

Blood Type Diet - Type O

Type Os thrive on intense physical exercise and animal protein. Unlike the other blood types, Type Os muscle tissue should be **slightly on the acid side**. Type Os can efficiently digest and metabolize meat because they tend to have high stomach-acid content. **The success of the Type O Diet depends on the use of lean, chemical-free meats, poultry, and fish.** Type Os don't find dairy products and grains quite as user friendly as do most of the other blood types.

The initial weight loss on the Type O Diet is by **restricting consumption of grains, breads, legumes, and beans**. The leading factor in weight gain for Type Os is the gluten found in wheat germ and whole wheat products, which interferes with insulin efficiency and slow down metabolic rate. Another factor that contribute to weight gain is certain beans and legumes (lentils and kidney beans) contain lectins that deposit in the muscle tissues making them less "charged" for physical activity. The third factor in Type O weight gain is that Type Os have a tendency to have low levels of thyroid hormone or unstable thyroid functions, which also cause metabolic problems. Therefore it is good to **avoid food that inhibits thyroid hormone (cabbage, brussels sprouts, cauliflower, mustard green) but increase hormone production (kelp, seafood, iodized salt).**

Several classes of vegetables can cause big problems for Type Os, such as the Brassica family (cabbage, cauliflower, etc.) can inhibit the thyroid function. Eat more vegetables that are high in Vitamin K, which helps the clotting factor which is weak in Type Os. The nightshade vegetables can cause lectin deposit in the tissue surrounding the joints.

Because of the high acidity stomach, Type Os should eat **fruits of alkaline nature such as berries and plums.**

Type Os should severely **restrict the use of dairy products**. Their system is not designed for the proper metabolism. If you are a Type O of African ancestry, you should **eliminate dairy foods and eggs altogether**.

Foods to encourage WEIGHT GAIN	Foods that encourage WHEIGHT LOSS
<ul style="list-style-type: none">• Sweetcorn• Kidney Beans• Cabbage• Brussel Sprout• Cauliflower	<ul style="list-style-type: none">• Sea Food• Lodized salt• Liver• Red Meat• Spinach• Broccoli

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Characteristics of Type O - Best on High Protein Diet

1. Thrive on intense physical exercise and animal proteins
2. Do not do well with dairy and grain products
3. Hardy digestive tract
4. The leading factor in weight gain for Type Os is the gluten found in wheat germ and whole wheat products.
5. Type O have a tendency to have low levels of thyroid hormone and unstable thyroid functions, which cause metabolic problems and weight gain.
6. Type O have high stomach-acid content, can digest meat easily.

	Comments	Most Beneficial	Food allowed	Food not allowed
Protein	The more stressful your job or demanding your exercise program, the higher the grade of protein you should eat	Beef, Lam, Mutton, Veal, Venison		
	Type Os can efficiently digest and metabolize meats		Any meat except for those listed as not allowed	Bacon, Ham, Goose, Pork
	Cold-water fish are excellent for Type Os. Many seafoods are also excellent sources of iodine, which regulates the thyroid function.	Cod, herring, Mackerel	Any fish or seafood except for those listed as not allowed	Barracuda, Pickled herring, Catfish, Smoked salmon, Caviar, Octopus, Conch
Dairy	Type Os need to severely restrict the use of dairy products and eggs		Butter, Farmer, Feta, Mozzarella, Goat cheese, Soy Milk	All other dairy products and yogurts

Fat	Type Os respond well to oils	Olive Oil, Flaxseed oil	Canola oil, Sesame Oil	Corn oil, Peanut oil, Cottonseed oil, Safflower oil	
Nuts	These foods should in no way take the place of high-protein meats, and they are high in fat especially if you are overweight.	Pumpkin seeds, Walnuts	All kinds except those listed as not allowed	Brazil, Cashew, Peanut, Pistachios, Poppy Seeds	
Beans	Type Os don't utilize beans particularly well. They tend to make muscle tissue slightly less acidic and inhibit the metabolism of other nutrients.	Aduke beans, Azuki beans, Pinto beans, Black-eyed peas	All kinds except those listed as not allowed	Beans - copper, kidney, Lentils - domestic, green, red.	
Grains	Type Os do not tolerate whole wheat products at all.	Essene Bread, Ezekiel Bread	Amaranth, Barley, Buckwheat, Rice, Kasha, Millet, Rye, Spelt	Corn, Gluten, Wheat, Oat, Seven-grains, or any products such as flour, bread and noodles made with these grain products	
Vegetables	These vegetables inhibit the thyroid function for Type Os			Brassica family: Cabbage, Brussels sprouts, cauliflower, mustard greens	
	These vegetables help blood clot, Type Os lack several clotting factors and need vitamin K to assist in the process	Kale, collard greens, romaine lettuce, broccoli, spinach			
	These vegetables irritate the digestive tract and the high mold count can aggravate Type O hypersensitivity problems.			Alfalfa sprouts, shiitake mushrooms, fermented olives	
	These vegetables can cause arthritic conditions in Type Os			Nightshades: eggplant, potatoes	
	This vegetable affect the production of insulin, often lead to obesity and diabetes for the Type Os.			Corn	
	This fruit agglutinate all blood types but Type Os.		Tomatoes		
		Artichoke, Chicory, Dandelion, Garlic, Horseradish, Kale, Leek, Okra, Onions,	All kinds except those listed as not allowed	avocado	

		Parsley, Parsnips, Red Peppers, Sweet potatoes, Pumpkin, seaweed, turnips		
Fruits	Dark red, blue and purple fruits tend to cause an alkaline reaction the digestive tract, and therefore balance the high acidity of the Type Os digestive tract to reduce ulcers and irritations of the stomach lining.	Plums, prunes, figs		
	These fruits contain high mold counts which can aggravate Type Os hypersensitivity problems (allergies)			Melons, cantaloupe, honeydew
	These fruits are high in acid content which may irritate the acidic stomach of Type Os	Grapefruit, most berries	Oranges, tangerines and strawberries, blackberries, Rhubarb	
	Fruits are not only an important source of fiber, minerals and vitamins, but they can be an excellent alternative to bread and pasta for Type Os	All kinds except those listed as not allowed		
	Type Os are extremely sensitive to this fruit.			coconut and coconut-containing products
Spices	Rich source of Iodine to regulate the thyroid gland	Kelp-based seasonings, iodized salt		
	Soothing to the digestive tracts of Type Os	Parsley, curry, cayenne pepper		
	Irritants to the Type O stomach			White and black pepper, vinegar, capers, cinnamon, Cornstarch, Corn syrup, Nutmeg, Vanilla
Condiments		chocolate, honey, cacao	Ketchup, pickles, mayonnaise, relish	
Beverages		Seltzer water, Club soda and tea	Wine	Beer, Coffee, Distilled liquor, Black Tea

TIPS:

- IMPORTANT: Don't overdo it by cutting back on other meals. Enjoy life. Indulge at supper-time and weekends like you normally would.
- Assuming you are a busy individual, eating a healthy breakfast should be a breeze. Preparing a healthy lunch while eating your breakfast shouldn't be hard either. The rest is easy (1) eat your lunch (2) No snacks or soda (3) stay busy & focused at work
- Do whatever is necessary to ensure you eat the lunch you prepared (for example, leave your credit card behind)
- Cut down on coffee, try it without sugar and milk.
- While at work (even otherwise, drink plenty of water)
- Do not snack at work
- Make your lunch as colourful as possible.
- Stay focused to your diet perhaps vegetables with and you'll have the body you want in no time.
- It's possible and recommended that you eat a variety of foods.
- You will notice that you don't feel lethargic or sleepy after lunch. Don't panic, this is normal. You will also become more productive at work; this is also normal.
- Keep up the mind-set. The secret to weight loss is not found in the newest "miracle" drug or herb. True weight loss can only be found in a commitment to a change in lifestyle. Limit your calorie intake in a healthy way, not an extreme one Make exercise a fun and healthy habit, not a chore. By combining a healthy diet with regular exercise, you can give your goals the best possible chance for success and create goals that are attainable - with commitment, dedication and hard work.
- When eating out, balance out your meal with extra activity and exercise
- Keep a supply of healthy snacks in your desk or handbag for a quick and healthy boost
- Carry a few non-perishable snack alternatives in your bag rather than purchasing a more unhealthy option