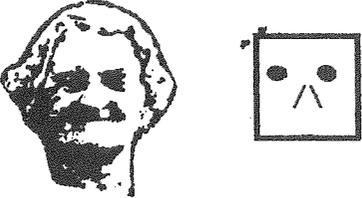
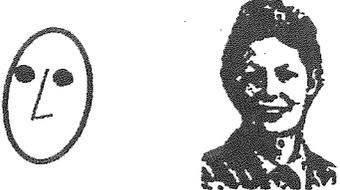
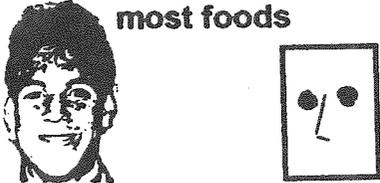


# BLOOD GROUP FOOD CHART

BLOOD TYPE	BEST FOODS	FOODS BEST TO AVOID
<p><b>O</b> hunter /gatherers meat eater</p> 	<p>Foods that come from warm climates ie - red &amp; dark meats, warm water sea-foods, tropical and summer fruit, whole warm climate grains, nuts, seeds, beans, lentils, soya, honey, olive oil, summer vegetables, evening primrose oil,</p>	<p>Cold climate foods Some people may have problems with the following -  dairy - ie cow's milk (goat's milk better), cheese, etc eggs, wheat, rye, peanuts, yeast, sugar, cod liver oil,</p>
<p><b>A1</b> cultivators/herders vegetarian/fish/fowl</p> 	<p>Foods that come from cold climates -ie cold water sea-foods, white meats, mutton, dairy, stone fruits, berries, winter grains, nuts, seeds, winter vegetables, tubers, linseed oil, cod liver oil. well-cooked meals, stews</p>	<p>Warm climate foods &amp; oils, tropical fruit, crustaceans, legumes, beans, lentils, soya  Some people may have problems with the following - cow's milk (sheep's milk better), wheat, cane sugar</p>
<p><b>A2</b> arctic nomadic hunters/ herders fish &amp; meat eaters</p> 	<p>Cold climate foods, cold water seafood, cold climate meats, root vegetables, stone fruits, berries, kelp, linseed oil, cod liver oil, halibut oil, whale, well-cooked meals, soups</p>	<p>Warm climate foods &amp; oils as for A1  Seems to have problems with above ground vegetables eg green cabbage, (peas OK) tea (coffee better) cow' milk,</p>
<p><b>B</b> nomadic hunters/herders/ traders meat &amp; vegetable</p> 	<p>Mainly cold climate foods. Dairy, mutton and white meats, winter grains, nuts, seeds, vegetables, tubers, stone fruits, lemon, banana, naval orange, berries, spices, linseed oil, cold water and river fish</p>	<p>As for A1  May have problems with most tropical fruits eg pineapple, fish, cow's milk, wheat, rye, rice (better with basmati or Pakistani)</p>
<p><b>AB</b> cultivators/herders most foods</p> 	<p>Tends to favour more warm climate foods. Milk, meat, fish, most grains, seeds, vegetables, tubers, most fruits, cod liver oil</p>	<p>May have problems with lemon, beetroot, nuts, peas, legumes, banana, apples, spices, cow's milk, soya, wheat</p>

The above is a general guide only, made from our own observations. Everyone is individual. Be aware of your own body's reactions to individual foods.