Blood Type “O” Food Highlights

Please note that most of the food classifications given below reflect the Type O Secretor; however, we have included some examples of Non-Secretor foods.

**Beneficial foods:** beef; venison; mutton; cod; perch; sole; trout; swordfish; essene and Ezekiel bread; sweet potatoes; adzuki beans; black-eyed peas; walnuts; pumpkin seeds; artichoke; broccoli; collard greens; onions; garlic; pumpkins; turnip; Swiss chard; dandelion; kale; spinach; escarole; romaine; ginger; olive oil; flaxseed oil; bananas; dandelions; mango; figs; blueberries; guava; prunes; plums; turmeric; ginger; dulse; kelp; seltzer water; and red wine.

*Type Os* are the “Hunter” who are energized by eating red meat like beef (but not pork). It also assists in weight loss and strengthens the immune system. Aim for 6-9 servings per week. Other beneficial red meats include buffalo, veal, venison and mutton as well as heart and sweetbreads. Turkey and chicken are neutral to be eaten occasionally.

Cod, perch, pike, sole, swordfish, and rainbow trout are all beneficial for Type Os. There is an excellent selection of neutral fish including salmon, pickerel, tuna, whitefish, grouper, haddock and flounder. Only Type Os can enjoy lobster, shrimp, and crab.* About 3-5 servings per week are recommended for Caucasians. (*avoid for N/S)

Dairy products such as cow’s milk and most of the cheeses produce antibodies in the Type O which is the reason that yogurt and sour cream are avoid foods and there are limited cheeses. For the Type O secretor, mozzarella, goat’s feta and farmer’s cheese are allowed, as is butter. For the Type O non-secretor, butter is the only dairy product. Eggs can be eaten in moderation, 3 to 6 per week for Caucasians.

Beans and legumes are not important protein sources for the Type O, therefore very few servings are recommended. There are only two beneficial beans for Type O secretors -- adzuki and black-eyed pea -- and none for non-secretors who also have less neutral beans in their selection. Both can have green beans and black beans as neutrals. It’s important to note that non-secretors avoid soybean which includes soy milk and tofu. Kidney and lima beans are weight gainers and navy bean is also an avoid. Type O non-secretors do well with lentils; secretors do not.

Nuts and seeds can be eaten about 2-5 times per week. Almond and almond butter are a good replacement for peanut butter which favours type As and ABs. Only walnuts are beneficial for Type Os. There are many neutrals such as hazelnut, macadamia, pecans, and pine nuts. Avoid cashews, chestnut, peanuts and pistachios. Pumpkin seeds and walnuts or almonds can be ground and added to your fruit smoothie.

The best advice for a Type O is to completely eliminate all wheat products--breads, buns, muffins, crackers, pasta and baked goods. There are many equivalent grains which can substitute for wheat that more nutritious and don’t cause bloating, constipation or weight gain. Rye bread such as the Dimpflmeier 100% Sauerteig Roggenbrot bread sold at the deli counter in major grocery stores, rye crisp or RyeVita offer a crispy textured treat. The
two beneficial breads, Ezekiel and Essene, are sprouted breads in several flavours and can be found in health food stores. Pasta-loving Type Os who aren’t yet ready to substitute brown rice for their pasta, take heart because familiar pasta shapes like rotini, fettuccine and spaghetti are available in non-wheat grains. For example, it will be an adventure discovering the nutty texture and flavour of quinoa or spelt. Stone ground brown rice pasta is easy to digest and is lighter on the stomach than wheat. Breakfast cereals include amaranth flakes (like bran flakes), and puffed millet or rice. For baking muffins try kamut flour. All this said and done, remember that pastas and breads play a small role in the very simple Type O diet based on meat, fish, veggies, and fruit.

Vegetables are so good for type Os that Dr. D’Adamo doesn’t limit servings. All blood types should eat more raw veggies and juice them as well. Beneficial vegetables include artichoke, broccoli, collard greens, onions, pumpkins, turnip, and Swiss chard. Enjoy a salad every day using a variety of lettuces such as romaine, Spinach, kale, dandelion, and escarole. Skip iceberg lettuce altogether. When cooking vegetables choose steaming over any other method. It’s best to grow your own or whenever possibly purchase fresh, local organic produce. Second best is frozen. Avoid canned food. Never microwave. The white, red or yellow potato is to be avoided; however, sweet potatoes are okay. Cauliflower and Brussels sprouts are weight gainers and alfalfa sprouts are another avoid. For anyone who has arthritis, avoid the nightshade family of plants: eggplant, tomatoes, potatoes, peppers and tobacco.

Fruits are good for Type Os although they aren’t necessary for health risk reasons like they are for Type As wishing to avoid cancer or heart disease. Bananas, cherries, blueberries, mango, guava, figs, prunes and plums are beneficial. Apples, grapes, peaches, pears, raspberries and pineapples are neutrals. Choose grapefruit over oranges and resist those luscious looking cantaloupe and honeydew melon at parties!

The best cooking oil is olive oil or grape seed oil. Avoid corn, soy or peanut oil. In terms of essential fatty acid oils, flaxseed and cod liver oil and black currant seed oil are good. Avoid evening primrose, castor oil (internally, not castor oil packs) and wheat germ oil.

There are many delicious herbs and spices available to Type Os. Add fresh garlic (use a garlic press) ginger and wheat-free tamari sauce to casseroles, stews and soups. The best spice for the liver is turmeric (from the curry family). Use coarse sea salt daily (grind in salt mill). In the winter, make your own leek soup with the above spices and add quinoa or rice noodles. Seaweeds like dulse and kelp are beneficial and excellent for treating the thyroid. Allspice, anise, chives, chilli powder and molasses are neutral. Aloe vera; hawthorn berry; echinacea; and St. John’s Wort are for Type As, not Os. Rhodiola Rosea is a powerful immune system booster.

Instead of coffee, experiment with coffee substitutes like Inca. Although black tea is to be avoided, green tea is a good antioxidant (steep tea bag for only 45 seconds to avoid bitter tea). Add freshly squeezed lemon juice to water. Limit juices to freshly squeezed, and dilute them with water. Vegetable juice is much better for Os than fruit juice. An occasional glass of red wine with dinner is good for the heart. Other alcohol beverages like beer and distilled liquor are strict avoids. Seltzer or Soda Water are beneficial for reducing gastric production and are a pleasant tasting change from R.O. or spring water.