

Eating the Correct Foods for your Blood Type Blood Type O

Your blood type is the key to how foods affect your body and as a consequence it provides a guide that can improve your health, physical vitality and emotional strength. The link between blood types and food explains many of the paradoxes that have been observed in dietary studies over the years, it also explains why some people are able to lose weight on particular diets whilst others do not. The link between blood type and diet has been developed by two American Naturopathic Physicians, James and Peter D'Adamo and is based on 40 years of observation and research. From these observations the D'Adamo's have developed comprehensive lists of how specific foods affect the body and more importantly, which foods can be toxic to your blood type.

There is considerable evidence that the development of the various blood types is related to changes in diet during our evolutionary history. The original hunter and gatherer populations were type O, however with increasing population and migrations the other blood types developed. The first appearance of type A in appreciable numbers was during the agricultural revolution about 10,000 years ago. People with type A blood were more suited to the largely vegetarian diet and hence were more likely to survive than their type O predecessors. The type B blood type developed amongst the first communities to consume dairy foods in substantial quantities and it is not surprising that people with type B blood are able to tolerate dairy foods better than other individuals. The type AB blood type developed about 2000 years ago as a result of intermingling of type A and type B societies.

The importance of blood type in the development of disease has been recognized for many year. Type O's are more prone to ulceration whereas type A's are prone to cancer and cardiovascular disease, however the reason for these observations was not known. The D'Adamo's work on blood types and diet provides a simple and elegant understanding of how food — or more specifically — substances in foods called lectins, can interact with the blood and thus provide an environment in which disease can develop. The cells in our body have markers on their surfaces called antigens, that the immune system uses to determine whether the substances or cells are foreign or not. One of the most powerful antigens in the body is the one that determines blood type. It is found on the surface of red blood cells and your blood type is name for this antigen. For example, blood type A has the A antigen on the surface, blood type B has the B antigen, blood type AB has both the A and B antigens and blood type O has no antigens.

The key to the blood type approach to diet is that your body will reject blood type antigens that are not of your blood type. That is:

Blood type A will accept **type A** and reject **type B** antigens

Blood type B will accept type B and reject **type A** antigens

Blood type AB will accept **any other blood type**

Blood type O will reject **all other blood types**

The link between blood type and food is found in components of foods called lectins, and these lectins can mimic the blood type antigens. Simply put, when you eat food containing lectins that are incompatible with your blood type antigens, the lectins target an organ or bodily system and cause the blood cells in that area to clump together. This clumping is then associated with tissue destruction and can be a major factor in the development of disease.

TYPE O DIET: BENEFICIAL FOODS

<p>Meats & Poultry Beef Beef ground Heart Lamb Liver Mutton Veal Venison</p> <p>Seafood Bluefish Cod Hake Halibut Herring Mackerel Pike Rainbow trout Red snapper Salmon Sardine Shad Snapper Sole Striped bass Sturgeon Swordfish Tilefish White perch Yellow perch Yellow tail</p> <p>Oils & Fats Linseed (flaxseed) oil Olive oil</p> <p>Nuts & Seeds Black cherry Pumpkin seeds Walnuts</p> <p>Beans & Legumes Beans, aduke Beans, azuki Beans, pinto Peas, black-eyed</p>	<p>Breads & Muffins Essene bread Ezekiel bread</p> <p>Vegetables Artichoke, domestic Artichoke, Jerusalem Beet leaves Broccoli Chicory Collard greens Dandelion Escarole Garlic Horseradish Kale Kohlrabi Leek Lettuce, Romaine Okra Onions, red Onions, Spanish Onions, yellow Parsley Parsnips Peppers, red Potatoes, sweet Pumpkin Seaweed Spinach Swiss chard Turnips</p> <p>Fruits Figs, dried Fig, fresh Plums, dark Plums, green Plums, red Prunes</p> <p>Juices & Fluids Black cherry Pineapple Prune</p> <p>Spices Carob Curry Dulce Kelp (bladder wrack) Parsley Pepper, cayenne Turmeric</p>	<p>Condiments Apple butter Jam (fruits listed as beneficial or neutral) Jelly (fruits listed as beneficial or neutral) Mayonnaise Mustard Salad dressing (low-fat, listed as beneficial or neutral) Worcestershire sauce</p> <p>Herbal Teas Cayenne Chickweed Dandelion Fenugreek Ginger Hops Linden Mulberry Parsley Peppermint Rosehips Sarsapania Slippery elm</p> <p>Miscellaneous Beverages Soda, club Seltzer water</p>
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TYPE O DIET: FOODS TO AVOID

<p>Meats & Poultry Bacon Goose Ham Pork</p> <p>Seafood Barracuda Catfish Caviar Herring (pickled) Octopus Smoked salmon</p> <p>Eggs & Dairy American cheese Blue cheese Brie Buttermilk Camembert Cheddar Colby Cream cheese Edam Emmenthal Goat milk Gouda Gruyere Ice cream Jarlsbourg Kefir Monterey Jack Munster Neufchatel Parmesan Provolone Ricotta Skim or 2% fat milk Swiss Whey Whole milk Yoghurt, all varieties</p> <p>Oils & Fats Corn oil Peanut oil Cottonseed oil Safflower oil</p> <p>Nuts & Seeds Brazil Cashew Peanut Butter Peanuts Pistachios Poppy seeds</p> <p>Beans & Legumes Beans, kidney Beans, navy Beans, tamarind Lentils, domestic Lentils, green Lentils, red</p>	<p>Cereals Cornmeal Cream of wheat Oat bran Oatmeal Mixed grain Wheat bran Wheat, shredded Wheat germ</p> <p>Breads & Muffins Bagels, wheat Corn muffins Durum wheat English muffins High-protein bread Matzos, wheat Multi-grain bread Oat bran muffins Pumpernickel Sprouted wheat bread Wheat bran muffins Whole wheat bread</p> <p>Grains & Pastas Bulgur wheat flour Couscous flour Durum wheat flour Graham flour Gluten flour Oat flour Pasta, semolina Pasta, spinach Soba noodles Sprouted wheat flour White flour Whole wheat flour</p> <p>Vegetables Avocado Cabbage, Chinese Cabbage, red Cabbage, white Cauliflower Corn, white Corn, yellow Eggplant Mushroom, domestic Mushroom, shiitake Mustard greens Olives, black Olives, Greek Olives, Spanish Potatoes, red Potatoes, white Sprouts, alfalfa Sprouts, Brussels</p> <p>Fruits Blackberries Coconuts Lychees Melon, honeydew Oranges</p>	<p>Plantains Rhubarb Rockmelon Strawberries Tangerines</p> <p>Juices Apple Apple cider Cabbage Orange</p> <p>Spices Capers Cinnamon Cornstarch Corn syrup Nutmeg Pepper, black ground Pepper, white Vanilla Vinegar, apple cider Vinegar, balsamic Vinegar, red wine Vinegar, white</p> <p>Condiments Pickles, dill Pickles, kosher Pickles, sour Pickles, sweet Relish Tomato sauce</p> <p>Herbal Teas Alfalfa Aloe Burdock Coltsfoot Corn silk Echinacea Gentian Goldenseal Saint John's Wort Senna Shepherd's-purse Strawberry leaf Red clover Rhubarb Yellow dock</p> <p>Miscellaneous Beverages Coffee, regular Liquor, distilled Soda, cola Soda, diet Soda, other Tea, black decaffeinated Tea, black regular</p>
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CONCEPTS OF A/B/O EATING

Individuals with type A blood tend to be healthier if they avoid red meats and dairy foods. Beneficial foods for A's include soy, certain vegetables and fruits, nuts and beans.

O blood type individuals, however, tend to be healthier when consuming red meats and animal proteins. O's must avoid most grains and dairy foods.

B blood type individuals are the only people who can safely consume certain dairy products. B's also do well on animal protein but should also avoid grains.

AB's have greatest tolerance to lectins, but must still avoid many meats, grains and beans.

A/B/O Blood type program

- Reduces food sensitivities
- Based on human history
- Aids in weight loss
- Improves muscle mass
- Feeds the body what its designed to eat
- Reduces sugar cravings and balances blood sugar levels