

## 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
		Feta	Brie
		Ghee	Buttermilk
		Goat Cheese	Camembert
		Mozzarella	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	Brazil Nuts
	Walnuts	Almonds	Cashew Nuts
		Coconut Milk	Coconut Cream
		Hazelnuts	Coconuts
		Macadamia Nuts	Peanut Butter
		Pecan Nuts	Peanuts
		Pine Nuts	Pistachios
		Sesame Seeds	Poppy Seeds
		Sunflower Butter	
		Sunflower Seeds	
		Sweet Chestnuts	
		Tahini (Sesame Paste)	
<b>Beans &amp; Legumes</b>	Adzuki Beans	Black Beans	Kidney Beans
	Black-Eyed Peas	Broad Beans	Pinto Beans
	Pinto Beans	Cannellini Beans	Green & Red Lentils
		Chickpeas	Pearl Beans
		Fava Beans	
		Field Beans	
		Green Beans	
		Lima Beans	
		Mung Bean Sprouts	
		Peas	
		Red Beans	
		Snow Peas	
		Soybeans	
		White Beans	
		Yam Beans	

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	Essener Bread	Amaranth	Bagels
		Arrowroot Flour	Buckwheat Noodles
		Artichoke Pasta	Bulgur (Cracked Wheat)
		Barley Flour	Cornflakes
		Basmati Rice	Couscous
		Rice (brown & white)	Crunchy Cereal
		Buckwheat, incl. Flour	Barley
		Crispbread	Wheat Flour
		Ezekiel Bread	Oat Groats
		Glass Noodles	Durum Wheat (Semolina)
		Gluten-free Bread	Durum Wheat Bread
		Gluten-free Pasta	Durum Wheat Flour
		Kamut	Wheat Pastries
		Millet Bread	Corn Grits, Flour
		Oat, Flour & Bread	Multigrain Bread
		Oatmeal, Porridge	Multigrain Mix
		Puffed Rice	Pasta (Semolina)
		Quinoa	Popcorn
		Rice Bran & Flour	Pumpernickel
		Rice Milk	Soba Noodles
		Rice Noodles	Sorghum
		Rye	Spinach Pasta
		Spelt	Wheat
		Soy Bread	Wheat Flakes, Germ, Bran
		Tapioca	Wheat Groats
		Whole Grain Rice Bread	Whole Wheat Flour
		Wild Rice	

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

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Fruits	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	Capers
	Curry	Anise	Corn Syrup
	Ginger	Barley Malt	Cornstarch
	Kombu Seaweed	Basil	Guarana
	Locust Bean	Bay Leaf	Mace
	Parsley	Bergamot Oil	Nutmeg
	Red Algae	Brown Rice Syrup	Pepper (black & white)
	Turmeric	Caraway	Pickled in Brine
		Cardamom	Pickled in Vinegar
		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	Guar Gum
		Gelatine	Ketchup
		Yeast	Pickled Cucumber
		Mayonnaise	Seasoning Sauce
		Sea Salt	Vinegar (Red & White)
		Mustard	Worcestershire 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	Chamomile	Alfalfa
	Dandelion	Cloves	Aloe
	Fenugreek	Dong Quai	Black Tea
	Ginger	Elderberry	Burdock Root
	Green Tea	Ginseng	Coltsfoot
	Hops	Hawthorn	Corn Silk
	Linden Flowers	Liquorice Root	Curled Dock
	Mulberry	Mint	Echinacea (Coneflower)
	Parsley	Mullein	Gentian
	Red Elm	Raspberry Leaf	Red Clover
	Rosehip	Sage	Rhubarb
	Sarsaparilla	Scullcap	Senna Leaves
		Senna Leaves	Shepherd's Purse
		Thyme	St. John's Wort
		Valerian	Strawberry Leaf
		Verbena	
		White Birch	
		White Horehound	
		White Oak Bark	
		Yarrow	
<b>Beverage</b>	Sparkling Water	Red Wine	Beer
		Still Water	Black Tea
			Coke & Diet Coke
			Soft Drinks & 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).