

# BLOOD GROUP DIET

## TYPE O



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Disclaimer: Please consult your Medical Caregiver prior to embarking on any new diet. By following the diet detailed below you do so at your own risk. This diet is not tailored to the individual and should be viewed as a general guideline for those wishing to change their diet.

# BLOOD GROUP DIET | Type: O

Type O bodies love to digest animal proteins such as red meat however, carbohydrates and dairy products not so much and the latter cause rapid weight gain.

FOODS THAT PROMOTE WEIGHT GAIN	FOODS THAT AID WEIGHT LOSS
<ul style="list-style-type: none"> <li>• Beans</li> <li>• Sweet Corn</li> <li>• Mustard</li> <li>• Sugar</li> <li>• Cabbage</li> <li>• Lentils</li> <li>• Bread</li> </ul> <p>Slows the metabolism &amp; interferes with the production of insulin, resulting in weight gain.</p>	<ul style="list-style-type: none"> <li>• Kelp</li> <li>• Seafood</li> <li>• Liver</li> <li>• Red Meats</li> <li>• Spinach</li> <li>• Broccoli</li> </ul>

## MEAT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Beef</li> <li>• Buffalo</li> <li>• Lamb/Mutton</li> <li>• Liver</li> <li>• Rabbit</li> <li>• Venison</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Calf Liver (occasional)</li> <li>• Turkey (occasional)</li> <li>• Veal</li> </ul>	<ul style="list-style-type: none"> <li>• Duck</li> <li>• Bacon/Ham/Pork</li> <li>• Heart</li> <li>• Goose</li> <li>• Snails</li> <li>• Partridge</li> <li>• Quail</li> </ul>

## SWEETNERS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
	<ul style="list-style-type: none"> <li>• Barley Malt</li> <li>• Honey</li> <li>• Maple Syrup</li> <li>• Molasses</li> <li>• Rice Syrup</li> <li>• Sucanat</li> </ul>	<ul style="list-style-type: none"> <li>• Corn Syrup</li> <li>• Sugar (Brown/White)</li> <li>• Dextrose</li> <li>• Fructose</li> <li>• Maltodextrin</li> </ul>

## BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Adzuki</li> <li>• Black Eyed Pea</li> <li>• Pinto</li> </ul>	<ul style="list-style-type: none"> <li>• Black Bean (occasional)</li> <li>• Broad Bean (occasional)</li> <li>• Cannellini (occasional)</li> <li>• Fava Bean(occasional)</li> <li>• Green Bean(occasional)</li> <li>• Jicama(occasional)</li> <li>• Lima (occasional)</li> <li>• Mung Bean (sprouts) (occasional)</li> <li>• Red Soy Bean(occasional)</li> <li>• Red Bean(occasional)</li> <li>• Snap Bean(occasional)</li> <li>• White Bean(occasional)</li> <li>• Peas(occasional)</li> </ul>	<ul style="list-style-type: none"> <li>• Copper Bean</li> <li>• Kidney Bean</li> <li>• Garbanzo</li> <li>• Navy</li> <li>• Lentils (all)</li> <li>• Tempeh (Fermented Soy)</li> <li>• Tofu</li> </ul>

Beans should be soak 24 – 48 hrs prior to cooking or sprouted.

Adapted from God's Pharmacy by Herman Uys

Adapted from Dr D'Adamo, <http://www.dadamo.com/>

## FISH & SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Bass (striped)</li> <li>• Bluefish</li> <li>• Cod</li> <li>• Hake</li> <li>• Halibut</li> <li>• Herring (fresh)</li> <li>• Mackerel</li> <li>• Monkfish</li> <li>• White Perch</li> <li>• Pike</li> <li>• Red Snapper</li> <li>• Salmon (all)</li> <li>• Sardine</li> <li>• Shad</li> <li>• Sturgeon</li> <li>• Snapper</li> <li>• Sole</li> <li>• Trout (rainbow)</li> <li>• Whitefish</li> <li>• Yellowtail</li> </ul>	<ul style="list-style-type: none"> <li>• Abalone</li> <li>• Anchovy</li> <li>• Bass (bluegill, sea)</li> <li>• Beluga</li> <li>• Carp</li> <li>• Clam</li> <li>• Crab (all) Crayfish</li> <li>• Eel</li> <li>• Flounder</li> <li>• Grouper</li> <li>• Gray Sole</li> <li>• Haddock</li> <li>• Lobster</li> <li>• Mahi-mahi</li> <li>• Mussels Oysters</li> <li>• Perch (silver/ocean)</li> <li>• Scallop</li> <li>• Shrimp</li> <li>• Snails</li> <li>• Squid</li> <li>• Tuna</li> </ul>	<ul style="list-style-type: none"> <li>• Barracuda</li> <li>• Catfish</li> <li>• Caviar</li> <li>• Conch</li> <li>• Herring (pickled)</li> <li>• Octopus</li> </ul>

## DAIRY & DAIRY PRODUCTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Rice Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Almond Milk</li> <li>• Butter (occasional)</li> <li>• Farmer Cheese (occasional)</li> <li>• Feta Cheese (occasional)</li> <li>• Ghee (occasional)</li> <li>• Mozzarella (occasional)</li> <li>• Soy Cheese &amp; Milk</li> <li>• Yoghurt (rarely)</li> <li>• Eggs (occasional)</li> </ul>	<ul style="list-style-type: none"> <li>• Blue Cheese</li> <li>• Brie</li> <li>• Buttermilk</li> <li>• Camembert</li> <li>• Casein</li> <li>• Cottage Cheese</li> <li>• Cheddar</li> <li>• Cream Cheese</li> <li>• Edam Cheese</li> <li>• Emmenthal</li> <li>• Goat Cheese</li> <li>• Gouda</li> <li>• Gruyere</li> <li>• Cow's milk</li> <li>• Milk Kefir</li> <li>• Parmesan</li> <li>• Provolone</li> <li>• Ricotta Cheese</li> <li>• Sour Cream</li> <li>• Ice Cream</li> <li>• Swiss Cheese</li> <li>• Whey / Whey Protein</li> </ul>

## OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>Olive Oil</li> <li>Flax seed oil</li> </ul>	<ul style="list-style-type: none"> <li>Black Currant Seed Oil</li> <li>Canola Oil</li> <li>Cod Liver Oil</li> <li>Sesame oil</li> <li>Walnut oil</li> </ul>	<ul style="list-style-type: none"> <li>Castor Oil</li> <li>Coconut Oil</li> <li>Corn Oil</li> <li>Cottonseed Oil</li> <li>Peanut Oil</li> <li>Safflower &amp; Sunflower oil</li> </ul>

Take at least 1 tablespoon of olive oil daily over salads or steam vegetables

## CONDIMENTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
	<ul style="list-style-type: none"> <li>Almond Extract</li> <li>Chocolate</li> <li>Gelatine Plain</li> <li>Mayonnaise</li> <li>Miso</li> <li>Salad Dressing</li> <li>Sea Salt</li> <li>Soy Sauce</li> <li>Tamari</li> <li>Worcestershire Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Aspartame</li> <li>Guar gum</li> <li>Ketchup / tomato sauce</li> <li>MSG</li> <li>Mustard</li> <li>Vinegar</li> </ul>

## NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>Flaxseed</li> <li>Pumpkin Seed</li> <li>Walnut (Black)</li> <li>Walnut (English)</li> </ul>	<ul style="list-style-type: none"> <li>Almond / almond butter</li> <li>Chestnut</li> <li>Pecan/ Pecan Butter</li> <li>Pine nut</li> <li>Hickory</li> <li>Macadamia</li> <li>Pecan/Pecan butter</li> <li>Sesame Seed/ Tahini</li> <li>Sunflower seed</li> </ul>	<ul style="list-style-type: none"> <li>Brazil Nut</li> <li>Cashew/Cashew Butter</li> <li>Hazelnut</li> <li>Peanut / Peanut Butter</li> <li>Pistachio</li> <li>Poppy Seed</li> </ul>

## GRAINS / CEREALS / BREADS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>Essene / Manna Bread</li> <li>Ezekiel Bread</li> <li>Oat Flour</li> <li>Oat/Oat Bran/ Oatmeal</li> <li>Rice Bran</li> <li>Rice Cakes</li> <li>Rice (all)</li> <li>Brown Rice Bread</li> </ul>	<ul style="list-style-type: none"> <li>Buckwheat</li> <li>Gluten Free Bread (occasional)</li> <li>Millet (occasional)</li> <li>Kamut (occasional)</li> <li>Quinoa (occasional)</li> <li>Rey Flour /Rey Bread (occasional)</li> <li>Soba Noodles (occasional)</li> <li>Soy Flour Bread</li> </ul>	<ul style="list-style-type: none"> <li>Amaranth</li> <li>Barley</li> <li>Corn</li> <li>Couscous</li> <li>Gluten Flour</li> <li>Graham Flour</li> <li>Popcorn</li> <li>Tapioca</li> <li>Teff</li> <li>Wheat / Wheat products</li> </ul>

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## VEGETABLES / VEGETABLE JUICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Artichoke</li> <li>• Beet Greens / Juice</li> <li>• Broccoli</li> <li>• Chicory</li> <li>• Collard Greens</li> <li>• Dandelion</li> <li>• Garlic</li> <li>• Horseradish</li> <li>• Kale</li> <li>• Kelp</li> <li>• Kohlrabi</li> <li>• Leek</li> <li>• Lettuce (romaine)</li> <li>• Onion (red)</li> <li>• Parsnips</li> <li>• Pumpkin</li> <li>• Parsley</li> <li>• Cayenne Pepper</li> <li>• Sweet potato</li> <li>• Seaweed</li> <li>• Spinach</li> <li>• Swiss Chard</li> <li>• Turnip</li> </ul>	<ul style="list-style-type: none"> <li>• Agar</li> <li>• Asparagus</li> <li>• Bamboo Shoot</li> <li>• Beet</li> <li>• Bok Choy</li> <li>• Carrot / juice</li> <li>• Celery / Celery Juice</li> <li>• Chervil</li> <li>• Cucumber / juice</li> <li>• Endive</li> <li>• Fennel</li> <li>• Ginger</li> <li>• Lettuce</li> <li>• Mushrooms (abalone, oyster, enoki, Portobello))</li> <li>• Onion (green)</li> <li>• Peppers (all)</li> <li>• Pimento</li> <li>• Radish</li> <li>• Scallion</li> <li>• Squash</li> <li>• String bean</li> <li>• Fennel</li> <li>• Tomato / juice</li> <li>• Watercress</li> <li>• Yam</li> <li>• Zucchini</li> <li>• Avocado</li> </ul>	<ul style="list-style-type: none"> <li>• Aloe / aloe juice</li> <li>• Alfalfa Sprouts</li> <li>• Brussel Sprout</li> <li>• Cabbage (all)</li> <li>• Cabbage juice</li> <li>• Cauliflower</li> <li>• Eggplant</li> <li>• Caper</li> <li>• Mushrooms (domestic, shiitake)</li> <li>• Mustard Greens</li> <li>• Olives (all)</li> <li>• Pickle</li> <li>• Potatoes</li> <li>• Rhubarb</li> <li>• Sauerkraut</li> <li>• Spirulina</li> </ul>

Sweet corn affects the production of insulin, which could cause high blood sugar and diabetes. All O-groups should stay away from sweet corn, especially in cases of obesity or family history of diabetes.

Never mix fruit and vegetables as these foods clash and cause increase acidity. Always keep proteins separate from starches as they create excess acidity, which can cause calcification of veins and arthritis

## FRUITS / FRUIT JUICE

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Banana</li> <li>• Black Cherry</li> <li>• Fig</li> <li>• Guava</li> <li>• Pineapple juice</li> <li>• Plum</li> <li>• Prune /juice</li> <li>• Water &amp; Lemon</li> </ul>	<ul style="list-style-type: none"> <li>• Apple / apple juice</li> <li>• Apricot/ apricot juice</li> <li>• Blueberry</li> <li>• Melons</li> <li>• Cherry</li> <li>• Cranberry / juice</li> <li>• Currants (Black/red)</li> <li>• Date</li> <li>• Elderberry</li> <li>• Gooseberry</li> <li>• Grape / juice</li> <li>• Grapefruit / juice</li> <li>• Kiwi</li> <li>• Kumquat</li> <li>• Lemon/ juice</li> <li>• Lime / juice</li> <li>• Mango</li> <li>• Nectarine</li> <li>• Papaya / juice</li> <li>• Peach</li> <li>• Pear / juice</li> <li>• Persimmon</li> <li>• Pineapple</li> <li>• Pomegranate</li> <li>• Prickly Pear</li> <li>• Raisin</li> <li>• Raspberry</li> <li>• Star fruit</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Apple cider</li> <li>• Blackberry / juice</li> <li>• Cantaloupe</li> <li>• Coconut</li> <li>• Coconut milk</li> <li>• Orange</li> <li>• Strawberry</li> <li>• Tangerine</li> <li>•</li> </ul>

## HERBAL TEAS & OTHER BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Seltzer Water</li> <li>• Club Soda</li> <li>• Rooibos Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Green Tea</li> <li>• Black / Regular Tea</li> <li>• Wine (Red/White)</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Beer</li> <li>• Coffee (Regular/decaf)</li> <li>• Liquor (Distilled)</li> <li>• Soda (diet or regular)</li> <li>• Tea (Black/Regular)</li> </ul>

## Exercise

Dr D'Adamo recommends physical and cardiovascular exercise 4 – 5 times weekly.

## Lifestyle Advice for Type Bs

Here are Dr D'Adamo's key lifestyle strategies for people with Blood Type O:

- Develop clear plans for goals and tasks – annual, monthly, weekly, daily to avoid impulsivity.
- Make lifestyle changes gradually, rather than trying to tackle everything at once.
- Eat all meals, even snacks, seated at a table.
- Chew slowly and put your fork down between bites of food.
- Avoid making big decisions or spending money when stressed.
- Do something physical when you feel anxious.
- Engage in thirty to forty five minutes of aerobic exercise at least four times per week.
- When you crave a pleasure releasing-substance (alcohol, tobacco, sugar), do something physical.

### Quick Food Guide to Inflammation for Type AB

- Wheat
- Sweet Corn
- Kidney Beans
- Navy Beans
- White Potatoes

**Foods Causing  
Inflammation**



- Seaweed
- Red Meat
- Oily Cold Water Fish
- Spinach
- Kale

**Foods Reducing  
Inflammation**

