

Blood Type 'O' food recommendations



Meats & Poultry		
Highly Beneficial	Neutral	Avoid
Beef, ground beef, buffalo, lamb, veal, venison	Chicken	Pork – bacon, ham
	Cornish hens	Goose
	Turkey	
	Pheasant	

Seafood		
Highly Beneficial	Neutral	Avoid
Cod, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardine, snapper, whitefish, yellow perch	Albacore tuna, beluga, clam, crab, eel, flounder, lobster, mahimahi, mussels, oysters, scallop, sea bass, sea trout, shrimp, snail, squid, turtle	Catfish, caviar, conch, herring, octopus

Eggs, Dairy and Substitutes		
Highly Beneficial	Neutral	Avoid
Soy products – cheese, milk, yogurt	Feta	Cheese – American, Colby, cottage, cream cheese, gouda, cheddar, brie, blue cheese
	Goat cheese, milk	
	Mozzarella, low fat	
	Ricotta, low fat	Buttermilk
	String cheese	Whey, whole milk
	Yogurt	Casein

Oils & Fats		
Highly Beneficial	Neutral	Avoid
Flaxseed oil, olive oil	Canola, cod liver, sesame oil	Corn, peanut, safflower oil

Nuts & Seeds		
Highly Beneficial	Neutral	Avoid
Pumpkin seeds	Almonds, chestnuts, hickory, macadamia, pecans, pine, tahini, sesame, sunflower	Brazil, cashew, peanuts, pistachios, poppy seed
Walnuts		

Beans & Legumes		
Highly Beneficial	Neutral	Avoid
Beans - azuki, aduke, pinto	Beans – black, cannellini, garbanzo, green, snap, string, white, lima, red, string	Beans – copper, kidney, navy, red, tamarind,
Peas - black eyed		Lentil – domestic, green, red
	Peas – pods, snow, green	

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Cereals		
Highly Beneficial	Neutral	Avoid
Not well tolerated by Type O. Promotes weight gain and interfere with metabolic health	Amaranth, barley, buckwheat, kasha, puffed millet, spelt	Cornflakes, cornmeal
	Rice, rice bran, cream of rice	Cream of wheat, wheat bran, wheat germ, shredded wheat
		7 grain, grape nuts, oat bran

Breads & Muffins		
Highly Beneficial	Neutral	Avoid
Essene and Ezekiel bread	Brown rice, gluten free, ideal flat, 100% rye, soy flour, spelt breads	Wheat bagels, corn muffins, durum wheat, English muffins, bread high in protein, oat bran muffins, pumpernickel, sprouted wheat bread
	Millet, rice cakes, rye crisps	

Grains & Pasta		
Highly Beneficial	Neutral	Avoid
There are none that are beneficial. However, you can use rice pasta noodles to make your delicious meals.	Barley flour, buckwheat, quinoa, kasha, spelt flour	Flour – bulgur wheat, couscous, durum wheat, gluten, graham, oat, whole wheat, white
	Rice – basmati, brown, white, wild, flour	
		Pasta - Soba, semolina, spinach

Vegetables		
Highly Beneficial	Neutral	Avoid
Artichoke, beets, broccoli, chicory, collard greens, garlic, kale, leek, romaine lettuce, okra, parsley, parsnips, red pepper, sweet potatoes, spinach, turnips	Arugula, asparagus, beets, bok choy, carrots, celery, cucumber, dill, endive, fennel, ginger, green olives, green onions, radicchio, radishes, scallion, shallots, snow peas, sprouts, all squash, tofu, tomato, peppers	Avocado, cabbage, cauliflower, corn, eggplant, domestic & shiitake mushrooms, mustard greens, black & Greek olives, red and white potatoes, alfalfa & Brussels sprouts
Onion – red, Spanish, yellow		

Fruits		
Highly Beneficial	Neutral	Avoid
Dried & fresh fig	Apples, apricots, bananas, dates, blueberries, boysenberries, cherries, cranberries, currants, elderberries, gooseberries, grapefruit, grapes, guava, kiwi, lemons, mangoes, all melon except cantaloupe & honeydew, nectarine, papayas, peaches, pears, pineapple, pomegranates, raisins, limes, raspberries	Blackberries, coconut, cantaloupe & honeydew melon, oranges, plantains, rhubarb, strawberries, tangerines
Plums – dark, green, red		
Prunes		

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Juices & fluids		
Highly Beneficial	Neutral	Avoid
Black cherry	Apricot, carrot, celery, cranberry, grape, grapefruit, papaya, vegetable considering list	Apple, apple cider
Pineapple		Orange
Prune		

Misc. Beverages		
Highly Beneficial	Neutral	Avoid
Seltzer water	Beer	Coffee
Teas – dandelion, ginger, hops, linden, mulberry, peppermint, rose hips	Wine – white, red	Black tea
	Tea – green, ginseng, licorice root, valerian	Distilled liquor
		Soda – club, cola, diet

Condiments		
Highly Beneficial	Neutral	Avoid
Condiments are not considered beneficial. However, Cayenne pepper is a good seasoning	Garlic, mustard, honey, salt, soy sauce, sugar, jam, Worcestershire sauce	Vinegar – balsamic, red wine, white, cider
		Ketchup, mayonnaise
		Pickles, relish

Supplemental Nutrition Advisory (type 'O' only)		
Highly Beneficial	Your usage	Link to product – information and sales
Spark	Increase mental focus	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=A2095&id=E&flavor=M&size=C
OmegaPlex	Inflammation control	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W2002&id=D
Catalyst	Metabolism	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=T2010&id=A
Oasis	Essential for O's	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W2705&id=D
Multi-vitamin	Essential in general	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W6031&id=D
Calcium	Essential for O's	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3001&id=D

Additional Options for a <i>paleo lifestyle</i>	
Customized meal planning <i>Making it easy for you and your family</i>	http://www.sevenwellness.com/Meal-Planning.html
Nutrition Coaching via Skype	http://www.sevenwellness.com/Goals.html
Test your pH at home with this kit	http://astore.amazon.com/queshealandwe-20/detail/B002ZYVU40
The Paleo Solution - book	http://astore.amazon.com/queshealandwe-20/detail/0982565844
The GenoType Diet - book	http://astore.amazon.com/queshealandwe-20/detail/B002VJY8E2
The Paleo Diet - Cookbook	http://astore.amazon.com/queshealandwe-20/detail/0470913045
Paleo Resource Website Page <i>Complimentary info for your review</i>	http://www.sevenwellness.com/Paleo-and-Blood-type-diet-information.html