



Eating right – Blood Type O

The following lists of foods, are a summary of the excellent work done by Dr. D'Adamo, in his latest book "Live Right For Your Type", including updated information regarding "secretor Status", an important clinical distinction when it comes to food selection.

Each of the Blood types have two possible formats they exist in: **Secretors** and **Non-Secretors**. Consider the "**Secretor**" (around 80% of people) as a person with their blood type, and thus their immune components, expressed throughout their body fluids, like a well guarded facility with a security fence and guard dogs, designed for all sorts of possible attacks. You can find blood type markers in their saliva, mucus, sweat etc.

In contrast consider the "**Non-Secretor**" as the more primitive or simplistic immune system, with its components present in the blood only. The analogy would be a burglar alarm inside your house, when it goes off you are already in trouble, and the battle for survival may be expensive with the home invasion hard to reverse.

In life we find the non-secretor less able to cope with the modern existence of chemicals, high carbohydrate consumption and man-made bugs and viruses. Chronic fatigue, hypersensitivity to chemicals and foods, and diabetes are more common with non-secretor group.

The following lists, apply to **Secretor only**. If you are type 2 diabetic, overweight and have had poor health all your life, with infections and allergies, then you may be a "Non-secretor", and need to eat accordingly from the Non-secretor list. If your health is fairly robust and "strong" then you are most likely a "Secretor", and this is the suitable list for you.

To maintain Acid/Alkaline ratios a 70% fruit and vegetable based diet daily should be attained.

If you want to recover from poor health, eat largely from the Highly Beneficial sections and fill in the gaps with foods from the Neutral only. Remember a neutral food won't make you any worse but will also slow or stop your progress if you eat too much from the neutral list.

Foods that encourage Weight Gain by interfering with Insulin or Thyroid metabolism

Wheat gluten, **sweet corn**, kidney beans, navy beans (baked beans), lentils, cauliflower

Foods that encourage Weight Loss, by improving metabolism.

Kelp, seafood, Sea salt (esp. Celtic), liver, red meat, kale, spinach, broccoli



FOOD CATEGORIES

Meat, Poultry & Game

Remember that the type of wild meats that best suited the O blood type had a fat percentage of 1-2% and were at least pesticide free, though most likely parasite ridden. The leanest cut of beef is still around 20% fat with pig meat up to 30-40%. On the subject of pig meat (pork, bacon, ham), all blood types have created antibodies to it, thus reacting to it as infectious material rather than food.

Seafood

Fresh fish and seafood, grilled, baked, steamed or raw (sushi) is the healthiest way to have it. Deep fried contains damaging trans fatty acids, and tinned fish contains "dead flesh proteins" (polyamines), due to continuing decay, which are "cancer cell growth promoters".

Dairy Products & Eggs

Dairy is a substitute food that does not belong in the human diet especially for the O type. Though some of it is Neutral for the Secretor, you must remember that it is loaded with hormones, pesticides, antibiotics and bacteria, and is no better than the health of the cows from which it comes. The same can be said for eggs though a much better food source if organically produced.

Nuts & Seeds

Good sources of the beneficial essential fatty acids and vegetable protein in their unprocessed form. A handful per day of each of the 3 beneficial ones is recommended.

Beans & Pulses

O types can do well on the proteins in beans and legumes so long as they combine them with suitable vegetables and avoid the more problematic ones that really disturb the digestive tract.

Cereals and Starches

Note **there are NO beneficial options in this category** other than sprouted (Essene) bread, which is technically a vegetable after the sprouting process. These are the Achilles heels for the O blood type as Dr D'Adamo says. Avoid is best, especially Non-Secretors. If you want to loose weight and improve almost every health problem, then as a "type O" you would be best to pretend that the bakery was never invented. Just try avoiding all cereal/flour products for 6 weeks. You will be amazed!

Vegetables, Sprouts, Soya Products & Fresh Herbs

Even on the high protein diet of the O blood type there is a risk of increased bone loss and acidity if enough vegetables are not consumed with the protein meals. A palm sized serve of protein with the rest of the plate consisting of beneficial vegetables is ideal. Asian style eating with pieces of protein food amongst lightly cooked vegetables is good.



Fruits

The best way to start the days eating is always with some fresh fruit to alkalize the system and help move the intestinal contents along. If you do alright on the "Fit for Life"- type program and can do the "Fruit until midday" plan, that is good. Otherwise you may need to have some protein in the morning.

Highly Beneficial

Miscellaneous Beverages

Because of the addictive nature of the O type brain chemistry, you can't afford to have much in the way of alcohol, as well as the fact that it is pure carbohydrate and therefore likely to prevent fat loss and disturb blood sugar levels. This will especially be the case for the Non-secretor, who is, by nature, genetically predisposed to both alcoholism and diabetes.

Red wine appears to be the exception, but is still only a "neutral" food, and can easily become a problem for the liver. All the so-called "benefits" of red wine are obtainable from good quality Red Grape Juice. Lloyds Bio-dynamically grown grape juice is a safer option if you don't want to embarrass your self at a party if you are that way inclined. "Norfolk Punch" is a great herbal alternative without the excess sweetness and is quite healthy. Good before bed for the anxious "O".



Easy Reference Guide to Healthy Eating Blood Type O - Secretor

Type	Excellent	OK	NO NO and NO
Meat	Beef, Lamb, Calf Liver, Mutton, Oxtail, Heart, Veal, Venison	Chicken, turkey, rabbit, duck	NO Bacon, goose, ham, pork
Seafood	Cod, Halibut, Red Snapper, Perch, Rainbow Trout, Salmon, Snapper, Sole, Striped Bass, Sturgeon, Swordfish	Abalone, Anchovy, Crab, Crayfish, Grouper, Haddock, Hake, Herring fresh, Lobster, Mackerel, Mussels, Oysters, Prawns, Scallops, Sea bass, Sea trout, Shark, Squid, Sardine	NO Barracuda, Catfish, Caviar, Octopus, Smoked Salmon, Squid (calamari)
Eggs Cheeses Yoghurt Milk		Butter, Eggs (Chicken and Duck), Feta Cheese, Ghee, Goat's cheese/Goats Feta, Mozzarella cheese, Soya milk (check ingredients) (egg count includes eggs in baking)	NO Brie, Camembert, Cheddar, Cottage, Edam, Goat's Milk, Goose Egg, Gouda, Ice-cream, Milk, Ricotta, Whey, Yoghurt, All other cheeses.
Oils and fats	Flaxseed (linseed) oil, Olive oil	Almond, Sesame, Cod liver oil, Walnut oil	NO Castor oil, Coconut oil, Corn, Cottonseed, Evening Primrose, Safflower oil, Sunflower oil, Soy oil, Peanut oil, Wheatgerm oil
Nuts and seeds	Pumpkin seeds, walnuts, flaxseed	Almonds, Almond butter, Hazelnuts, Macadamias, Pecans, Pine nuts, Sesame seeds, Sesame paste (Tahini)	NO Brazils, Cashews, Peanuts, Peanut butter, Pistachio nuts, Poppy seeds, Sunflower seeds, Chestnuts
Beans	Adzuki, black eyed peas	Black beans, Broad beans, Cannellini, Chickpeas, Fava beans, Lima, Green beans, Lima beans, Green peas, Soya beans, Miso, Tofu and Tempeh, Sugar/ snap beans & peas.	NO Kidney beans, Navy beans (baked beans), Lentils (brown, red & green), Pinto beans

Type	Excellent	OK	NO NO and NO
Cereals	Note there are NO beneficial options in this category		
Breads, Grains & Pastas	Sprouted wheat bread (sprouted wheat is OK and most health food stores have this moist type of loaf in the fridge. Along with sprouted rye and other grains).	Amaranth, Buckwheat, Millet, Rice (all types), Oatbran, Oatmilk and Oatmeal, Quinoa, Rice bran, Rice Milk (avoid if it contains sunflower oil), Rye, 100% rye bread, Rye vita crisp bread, Spelt, Soy flour, Tapioca	NO Barley, Cornflakes, Cornmeal, Couscous (cracked wheat), Wheat, Wheat bran, Gluten Products, Granola, Semolina pasta, Wheatgerm, Shredded wheat, Bagels, Corn muffins, Cornbread, Durum wheat bread and pasta, Matzos, Multi-grain bread, Polenta, Popcorn, Pumpernickel bread, Psyllium, Muffins, Whole-wheat bread
Vegetables Soy products	Beetroot leaves, Broccoli, Chicory, Silver beet, Dandelion greens, Endive, Ginger, Globe and Jerusalem artichokes, Horseradish, Kale, Kohlrabi, Okra, Onions (red, Spanish, yellow), Parsley, Parsnips, Pumpkin, Red peppers, Kelp and other seaweeds, Spinach, Sweet potatoes, Turnips	Asparagus, Bamboo shoots, Beetroots, Bok Choy, Broad beans (fresh), Brussels Sprouts, Cabbage (Chinese, red and white), Carrots, Celery, Chili peppers, Coriander, dill, Eggplant, Fennel, Garlic, Olives (green, Greek, Spanish), Lettuce (cos, iceberg), Mung bean sprouts, Mushrooms (Types: Portobello, Oyster, Maitake), Parsnips, Peppers (green & yellow), Peas (green & snow), Radish sprouts, Radishes, Rocket, Shallots, Spring onions, Squash (all types), Swedes, Tomatoes, Water chestnuts, Watercress, Yams, Zucchini	NO Alfalfa sprouts, Aloe Vera, Avocado, Cucumber, Cauliflower, Leeks, Mushrooms – cultivated (the white button ones in the supermarkets), shiitake mushrooms, Olives (black), Pickles, Potatoes (red, white), Sweet corn, Taro
Fruits	Bananas, Blueberries, Cherries, Figs (fresh & dried), Guava, Mangos, Plums (green, purple, red), Prunes	Apples, Apricots, Blackcurrants, Boysenberries, Cranberries, Dates, Grapefruit, Grapes (green, purple, red), Lemons, Limes, Loganberries, lychees,	NO Blackberries, Coconuts, Kiwi fruit, Melon (cantaloupe, honeydew), Mandarins, Oranges, Nashi (Asian pear), rhubarb

Type	Excellent	OK	NO NO and NO
Juices	Black Cherry juice, Pineapple juice (freshly made), Prune juice (Sunraysia)	Mulberries, Nectarines, Papayas, Peaches, Pears, Persimmons, Pineapples, Raisins, Raspberries, Star fruit, Strawberries, Watermelons Apple cider, Apple juice (freshly made), Apricot juice, Cabbage juice, Carrot, Celery, Cranberry, Grape, Grapefruit (freshly made), Papaya, Tomato (freshly made), Water (with lemon), other vegetable juices from vegetable list	Orange juice
Herbs, spices	Carob powder, Cayenne pepper, Curry powder, Parsley, Seaweeds such as dulse, nori (the seaweed on sushi), wakame, kelp (kombu/bladderwrack), Turmeric	Agar, Allspice, Almond essence, Apple cider vinegar, Apple pectin, Anise, Arrowroot, Barley malt, Basil, Bay leaf, Brown rice syrup, Caraway, Chive, Chocolate (milk-free), Cinnamon, Cloves, Coriander, Cream of tartar, Cumin, Dill, Garlic, Gelatine, Honey, Jam (from acceptable fruits), Licorice root, Maple syrup, Marjoram, Mint, Molasses, Paprika, Peppermint, Rosemary, Saffron, Sage, Salt, Wheat-free Soy sauce, Spearmint, Stevia, Sucanat, Sugar (brown, raw & white), Tamari (this is wheat-free soy sauce from health food stores), Tamarind, Tarragon, Thyme, Vanilla (essence & pod), Worcestershire sauce, Yeast (brewers/nutritional)	NO Aspartame/ NutraSweet, Carageenan, Corn syrup, Corn flour, Dextrose, Fructose, Guar gum, Guarana, Maltodextrin, Mustard, Nutmeg, Pepper (ground black & white), All vinegars except apple cider vinegar.



Type	Excellent	OK	NO NO and NO
Herbal teas	Astragalus, Cayenne, chickweed, dandelion, fenugreek, Ginger, Green tea, hops, , lime leaf, linden, parsley, Marshmallow, rose-hip, peppermint, slippery elm, sarsaparilla	Chamomile, dong quai, ginseng, raspberry leaf, sage, senna, spearmint, valerian, vervain, yarrow	NO Alfalfa, echinacea, golden seal, red clover, rhubarb, St. John's Wort, yellow dock
Beverages	Soda water,	Red Wine (only if you don't have an existing liver weakness. Give it six weeks to replace itself)	NO Beer, Coffee, Distilled spirits, All Soft drink (cola, diet, others), Tea, White wine
Condiments		Jams – from suitable fruits, mustard	

Ongoing research results in slight changes in above foods. For an up-to-date informative guide, check the website: www.dadamo.com