	
		Skim Milk	
		Sour Cream	
		Whey	
		Whole Milk	
		Yogurt (all varieties)	
<b>Eggs</b>		Chicken Egg	Goose Egg
		Egg White (Chicken)	Quail Egg
		Egg Yolk (Chicken)	
		Duck Egg	

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<b>Oils &amp; Fats</b>	Flaxseed Oil	Avocado Oil	Castor Oil
	Olive Oil	Borage Seed Oil	Coconut Oil
		Sweet Chestnuts	Corn Oil
		Cod Liver Oil	Evening Primrose Oil
		Almond Oil	Peanut Oil
		Rapeseed Oil	Safflower Oil
		Black Currant Seed Oil	Soybean Oil
		Sesame Oil	Sunflower Oil
		Walnut Oil	Wheat Germ Oil
<b>Nuts &amp; Seeds</b>	Flaxseeds	Almond Butter	Beech Nuts
	Pumpkin Seeds	Almond Milk	Cashew Nuts
	Walnuts	Almonds	Peanut Butter
		Coconut Milk	Peanuts
		Hazelnuts	Coconut Cream
		Macadamia Nuts	Coconuts
		Pecan Nuts	Poppy Seeds
		Pine Nuts	Brazil Nuts
		Sesame Seeds	Pistachios
		Sunflower Butter	
		Sunflower Seeds	
		Sweet Chestnuts	
		Tahini (Sesame Paste)	
<b>Beans &amp; Legumes</b>	Adzuki Beans	Field Beans	Kidney Beans
	Black-Eyed Peas	Cannellini Beans	Pinto Beans
	Pinto Beans	Broad Beans	Green & Red Lentils
		Peas	Pearl Beans
		Green Beans	
		Chickpeas	
		Lima Beans	
		Miso	
		Mung Bean Sprouts	
		Fava Beans	
		Red Beans	
		Black Beans	
		Soybeans	
		White Beans	
		Yam Beans	
	Snow Peas		

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<b>Grains, Bread &amp; Pastries</b>	Essener Bread	Amaranth	Bagels
		Arrowroot Flour	Buckwheat Noodles
		Artichoke Pasta	Bulgur (Cracked Wheat)
		Barley Flour	Cornflakes
		Basmati Rice	Couscous
		Brown Rice	Crunchy Cereal
		Brown Rice Bread	Barley
		Buckwheat	Wheat Flour
		Buckwheat Flour	Oat Groats
		Crispbread	Durum Wheat (Semolina)
		Ezekiel Bread	Durum Wheat Bread
		Glass Noodles	Durum Wheat Flour
		Gluten-free Bread	Wheat Pastries
		Gluten-free Pasta	Corn Grits
		Jerusalem Artichoke	Corn Flour
		Kamut (Egyp. Wheat)	Cornstarch
		Millet Bread	Multigrain Bread
		Oat Bran	Multigrain Mix
		Oat Flour	Pasta (Semolina)
		Oatmeal, Porridge	Popcorn
		Puffed Rice	Pumpernickel
		Quinoa	Soba Noodles
		Rice Bran	Sorghum
		Rice Cakes	Spinach Pasta
		Rice Flakes	Wheat
		Rice Flour	Wheat Flakes
		Rice Milk	Wheat Germ
		Rice Noodles	Wheat Bran
		Rye Bread	Wheat Groats
		Rye Flour	Whole Wheat Flour
		Soy Bread	
		Soy Flakes	
		Spelt	
	Spelt Bread		
	Spelt Flour		
	Tapioca		
	White & Brown Rice		
	Whole Grain Rice Bread		
	Wild Rice		

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Vegetables	Artichokes	Abalone Mushrooms	Alfalfa Sprouts
	Beet Greens	Arugula	Aloe
	Broccoli	Asparagus	Avocados
	Dandelion	Bamboo Shoots	Cauliflower
	Endive	Beetroot	Capers
	Escarole (Winter Endive)	Carrot Juice	Potatoes
	Ginger	Carrots	Leeks
	Horseradish	Celeriac	Corn
	Jerusalem Artichoke	Celery Juice	Black Olives
	Kale	Celery Stalks	Brussels Sprouts
	Kohlrabi	Chestnuts	Red Cabbage
	Okra	Chili Peppers	Mustard Greens
	Onions	Cucumber & Juice	Shiitake Mushrooms
	Parsnips	Daikon Radish	Taro Root
	Pumpkin	Eggplant	Juniper
	Red Bell Pepper	Endive Lettuce	Yucca Root
	Romaine Lettuce	Enoki Mushrooms	
	Seaweed	Fennel	
	Spinach	Fern Fronds	
	Sweet Potatoes	Garlic	
	Swiss Chard	Green & Yellow Bell Pepper	
	White Turnips	Green Olives	
		Iceberg Lettuce	
		Jalapeño	
		Lettuce	
		Melon Squash	
		Mung Bean Sprouts	
		Mushrooms	
		Napa Cabbage	
		Oyster Mushrooms	
		Pak Choi	
		Radicchio	
		Radishes	
		Rutabaga	
	Sauerkraut		
	Shallots		
	Spring Onions		
	Straw Mushrooms		
	Tempeh		
	Tofu		
	Tomatoes		
	Watercress		
	White Cabbage, incl. Juice		
	Yam		
	Yellow Turnips		
	Zucchini		

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<b>Fruits</b>	Blueberries	Apples	Banana
	Cherries	Apricots	Bitter Melon
	Dried Plums	Boysenberries	Blackberries
	Figs	Breadfruit	Cantaloupe Melon
	Plums	Casaba Melon	Strawberries
		Cranberries	Honeydew Melons
		Currants	Plantains
		Dates	Coconuts
		Dwarf Oranges	Lychees
		Elderberries	Mandarins
		Gooseberries	Nashi Pear (Asian Pear)
		Grapefruit	Oranges
		Grapes	Rhubarb
		Guavas	
		Kiwis	
		Kumquats	
		Lemon, incl. Juice	
		Limes	
		Loganberries	
		Mangos	
		Nectarines	
		Papaya	
		Peaches	
		Pears	
		Persimmons	
		Pineapple, incl. Juice	
		Pomegranate	
		Prickly Pear	
		Quinces	
		Raisins	
	Raspberries		
	Starfruit		
	Watermelon		
	Winter Melon		

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<b>Herbs &amp; Spices</b>	Carob	Agar-Agar	Arabic Gum
	Cayenne Pepper	Allspice	Pickled in Vinegar
	Curry	Anise	Pickled in Brine
	Ginger	Barley Malt	Guarana
	Kombu Seaweed	Basil	Capers
	Locust Bean	Bay Leaf	Corn Syrup
	Parsley	Bergamot Oil	Cornstarch
	Red Algae	Brown Rice Syrup	Mace
	Turmeric	Caraway	Nutmeg
		Cardamom	Black & White Pepper
		Chervil	
		Chives	
		Cinnamon	
		Clove Pepper	
		Cloves	
		Cocoa	
		Coriander	
		Cumin	
		Dill	
		Gelatin	
		Green Mint	
		Honey	
		Horseradish	
		Juniper Berries	
		Licorice Root	
		Maple Syrup	
		Miso	
		Molasses	
		Mustard & Powder	
		Mustard Seeds	
		Oregano	
		Paprika Powder	
		Red Chili	
		Red Pepper	
	Rosemary		
	Saffron		
	Sage		
	Salt		
	Savory		
	Soy Sauce		
	Tamarind		
	Tarragon		
	Thyme		

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<b>Condiment</b>		Agar-Agar	Balsamic Vinegar
		Apple Cider Vinegar	Carrageenan
		Apple Pectin	Vinegar (Red & White)
		Gelatine	Pickled Cucumber
		Yeast	Guar Gum
		Mayonnaise	Ketchup
		Sea Salt	Worcestershire Sauce
		Mustard	Seasoning Sauce
		Soy Sauce	
		Tamari	
<b>Sweeteners</b>		Almond Extract	Aspartame
		Barley Malt	Corn Syrup
		Cane Sugar	Dextrose
		Honey	Fructose
		Maple Syrup	Invert Sugar
		Molasses	Maltodextrin
		Rice Syrup	Sugar (White/Brown)
		Stevia	
<b>Herbal Teas</b>	Chickweed	Valerian	Alfalfa
	Dandelion	Dong Quai	Aloe
	Fenugreek	Verbena	Gentian
	Ginger	Cloves	Strawberry Leaf
	Green Tea	Ginseng	Turmeric
	Hops	Scullcap	Burdock Root
	Linden Flowers	Raspberry Leaf	Shepherd's Purse
	Mulberry	Elderberry	Coltsfoot
	Parsley	Chamomile	St. John's Wort
	Red Elm	Mullein	Curled Dock
	Rosehip	Mint	Corn Silk
	Sarsaparilla	Sage	Rhubarb
		Yarrow	Red Clover
		Senna Leaves	Black Tea
		Liquorice Root	Senna Leaves
		Thyme	Echinacea (Coneflower)
		White Birch	
		Hawthorn	
	White Oak Bark		
	White Horehound		
<b>Beverage</b>	Sparkling Water	Red Wine	Beer
		Still Water	Black Tea
			Cola & Soft Drinks, incl. Diet
			Soft Drinks
			Spirits
			White Wine



## Blood Type O

### Generally, the following applies:

Gluten, wheat & corn	<i>... disrupt insulin production and slow down metabolism.</i>
Kidney beans	<i>... impair calorie utilization, leading to weight gain.</i>
Lentils	<i>... make muscle tissue more alkaline, which is unhelpful.</i>
Cabbage, Brussels sprouts, cauliflower	<i>... inhibit thyroid hormone.</i>
Red meat, kale, spinach, broccoli, liver	<i>... promote metabolic performance.</i>
Kombu, Wakame seaweed, fish, iodized salt, seafood	<i>... contain iodine, which increases thyroid hormone production.</i>

### The Type O is a Hunter

<b>Strengths:</b>	Robust digestive system, strong immune system, natural defense against infections, body determines effective metabolism and nutrient retention.
<b>Weaknesses:</b>	Over-sensitive to new dietary and environmental conditions, tendency towards an overactive immune system.
<b>Disease Risks:</b>	Blood clotting disorders, inflammatory diseases such as arthritis, low thyroid hormone production, ulcers, allergies.
<b>Dietary Profile:</b>	High in protein! Meat, fish, vegetables, fruit, limited grains, beans, legumes.
<b>Weight Reduction:</b>	<u>Avoid:</u> Wheat, corn, kidney beans, lentils, cabbage, dairy products. <u>Increase:</u> Seaweed, seafood, red meat, kale, spinach, broccoli, olive oil.
<b>Nutritional Supplements:</b>	Vitamin B (boosts metabolism), Vitamin K, calcium, iodine, licorice, seaweed.
<b>Fitness &amp; Sport:</b>	Intensive physical activity like boxing, jogging, martial arts, cycling, swimming, endurance sports (at least 3 times per week).