

SHOPPING GUIDE FOR BLOOD TYPE O

By Lady Carla Davis, MPH

Specializing in Nutrition

“Research indicates that your blood type is a key genetic factor that influences many areas of health and well being. Knowing your blood type is an important tool for understanding how your body reacts to food, your susceptibility to disease, your natural reaction to stress, and more.” Dr. Peter D’Adamo <http://www.dadamo.com/txt/index.pl?6047> 3:16

Keep in mind that these recommendations are a general guideline. Consuming foods that are beneficial for your blood type will strengthen your immune system and help your body function better. Because of biochemical individuality (e.g. secretor and non-secretor) and various illnesses or toxicities, there may be some variations. Putting these variations aside, consume Beneficial foods often; Neutral Frequently foods regularly; and Neutral Infrequently foods occasionally.

FRUITS & FRUIT JUICES

Fruits are Nature’s delicious, nutritious natural sweets. They are cleansing and provide a rich source of vitamins, minerals, antioxidants, phytonutrients, and fiber. Berries are particularly nutritious. One of the best brands of organic berries is OOB: <http://www.oob.co.nz/12-frozen-berries>.

AVOID GMO fruits and sprayed fruits, since they absorb large amounts of pesticides. Sadly, most Hawaiian papaya now contain GMOs. AVOID fruits exposed to nuclear radiation.

Select fresh, colourful, organic fruits in season and/or dried organic fruits withOUT any preservatives, sugar, or oil. The whole fruit with its fiber is always healthier than fruit juice. Fruits are best consumed first thing in the morning or between meals. Always wash well and consume fruits according to your blood type.

Fruit juices are generally high in simple sugars and carbohydrates. Thus, keep them to a minimum. AVOID juices/drinks containing HFCS (high fructose corn syrup), added sugar, fluoride, and/or preservatives. BEWARE! Some organic companies add fluoridated water, claiming it is potable, when in fact it is not. Select organic brands that use 100% pure, fruit juice (not concentrated), which is suitable for your blood type. Homemade juice with its fiber is better than processed juice. Diluted juice can be used as a replacement for alcohol when entertaining or on a hot summer day. Fresh mint enhances the taste of pineapple and various other tropical juices.

BENEFICIAL: Blueberry, cherry, elderberry (dark blue/purple), plum, prune, banana, fig (fresh/dried), guava, mango, pineapple

NEUTRAL FREQUENTLY: Boysenberry, breadfruit, canang melon, casaba melon, Christmas melon, cranberry, Crenshaw melon, dewberry, gooseberry, grapefruit, kumquat, lemon, lime, loganberry, mulberry, musk mellon, nectarine, papaya/pawpaw, peach, pear, Persian melon, persimmon, pomegranate, prickly pear, raspberry, sago palm, Spanish melon, watermelon, youngberry

NEUTRAL INFREQUENTLY: Apple, apricot, currant, date, grapes, quince, raisin, star fruit (carambola), strawberry

MEAT & POULTRY

It would be much more humane if everyone could maintain their health as a vegetarian. However, humans are part of Nature’s food chain, and maintaining good health requires a certain amount and type of protein. For example, blood type Os, do better with red meat (beef, buffalo, lamb), while blood type As do better with poultry (chicken, hen, & turkey). Blood type Bs do better with lamb and venison, while AB blood types do better with lamb and turkey.

Organic, pasture-fed meat provides a rich source of vitamins, minerals, and high vibratory protein. In fact, all the world's centenarian cultures eat meat. Thus, the meat itself does not cause disease, but rather what is being done to it.

Factory farms, bad animal husbandry, hormones, antibiotics, cloning, and processing methods, along with all the chemicals and preservatives added to the end product are responsible for the vilification of meat and the diseases it contributes to. Cruel live exports, brutal abattoirs, and inhumane factory farms are enough to turn anyone into a vegetarian! AVOID factory farmed and processed meat with their cancer-causing chemicals. AVOID processed boneless and skinless cuts of meat that contain meat glue. Also, AVOID meat in parts of the world that have poor hygiene and are exposed to nuclear radiation fallout.

Small organic farms are far more humane with their animals than factory farms. Pasture or grass-fed animals are much healthier than grain-fed animals, and smaller is usually a better choice. Find a good butcher who carries organic, pasture-fed meat. Select fresh or frozen organic, pasture-fed, quality meats and poultry that are **free** of GMOs, hormones, antibiotics, and preservatives. Because meat is energising, it is best consumed earlier in the day with a large colourful raw salad afterwards.

BENEFICIAL: Beef, buffalo, lamb, calf's liver/heart, mutton, sweet breads, veal, venison

NEUTRAL FREQUENTLY: Chicken, Cornish/Guinea hen, duck, goat, goose, grouse, guinea hen, ostrich, partridge, pheasant, squab, turkey

FISH & SEAFOOD

If it is at all possible anymore, select fresh fish and seafood from unpolluted waters that are suitable for your blood type. Buy either whole or fillets of fresh fish. Canned seafood (i.g. sardines, wild salmon) in brine is a good back-up when fresh seafood is not available. Normally, fish and seafood are a good sources of healthy fats and protein. Unfortunately, most shell fish, sword fish, tuna, and numerous other types of seafood contain high levels of mercury, cadmium, and other pollutants such as plastics. Best to AVOID them; especially if you are unsure of their origin. In addition, seafood from the North Pacific may be further contaminated from the Fukushima nuclear disaster. AVOID farmed fish and seafood as they often contain high levels of antibiotics, viruses, parasites, and GMOs.

The large selection of fish below is not meant to suggest that you consume more of it, but rather to provide more choices in different parts of the world. Because of all the pollution being dumped into our oceans and waterways, keep your consumption of fish and seafood to a minimum; especially if pregnant. Fish or seafood can be consumed at breakfast, lunch, or dinner.

BENEFICIAL: Cod, halibut, red snapper, trout (rainbow), sole (except grey), sturgeon, tilefish, yellowtail

NEUTRAL FREQUENTLY: Anchovy, beluga, bluefish, bullhead, butterfish, carp, caviar (sturgeon), chub, clam, crab, croaker, crusk, drum, haddock, hake, half moon fish, harvest fish, herring (fresh), lobster, mackerel, mahimahi, monkfish, mullet, mussel, opaleye, oysters, parrot fish, pickerel, pompano, porgy, sailfish, (wild) salmon, sardines, scallops, shrimp/prawns, sunfish, tilapia, trout (brook/sea), tuna (minimal), whiting

NEUTRAL INFREQUENTLY: flounder, grey sole, grouper, whitefish

DAIRY & EGGS

Blood type Os do not do well with dairy; especially cow's dairy. Quality, raw dairy is more nutritious than pasteurised dairy, which destroys many enzymes. However, it is often difficult to obtain raw dairy commercially because of regulations. Goat and sheep dairy are more digestible than cow's dairy and closer to human milk in structure. The process of homogenization damages the fat in milk and other dairy products, even if they are organic. Thus, AVOID any dairy that is homogenized!

Also, AVOID milk, dairy, and eggs from large factory farms, which often contain antibiotics, hormones, and GMOs.

Eggs, like meat, have also been wrongly vilified over the years. In fact, organic, free-range eggs are one of Nature's perfect foods. They are a rich source of protein with all the essential amino acids in the right ratios. Eggs are also a rich source of vitamins; choline and vitamin A in particular, and antioxidants such as lutein and zeaxanthin. The yolk is actually the most nutritious part; not the white. Never over cook the yolk. Over cooking destroys the yolk's lecithin, which takes care of the cholesterol.

Many supermarket eggs, produced in factory farms, claim to be free-range. However, their chickens may only be out of their cages for a short time each day because the term 'free-range' is not clearly defined. Choose organic dairy and eggs from small, reputable organic farms. Products from biodynamic farms are the best. Also, make sure ghee and butter are not rancid or combined with other oils.

BENEFICIAL: Ghee

NEUTRAL FREQUENTLY: Eggs (chicken/duck)

NEUTRAL INFREQUENTLY: Butter (unsalted), Farmer cheese, goat & sheep cheeses, mozzarella

BEANS & LEGUMES

Beans and legumes are rich in minerals and fiber. Combined with rice or other grains they provide a complete protein for vegetarians. Choose organic dried, jarred, or canned beans and legumes according to your blood type. Soak all dried beans before cooking to make them more digestible. Or, use canned beans. Blood type Os should minimize consumption of beans and legumes.

AVOID soy if you are overweight, have candida, a high copper level, a hormonal imbalance, a thyroid disorder, or cancer; otherwise, use it minimally and always with seaweeds. Ensure that tofu, tempe, and soy products are organic, properly fermented, and GMO FREE.

BENEFICIAL: Fava/broad bean, aduki/adzuki bean, green/snap/snow/string beans, black-eyed pea, northern bean

NEUTRAL FREQUENTLY: Black bean, cannellini bean, garbanzo/chickpea, jicama bean, lima bean, mung bean/sprouts, pea (green/pod/snow), white bean

NEUTRAL INFREQUENTLY: Miso, tempeh, tofu (all fermented)

NUTS & SEEDS

Nuts and seeds are gluten-free and rich in minerals, protein, fiber, and essential fatty acids. They make a healthy, tasty snack and are good as a survival food. When blended with water, nuts or seeds make a delightful milk for smoothies. Healthy oil products can be made from the many varieties of nuts and seeds. Organic walnuts, almonds, macadamia, and pumpkin seeds are particularly nutritious in fatty acids.

Buy only organic or insecticide-free nuts and seeds that are fresh and properly packaged in a vacuum sealed, light protected wrapper/container. AVOID nuts and seeds packaged in a clear wrapper and with added oils. Always select nuts in their shell or skin, which help protect them from going rancid. Check the use-by date to avoid rancid, old, or dried out products. Rancid seeds and nuts; especially peanuts are toxic and cancer causing. Wash all nuts well in hot water. Remove the skin before making almond milk or adding to a smoothie. Soaking the nuts in warm or hot water helps to remove the skin easily.

Nut butters are more digestible than whole nuts. For the best quality flax seed products, pumpkin seed butter, and pumpkin seed protein powder, go to: <http://www.omeganutrition.com/>.

BENEFICIAL: Flax/linseed, walnut (black/English), pumpkin seed, pumpkin seed butter, pumpkin seed protein powder

NEUTRAL FREQUENTLY: Almond, almond butter, almond milk, butternut, filbert/hazelnut, hickory, macadamia, macadamia butter, pecan, pignolia/pine nut

NEUTRAL INFREQUENTLY: Quinoa, safflower seed, sesame seed, sesame/tahini butter, sesame seed

OILS

Basically, there are three main types of fats/oils: Saturates, Monounsaturates, and Polyunsaturated. To learn more read "**What You Should Know About Your Fats & Oils**" by this author in **The NZ Journal of Natural Medicine**, issue 2, August-November 2011, or "**Know Your Fats & Oils**" at <http://www.NourishingBasics.com>.

Saturates include animal fats, butter, ghee, and coconut oil. They can be heated at higher temperatures for baking, broiling, and to sauté with out easily being damaged. Use with water or wine to sauté, but do not burn them.

Monounsaturates include almond, avocado, black current and borage seed, macadamia, olive, sesame, and walnut. They can be heated mildly for marinades or other sauces, but become damaged if used in high heat cooking. They are also good for flavoring ethnic (Italian, Mexican, Asian, etc.) meals after the food is cooked.

Extra virgin olive oil is mostly a monounsaturate that contains some omega 6, but no omega 3. Too much omega 6 can cause a deficiency in omega 3. BEWARE of cheaper brands of olive oil that are being mixed with canola oil. Always select extra virgin olive oil from a reputable company. "Light" or "pure" means the oil has been refined and it is unhealthy.

Polyunsaturates include flax seed, cod liver, Krill oil, evening primrose, safflower. They damage easily and should never be heated. They are suitable as supplements, for salads, or added to soup or vegetables after they are cooked.

Unrefined polyunsaturated oils provide the essential fatty acids (EFAs), such as omega 3 and omega 6, which the body must have in balance, on a regular basis. The EFAs in balance are especially vital for pregnant/nursing mothers, babies, and growing children. Flax seed oil is particularly rich in omega 3 and beneficial for all blood types.

AVOID refined, GMO fats/oils (margarine, canola oil, and most vegetable oils, etc.) and ALL products containing them. These damaged fats/oils are endocrine disruptors and cancer causing. If you or your children suffer from liver problems, skin eruptions, hormone imbalances, obesity, asthma/breathing difficulties, mental, check the oils they are consuming.

Select organic, unrefined, cold pressed oils for your blood type that are in light-protected containers. One of the best brands and a pioneer in the industry is: **Omega Nutrition**: <http://www.omeganutrition.com/>. Look for their *Omegaflo* trademark on various other brands. Remember, air, heat, and light damage oils.

BENEFICIAL: Flax seed/linseed, flax seed with lignans, extra virgin olive

NEUTRAL FREQUENTLY: Almond, black currant seed, borage seed, cod liver, macadamia, sesame, walnut

NEUTRAL INFREQUENTLY: Coconut (virgin or deodorized)

VEGETABLES, SEaweEDS, & ALGAE

Vegetables, seaweeds, and algae are a rich source of vitamins, minerals, antioxidants, and fiber. Make them part of each meal on a daily basis. Raw salads are best consumed after lunch and steamed vegetables go well with dinner. To prevent loss of enzymes and nutrients, lightly steam vegetables in a small amount of water. Never overcook them. Homemade soup or puréed vegetables are a good way to feed vegetables to children.

Select organic, brightly colored, fresh, frozen, or jared vegetables according to your blood type. AVOID canned or processed packaged vegetables and squashes that are GE. Also, AVOID canned or frozen vegetables that contain unhealthy sauces, sugar, additives, damaged fats/oils, and flavor enhancers. Fresh or frozen vegetables contain more nutrients and enzymes than canned vegetables. When buying fresh, select vegetables that are in season. Open markets are often the best place to find fresh organic produce. Consume a colorful raw salad and steamed vegetables each day.

Seaweeds/sea vegetables and algae are a good sources of protein and nourishment for vegetarians. Seaweed is rich in iodine, which is an important nutrient for everyone, except those who are allergic to iodine or seafood. Dried and fresh seaweeds/sea vegetables come in many different varieties such as dulce, kelp, kombu, nori, wakame, etc. Quality brands are: **Seaweed Iceland Ltd.:** <http://www.seaweed.is/>, **Eden Organic:** <https://www.edenfoods.com/>, and **Maine Coast Sea Vegetables:** <https://www.seaveg.com/shop/> that also produces **Sea Seasonings Shakers.**

Chlorella and spirulina are algae super foods that come in powdered or tablet form. **Sun Chlorella** produces the highest quality and most digestible chlorella: <https://www.sunchlorellausa.com/>. While there are numerous fine brands to choose from, **Nutrex Hawaiian Spirulina** is among the best: <http://www.nutrex-hawaii.com/>.

Normally, seaweeds are very healthy. Unfortunately, with the high level of pollution and radiation now coming from Fukushima, be very cautious about the source of anything that comes from the sea. Stick with reputable brands, which are well tested. AVOID seaweeds exposed to nuclear radiation fallout.

BENEFICIAL: Beet greens, broccoli/broccolini, chicory, collards, escarole, kale, mushroom (maitake), onion, sweet potato, seaweeds, spinach, Swiss chard, artichoke, beet, dandelion, horseradish, kohlrabi, lettuce (Romaine/cos), mushrooms (abalone, enoki, oyster, portobello, straw, tree ear), okra, parsnips, pumpkin, turnip

NEUTRAL FREQUENTLY: Arugula/rocket, asparagus, asparagus pea, bamboo shoot, bok choy, carrot, celeriac, celery, chilli pepper, daikon radish, eggplant, endive, fennel, fiddlehead fern, garlic, lettuce (other dark leafy), pepper/capsicum, poi, radicchio, radish sprouts, rappini (broccoli rabe), rutabaga, scallion, shallot, squash, tomato, water chestnut, water cress, zucchini

NEUTRAL INFREQUENTLY: Brussels sprouts, cabbage, olives (Greek/green/Spanish), yam

GRAINS (CEREALS, STARCHES, CRACKERS, & COOKIES)

Grains have been highly overrated in the USDA Nutrition Guidelines. This error in nutrition has greatly contributed to an obesity epidemic and been very costly because of the maladies it is creating. Adding insult to injury, non-organic grains are now sprayed with glyphosate (RoundUp), which NGO scientists have concluded to be a carcinogen. <http://edition.cnn.com/2017/05/15/health/roundup-herbicide-cancer-allegations/index.html>

Blood type Os do not do well with wheat or other gluten grains, cereals, barley, starches, or products made with them. Their lectins produce inflammation in the gut and contribute to thyroid disorders. Blood type Os do better on a gluten-free a diet. Also, AVOID gluten products containing corn

starch, corn meal, and soy. Unfortunately, most corn and soy products today, have been contaminated with GMOs. See: <https://www.organicconsumers.org> and learn more about what to look for when buying gluten-free products: <http://www.thealternativedaily.com/wheat-making-fat-sick/>.

Grain products should be organic, fat-free, and sugar-free. Also, AVOID all baked goods and grain products (pasta, etc.) containing bromide, fluoride, and nuclear radiation fallout. For a good selection of gluten-free wrap, pizza base, and whole food mixes go to: <http://www.monicatopliss.com>.

Organic, gluten-free brown rice crackers make tasty snacks that are suitable for all blood types. Read the ingredients section and AVOID crackers that contain added sugar, HFCS, oils, MSG, or other flavor enhancers. **Edward & Sons, San J,** and **EatRight** are three good brands that produce healthy crackers. Don't settle for unhealthy, cheap imitations.

Choose cookies or biscuits that are FREE of added sugar, HFCS, and vegetable oils; especially canola oil. Some so called health food companies use organic sugar or cane juice in addition to fats/oils, additives, and flavor enhancers in their baked products. Use of organic sugar or cane juice is just another gimmick from the sugar industry to confuse and fool the consumer into thinking their products are healthy. Refined sugar is NOT healthy no matter how organic it is! Keep consumption of all these products to a minimum. If on a gluten-free diet, AVOID all gluten grains not listed below.

BENEFICIAL: Essene bread (manna)

NEUTRAL FREQUENTLY: Amaranth, ezeziel 4:9 bread, quinoa, tapioca, teff, 100% sprouted grain products

NEUTRAL INFREQUENTLY: Buckwheat/kasha/soba, millet, rice (whole, wild), rice cake, rice flour, rice milk, rye (whole/flour products), soba noodles (100% buckwheat)

HERBS, SPICES, CONDIMENTS, SEASALT, & SWEETENERS

Every kitchen should stock a selection of both fresh and organic dried herbs and spices. Make sure dried products are not irradiated. Fresh herbs can be easily grown in small pots on a veranda, patio, or in a sunroom.

Many good brands of organic, dried mixed herbs and mixed spices can be found at your local health stores/market and/or online sites. **Simply Organic:** <http://www.simplyorganic.com/>, **Morton & Bassett's Herbs from Provence,** and **Sea Seasonings** (seaweed) are excellent products.

AVOID herbs, spices, and condiments that contain sugar/dextrose, HFCS, damaged oils, MSG/hydrolyzed vegetable protein/flavor enhancers, refined salt, colorings, preservatives, and/or other chemicals.

Celtic sea salt, from **Selina Naturally:** <http://www.selinanaturally.com/>, comes in three varieties: Light Grey, Fine, Flower of the Ocean. These fine seasalts are superior to other seasalts. Always keep a supply of the Light Grey in stock.

When needed in a recipe, use unrefined natural sweeteners that don't spike insulin levels, such as date sugar, stevia, palm/coconut sugar, rice syrup (Lundberg), molasses, or unsulfured dried fruits. While unboiled honey and/or pure fruit juice are less harmful than refined sugar and artificial sweeteners, these simple sugars still spike insulin levels and thereby increase body fat. AVOID refined and artificial sweeteners, which are neurologically very damaging.

BENEFICIAL: carob, chickweed, curry, dandelion, dulce, garlic (secretor) parsley, cayenne pepper, fenugreek, ginger, hops, horseradish, kelp/seaweed, linden, mulberry, parsley, peppermint tea, rose hips, sarsaparilla, slippery elm, turmeric

NEUTRAL FREQUENTLY: Agar, allspice, almond extract, anise, basil, bay leaf, bergamot, camomile, cardamon, caraway, catnip, chervil, chilli powder, chive, cilantro/coriander leaf, cinnamon, clove, coriander seed, cream of tartar, cumin, dill, dong quai, dulce, elder, garlic (non secretor), gelatin (plain), ginseng, green tea, hawthorn, horehound, horseradish, lecithin, licorice root, marjoram, mayonnaise (undamaged oils), milk thistle, mint, miso, mullein, mustard (dry), oregano, paprika, pimiento, red pepper flakes, raspberry leaf, rosemary, saffron, sage, savory, scullcap, sea salt, spearmint, stevia, tamari low-sodium, (wheat-free), tamarind, tapioca, tarragon, thyme, valerian, vervain, vanilla, vegetable glycerine, vinegar(apple cider), white birch, white oak bark, wintergreen, yarrow, yeast (brewer's)

NEUTRAL INFREQUENTLY: Apple pectin, arrowroot, chocolate, honey, maple syrup, molasses, rice syrup, palm sugar, senna, sucanat

HERBAL TEAS

Herbal tea can be a soothing delight first thing in the morning, for a mid afternoon social, or after meals. **Celestial's** *Minty Magic*, **Nerada's** *Mint*, or **Traditional Medicine's** *Organic Ginger* assist with digestion. **Celestial's** *Sleepy Time* and various other teas with camomile help relax the body when under stress or at bedtime. **Celestial** also produce a pleasant caffeine-free *Green tea with Jasmine*, which is rich in antioxidants. **Vital's** *Rooibos* is another fine caffeine-free tea that is rich in antioxidants and magnesium. It is especially nice with fresh lemon, mint, and a bit of honey.

Herbal tea can also be a good remedy when feeling ill. For example fresh ginger tea with consumption of the raw ginger, greatly helps to alleviate the discomfort of food poisoning.

For healthy coffee substitutes try the many delightful caffeine-free flavours by **Teccino**: <http://teccino.com/>. They also make a nice variety of gluten-free (barley-free) dandelion flavours.

Celestial (American) produces the largest varieties of herbal teas: <http://www.celestialseasonings.com/>.

Traditional Medicinals (American) produces the best ginger tea and has among the highest standards. <http://traditionalmedicinals.com/>.

Nerada, (Australian) produces the best Rosehip tea (rosehip, ginger, lemon grass), which is a good in the morning or when ill. They also have a nice mint tea: <http://www.neradatea.com.au/>.

Vital Health Foods, (South African) produces the best Rooibos tea.

Select organic herbal teas and coffee substitutes that are caffeine-free and suitable for your blood type.

BENEFICIAL: Dandelion, ginseng, sarsaparilla, chickweed, fenugreek, ginger, hops, linden, mulberry, peppermint, rooibos, rosehip, slippery elm, valerian

NEUTRAL FREQUENTLY: Catnip, camomile, dong quai, elder, hawthorn, horehound, licorice, mullein, raspberry leaf, skullcap, spearmint, vervain, white birch, white oak bark, yarrow

NEUTRAL INFREQUENTLY: Senna

CANNED FOOD ITEMS

Certain canned food items provide a back up for a quick meal, snack, or survival. They should be BPA free, only contain natural wholesome ingredients. AVOID canned foods containing added sugar, HFCS, damaged fats/oils, fluoride, preservatives, additives, MSG and other flavor enhancers, and/or GMOs. Choose products from reputable companies only.

NOTE: These lists are based on the research and work of Drs. James and Peter D'Adamo.

© 2017 Lady Carla Davis www.NourishingBasics.com