

Blood Type Nutrition

<p style="text-align: center;"><u>Type O</u></p> <ul style="list-style-type: none"> - The original hunter/gatherers. - Thrive on intense physical exercise, plenty of animal protein, and little to no grains and legumes. - Tend to have low levels of thyroid hormone and are very sensitive to allergens. - Eat plenty of: <ul style="list-style-type: none"> o Kelp o Seafood o Celtic salt o Liver extracts o Red meat o Kale, Spinach, Broccoli - Avoid: <ul style="list-style-type: none"> o Wheat gluten (Sprouted wheat may be tolerated) o Corn o Kidney beans o Navy beans o Lentils o Cabbage o Brussels sprouts o Cauliflower o Mustard greens 	<p style="text-align: center;"><u>Type AB</u></p> <ul style="list-style-type: none"> - The newest blood type with the combined strengths and weaknesses of A and B. - Strong and active, respond best to stress actively. - Few problems with allergies, but tendency toward heart disease, cancer, and anemia. - Eat plenty of: <ul style="list-style-type: none"> o Tempeh o Seafood o Dairy o Green vegetables o Kelp o Pineapple - Avoid: <ul style="list-style-type: none"> o Red meat o Kidney beans o Lima beans o Seeds o Corn o Buckwheat o Wheat
<p style="text-align: center;"><u>Type B</u></p> <ul style="list-style-type: none"> - The nomadic shepherds. - Most balanced of all types, responds best to stress with creativity. - Most resistant to disease, but tendency toward hypoglycemia and exotic auto-immune system disorders. - Eat plenty of: <ul style="list-style-type: none"> o Green vegetables o Meat o Eggs o Dairy products o Liver extracts o Licorice tea - Avoid: <ul style="list-style-type: none"> o Corn o Lentils o Peanuts o Sesame seeds o Buckwheat o Wheat 	<p style="text-align: center;"><u>Type A</u></p> <ul style="list-style-type: none"> - The first agrarians. - Respond best to stress with calming action, do best on vegetarian diet with plenty of whole grains and legumes. - Tendency toward heart disease, cancer, and diabetes. - Eat plenty of: <ul style="list-style-type: none"> o Cold-pressed vegetable oils o Non-GMO whole soy foods o Vegetables (all types) o Pineapple - Avoid: <ul style="list-style-type: none"> o Meat (replace red meat with poultry or fish as much as possible) o Dairy o Kidney beans o Lima beans o Wheat (in excess)

For more information, see Eat Right 4 Your Type by Peter D'Adamo and/or www.dadamo.com.