

Type O Blood Group

Best foods

| | |
|----------------------------------|--|
| Vegetables | Artichokes, broccoli, dandelion greens, kale, garlic, onions, leeks, parsnips, parsley, pumpkin, seaweed and kumara |
| Oils | Olive oil and flaxseed oil |
| Nuts and seeds | Pumpkin seeds and walnuts |
| Beans and pulses | Aduki beans, blackeyed beans and pinto beans |
| Cereals | None are best but ones that are ok to include are barley, buckwheat, millet, oats and rice |
| Breads | Essene bread is best, ones that are ok are brown rice bread, rice cakes, gluten-free bread, millet bread, rye bread, Ryvita crisp bread and soya bread |
| Grains and pasta | None are best but ones that are ok to include are buckwheat, barley flour, rice flour, rye flour, tapioca, rice, vermicelli and buckwheat noodles |
| Fruits | Figs, plums and prunes |
| Meats | Beef and veal, mutton and lamb, venison and liver |
| Fish | Bluefish, cod, hake, halibut, mackerel, perch, pike, salmon, sardine, snapper, trout and tuna |
| Dairy products & eggs | None are best but ones that are ok to include are eggs, goat cheese, feta cheese, soya cheese, soya milk and butter |
| Spices etc | Curry powder, carob, cayenne pepper, tumeric, parsley and kelp |
| Teas and drinks | Ginger, peppermint, rosehip, dandelion, soda water, pineapple juice, black cherry juice, prune juice and vegetable juices |

Foods to Avoid

| | |
|-------------------------|--|
| Vegetables | Avocado, cabbage, cauliflower, potato, sweet corn and black olives |
| Oils | Corn oil, cottonseed oil and safflower oil |
| Nuts and seeds | Brazil nuts, cashew nuts, peanuts and peanut butter, poppy seeds and pistachio nuts |
| Beans and pulses | Kidney beans, navy beans, red beans, soya beans and lentils |
| Cereals | Cornflakes and wheat cereals |
| Breads | Bagels, corn bread, wheat bread, oat bread and oat bran muffins |
| Grains and pasta | Bulgar wheat, couscous, durum wheat, gluten flour, oat flour, white flour, wheat flour and semolina |
| Fruits | Blackberries, coconuts, strawberries, melons (all), oranges, tangerines and rhubarb |
| Meats | Pork, ham, bacon and goose |
| Fish | Barracuda, catfish, caviar, smoked salmon and octopus |
| Dairy products | Cottage cheese, goats milk, milk kefir, cheddar cheese, edam cheese, parmesan cheese, camembert cheese, most other dairy cheeses, cows milk, whey, buttermilk, icecream and yoghurt |
| Spices etc | Nutmeg, vinegars (all), pickles, relish, ketchup, cinnamon and pepper |
| Teas and drinks | Coffee, tea (black), distilled spirits, apple cider, apple juice and orange juice |

Any foods not included in these lists are generally ok for Type O blood group people.

Information sourced from: **Sustaining Health** - The Physical Dimension in

Health and Healing - by Melva Martin.