

# Health Recovery Diet – Blood Type O

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

## **Therapeutic Foods – Eat daily**

**Veggies:** Artichokes, Beet greens, Broccoli, Chicory, Collard Greens, Escarole, Horseradish, Garlic, Kale, Kohlrabi, Lettuce, Okra, Onion, Parsley, Parsnips, Peppers, Pumpkin, Sweet Potatoes, Seaweed, Spinach, Swiss Chard, Turnips

**Fruits:** Banana, Blueberry, Cherry, Fig, Mango, Grapefruit, Plum, Prune

**Grains:** Essene bread, Ezekiel bread (sprouted), Artichoke flour

**Oils:** Olive, Flaxseed

**Cheeses:** None

**Dairy:** None

**Nuts & Seeds:** Pumpkin Seeds, (zinc) Walnuts, Flax

**Beans:** Aduke, Azuki, Black-eyed Peas

**Meat & Fish:** Beef, Lamb, Veal, Venison, Buffalo, Cod, Salmon, Sturgeon, Swordfish, Perch, Rainbow trout, Shad, Striped Bass, Halibut, Pike

**Spices & Condiments:** Carob, Curry, Dulse, Kelp, Cayenne, Turmeric

**Misc:** Cayenne, Chickweed, Horseradish, Dandelion, Fenugreek, Ginger, Hops, Mulberry, Parsley, Peppermint, Rosehips, Sarsaparilla, Slippery Elm, Apple Cider Vinegar

## **Inflammatory Foods -Avoid**

**Veggies:** Avocado, Cabbage, Cauliflower, Corn, Cucumber, Eggplant, Leeks, Mushrooms (Shiitake), Olives (black), Potatoes (red & white), Alfalfa sprouts, Taro

**Fruits:** Blackberries, Melons, Oranges, Plantains, Rhubarb, Strawberries, Tangerines, Apple juice, Kiwi

**Grains:** Barley, Corn, Oats, Wheat, Couscous, Sorghum

**Oils:** Corn, Cottonseed, Peanut, Safflower

**Cheeses:** American, Blue, Brie, Cheddar, Colby, Cottage, Camembert, Cream, Edam, Gouda, Gruyere, Kefir, Jarlsberg, Monterey Jack, Munster, Parmesan, Provolone, Neufchatel, String cheese, Swiss, Ricotta

**Dairy:** Ice Cream, Milk, Buttermilk, Yogurt, Goat Milk, Whey

**Nuts & Seeds:** Cashews, Sunflower, Pistachio, Brazil, Peanuts, Poppy seeds

**Beans:** Kidney, Navy, Copper, Lentils, Pinto

**Meat & Fish:** Pork, Goose, Barracuda, Catfish, Herring (pickled), Lox, Caviar

**Spices & Condiments:** Cinnamon, Cornstarch, Capers, Corn Syrup, Nutmeg, Pepper (white), Vinegar, Ketchup, Pickles, Relish

**Misc:** Alfalfa, Aloe, Burdock, Coltsfoot, Yellow dock, Cornsilk, Catnip, Echinacea, Gentian, Goldenseal, Red Clover, Rhubarb, St. John's Wort, Senna, Shepherd's purse, Strawberry leaf, Coffee, Black teas, Beer, White wine, Sucanat

Adapted from *Eat Right for Your Type*, Dr. Peter J. D'Adamo

