



BLOOD TYPE O DIET

'THE HUNTER'

- **MEAT EATER**
- **ROBUST DIGESTIVE TRACT**
- **UNBALANCED IMMUNE SYSTEM**
- **RESPONDS BEST TO STRESS WITH INTENSE PHYSICAL ACTIVITY**

Thrives on animal protein and intense physical activity! Blood type O originates from the high-protein hunter gatherer diet and the physical demands endured from ancient times!

* Enhances carbohydrate metabolism, helps with weight loss

MEATS & POULTRY

HIGHLY BENEFICIAL	NEUTRAL	AVOID
BEEF*	CHICKEN	DUCK LIVER
BEEF HEART	CHICKEN LIVER	GOOSE LIVER
BEEF LIVER	DUCK	HAM
BEEF TONGUE	GOAT	PORK & BACON
CALF LIVER	GOOSE	QUAIL
LAMB*	GROUSE	TURTLE
MARROW	GUINEA HEN	
MUTTON*	OSTRIDGE	
SWEETBREADS	PARTRIDGE	
VEAL*	PHEASANT	
VENISON	RABBIT	
	TURKEY	



SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
COD*	ANCHOVY	ABALONE
HALIBUT	CARP	BARRACUDA
MACKEREL (SPANISH)	CAVIAR	CATFISH
PIKE	CLAM	CONCH
RED SNAPPER	CRAB	FROG
SEA BASS	EEL	MUSKELLUNGE
SOLE	FLOUNDER	OCTOPUS
STURGEON	HADDOCK	POLLOCK (ATLANTIC)
SWORDFISH	HAKE	SQUID
TROUT (WILD)	HERRING	
TROUT (RAINBOW)	LOBSTER	
YELLOWTAIL	MACKEREL (ATLANTIC)	
	MONKFISH	
	MULLET	
	MUSSELS	
	OYSTER	
	PILCHARDS	
	SALMON	
	SMOKED SALMON	
	SARDINES	
	SCALLOPS	
	SEA BREAM	
	SHARK	
	SHRIMP	
	SKATE	
	TILAPIA	
	TROUT (SEA)	
	TUNA	
	TURBOT	
	WHITING	

DAIRY & EGGS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
PECORINO CHEESE	BUTTER	BLUE CHEESE
ROMANIAN URDA	EGG (CHICKEN)	BRIE CHEESE
	EGG (DUCK)	BUTER MILK
	FETA CHEESE	CAMEMBERT
	GOAT CHEESE	CASEIN
	GHEE	CHEDDER
	MOZZARELLA	COTTAGE CHEESE
		CREAM CHEESE
		EDAM CHEESE
		EGG (GOOSE)
		EGG (QUAIL)
		EMMENTAL
		GORGONZOLA
		GOUDA CHEESE
		GRUYE CHEESE
		ICE CREAM
		JARLSBERG CHEESE
		KEFIR
		MILK, COW
		MILK, GOAT
		PANEER CHEESE
		PARMESAN CHEESE
		QUARK CHEESE
		RICOTTA CHEESE
		ROMANO CHEESE
		ROQUEFORT CHEESE
		SHERBET
		SOUR CREAM
		STILTON CHEESE
		STRING CHEESE
		SWISS CHEESE
		WHEY PROTEIN
		YOGHURT

OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CAMELINA OIL	ALMOND OIL	AVOCADO OIL
FLAXSEED OIL	APRICOT KERNEL OIL	CASTOR OIL
LINSEED OIL *	BLK CURRANT SEED OIL	CORN OIL
OLIVE OIL	BORAGE SEED OIL	COTTON SEED OIL
RICE BRAN OIL	CANOLA OIL	EVENING PRIMROSE OIL
	CHIA SEED OIL	LARD
	COCONUT OIL	MARGARINE
	COD LIVER OIL	PALM OIL
	HEMP SEED OIL	PEANUT OIL
	MACADAMIA OIL	SAFFLOWER OIL
	PERILLA SEED OIL	SOY OIL
	PUMPKIN SEED OIL	SUNFLOWER OIL
	SESAME OIL	WHEAT GERM OIL
	WALNUT OIL	

NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CAROB	ALMOND	BEECH NUT
CHESTNUT	ALMOND BUTTER	BRAZIL NUT
CHINESE	ALMOND CHEESE	CASHEW
FLAXSEED*	ALMOND MILK	CASHEW BUTTER
HEMP SEED	BUUTERNUT	CHESTNUT EUROPEAN
PUMPKIN SEED	CHIA SEED	LYCHEE
WALNUT*	FILBERT HAZELNUT	PEANUT
	HICKORY	PEANUT BUTTER
	MACADAMIA NUT	PEANUT FLOUR
	PECAN	PISTACHIO NUT
	PECAN BUTTER	POPPY SEED
	PINE NUT PIGNOLI	SUNFLOWER BUTTER
	SAFFLOWER SEED	SUNFLOWER SEED
	SESAME BUTTER TAHINI	
	SESAME FLOWER	
	SESAME SEED	
	WATERMELON SEED	

BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ADZUKI BEAN	BLACK BEAN	COPPER BEAN
BLACK-EYED PEA	BROAD BEAN FAVA	KIDNEY BEAN
	BUTTER BEAN	LENTIL ALL TYPES
	BUTTERNUT	LENTIL SPROUTED
	CANNELLINI BEAN	NAVY BEAN
	GARBANZO BEAN	PINTO BEAN
	CHICKPEA	PINTO BEAN, SPROUTED
	GREAT NORTH BEAN	SOYBEAN PASTA
	GREEN BEAN	TAMARIND BEAN
	HARICOT-VERT	
	JICAMA	
	LIMA BEAN	
	MUNG BEAN	
	SPROUTS	
	NATTO	
	PEA, GREEN, YL, SNOW	
	SNAP BEAN	
	SOYBEAN: CHEESE, MEAL, SPROUTED, TOFU	
	FLAKES, MILK, MISO, TEMPEH, GRANULES	
	STRING BEAN	
	WHITE BEAN	
	YELLOW BEAN	

GRAINS & CEREALS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ARTICHOKE FLOUR PASTA	AMARANTH	BARLEY
ESSENE MANNA BREAD	BLACK BEAN FLOUR	CORNFLAKES
FLAXSEED BREAD, ALLOWABLE GRAINS	BUCKWHEAT KASHA	CORNMEAL
LARCH FIBRE	SOBA	CREAM OF WHEAT
	CREAM OF RICE	FARO
	FONIA	GLUTEN FLOUR
	GARBANZO BEAN FLOUR	GRAHAM FLOUR
	LIMA BEAN FLOUR	GRAPE-NUTS
	MALANGA TANNIA	GRITS

	MILLET	KAMUT
	OAT, OATMEAL, FLOUR	LENTIL FLOUR DHAL
	BRAN	MASTIC GUM
	QUINOA	PAPADUM
	RICE	PUFFED WHEAT
	RYE FLOUR	SEVEN GRAINS
	SAGA PALM	SHREDDED WHEAT
	SOYBEAN FLOUR	SORGHUIM
	SPELT	WHEAT BRAN GERM
	TAPIOCA MANIOC	WHEAT BULGAR
	CASSAVA YUCCA	WHEAT DURUM
	TARO TAHITIAN POI	WHOLE GRAIN WHEAT
	DASHEEN	WHOLE WHEAT FLOUR
	TEFF	WHITE FLOUR
	WHOLE GRAIN KAMUT WHEAT	

VEGETABLES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ARTICHOKE	ARGULA	ALFALFA SPROUTS
BEET GREENS*	ASPARAGUS	ALOE VERA
BROCCOFLOUR	ASPARAGUS PEA	CAPERS
BROCCOLI*	BAMBOO SHOOT	CAULIFLOWER
CANISTEL	BEET	CORN POPCORN
CHICORY*	BOK CHOY PAK CHOI	CUCUMBER
COLLARD GREENS*	CHINESE BROCCOLI	LEEK
DANDELION GREENS	BROCCOLI LEAVES	MUSHROOM: SHIITAKE
ESCAROLE*	BROCCOLI RABE RAPINI	MUSHROOM, WHITE
FENUGREEK	BRUSSEL SPROUTS	MUSHROOM SILVER
GINGER	CABBAGE	MUSHROOM DOLLAR
GRAPE LEAVES	CARROT	MUSTARD GREENS
HORSERADISH	CASSAVA	OLIVES BLACK
KALE*	CELERIAC	PICKLES (ALL)
KELP	CELERY	POTATO
KOHLRABI	CHERVIL	QUORN
LETTUCE ROMAINE	CHILLI PEPPER	RHUBARB
OKRA	CHINESE KALE KAI-LAN	SPIRULINA
ONIONS ALL	CILANTRO	TARO
PARSLEY	CORIANDER	YUCCA
PARSNIP	DAIKON RADISH	
PUMPKIN	DILL	
SEA VEG IRISH MOSS	EGGPLANT	
SEA VEG KELP, KOMBU	ENDIVE	

SEA VEG NORI	FENNEL	
SEA VEG BLADDERWRACK*	FIDDLEHEAD FERN	
SEA VEG WAKAME	GARLIC	
SPINACH*	HEARTS OF PALM	
SWEET POTATO	JICAMA	
SWISS CHARD*	LETTUCE BIBB, BOSTEN	
TURNIP	LETTUCE GREEN, LEAF	
TURNIP GREENS*	LETTUCE ICEBERG	
	MUSHROOM: ABALONE	
	MUSHROOM BLK TRUMPET	
	MUSHROOM ENOKI	
	MUSHROOM MITAKE	
	MUSHROOM OYSTER	
	MUSHROOM PORTABELLO	
	MUSHROOM STRAW	
	MUSHROOM TREE	
	OLIVE GREEN	
	PEPPER BELL	
	PEPPERS CHILI, JALAPENO	
	PIMIENTO	
	POI	
	RADICCHIO	
	RADISH SPROUTS	
	RADISH	
	RUTABAGA	
	SAUERKRAUT	
	SCALLION	
	SHALLOT	
	SQUASH	
	TOMATILLO	
	TOMATO	
	WATER CHESNUT MATAI	
	WATERCRESS	
	YAM	
	ZUCCHINI	

FRUIT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
BANANA	ACAI BERRY	ASIAN PEAR
BLUEBERRY	APPLE	AVOCADO
CHERRY	APRICOT	BITTER MELON
DURIAN*	BOYSENBERRY	BLACKBERRY
FIG	BREADFRUIT	CANTELOUPE
GUAVA	CANANG MELON	HONEYDEW MELON KIWI
MAMEY SAPOTE, APPLE	CASABA MELON	ORANGE
MANGO	CRANBERRY	PLANTAIN
PLUM*	CRENSHAW MELON	TANGERINE
PRUNE*	CURRANT	
	DATE	
	DEWBERRY	
	ELDERBERRY	
	GOJI WOLFBERRY	
	GOOSEBERRY	
	GRAPEFRUIT	
	GRAPE	
	HUCKLEBERRY	
	JACK FRUIT	
	KUMQUAT	
	LEMON	
	LIME	
	LINGONBERRY	
	LOGANBERRY	
	LOQUAT	
	MANGOSTEEN	
	MULBERRY	
	MUSK MELON	
	NECTARINE	
	NONI	
	PAPAYA	
	PASSION FRUIT	
	PAWPAW	
	PEACH	
	PEAR	
	PERSIAN MELON	
	PERSIMMON	
	PINEAPPLE	
	POMEGRANATE	
	PRICKLY PEAR	
	QUINCE	
	RAISIN	



	RASPBERRY	
	SAGO PALM	
	SPANISH MELON	
	STARFRUIT CARAMBOLA	
	STRAWBERRY	
	WATERMELON	
	YOUNGBERRY	

BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
BLACK CHERRY JUICE	APPLE CIDER	ALFALFA TEA
BLUEBERRY JUICE	APPLE JUICE	ALOE JUICE
CAYENNE TEA	APRICOT JUICE	ALOE TEA
CHERRY JUICE	BEET JUICE	BEER
CHICKWEED TEA	CABBAGE JUICE	BLACK TEA ALL FORMS
CLUB SODA	CARROT JUICE	BLACKBERRY JUICE
DANDELION TEA	CATNIP TEA	BURDOCK TEA
FENUGREEK TEA	CELERY JUICE	COCONUT MILK
GINGERROOT TEA	CHAMOMILE TEA	COFFEE
GREEN TEA	COCONUT WATER	COLTSFOOT TEA
BANCHA, GENMAICHA	CRANBERRY JUICE	CORN SILK TEA
GUAVA JUICE	DONG QUAI TEA	CUCUMBER JUICE
HOPS TEA	ELDERBERRY JUICE	ECHINACEA TEA
LINDEN TEA	ELDER TEA	GENTIAN TEA
MANGO JUICE	GINSENG TEA	GOLDENSEAL TEA
MULBERRY TEA	GOJI BERRY JUICE	LIQUOR DISTILLED
PARSLEY TEA	GRAPE JUICE	ORANGE JUICE
PEPPERMINT TEA	GRAPEFRUIT JUICE	RED CLOVER TEA
PINEAPPLE JUICE	HAWTHORN TEA	RHUBARB TEA
PRUNE JUICE	LEMON AND WATER	SAINT JOHNS WORT TEA
ROSE HOPS TEA	LIME JUICE	SENNA TEA
SARSAPARILLA TEA	LICORICE ROOT TEA	SHEPHERDS PURSE TEA
SELTZER WATER	MILK ALMOND	SODA POP
SLIPPERY ELM TEA	MILK RICE	STRAWBERRY LEAF TEA
VEG JUICE FROM HB VEG	MULLEIN TEA	TANGERINE JUICE
	NECTARINE JUICE	WINE WHITE
	NONI JUICE	YELLOW DOCK TEA
	PAPAYA JUICE	
	PEAR JUICE	
	PEPPERMINT TEA	
	PINEAPPLE JUICE	
	POMEGRANATE JUICE	

	RASPBERRY LEAF TEA	
	SAGE TEA	
	SKULLCAP TEA	
	SPEARMINT TEA	
	THYME TEA	
	TOMATO JUICE	
	VALERIAN TEA	
	VERVAIN TEA	
	WATERMELON JUICE	
	WHITE BIRCH TEA	
	WHITE OAK TEA	
	WINE RED	
	YARROW TEA	
	YERBA MATE TEA	

HERBS & SPICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CAROB	ALLSPICE	GUARANA
CURRY*	ALMOND EXTRACT	MACE
DULSE*	ANISE	NUTMEG
GARLIC	APPLE PECTIN	
GINGER	ARROWROOT	
HORSERADISH	BASIL	
KELP	BAY LEAF	
PARSLEY	BERGAMONT	
PEPPER CAYENNE	CARAWAY	
PEPPER RED FLAKES	CARDAMOM	
TURMERIC*	CHERVIL	
	CHILI POWDER	
	CHIVES	
	CHOCOLATE	
	CILANTRO	
	CINNAMON	
	CLOVE	
	CORIANDER	
	CREAM OF TARTAR	
	CUMIN	
	DILL	
	FENNEL	
	LICORICE ROOT	
	MARJORAM	
	MUSTARD DRY	



	OREGANO	
	PAPRIKA	
	PEPPERMINT	
	ROSEMARY	
	SAFFRON	
	SAGE	
	SALT SEA SALT	
	SAVORY	
	SENNA	
	SPEARMINT	
	TARRAGON	
	THYME	
	VANILLA	
	WINTERGREEN	

CONDIMENTS, SWEETENERS & ADDITIVES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
NONE	AGAR	ACACIA GUM ARABIC
	AGAVE SYRUP	ASPARTAME
	APPLE BUTTER	CARRAGEENAN
	APPLE CIDER VINEGAR	CONSTARCH
	APPLE PECTIN	DEXTROSE
	BAKING SODA	FRUCTOSE
	BARLEY MALT	GUAR GUM
	BROWN RICE SYRUP	HIGH-FRUCTOSE CORN SYRUP
	CAROB SYRUP	HIGH-MALTOSE CORN SYRUP
	FRUCTOSE	MALTODEXTRIN
	FRUIT PECTIN	INVERT SUGAR
	GELATIN PLAIN	KETCHUP
	HONEY	MSG
	LECITHIN	MUSTARD W/VINEGAR & WHEAT
	MAPLE SYRUP	PEPPER WHITE
	MAYONNAISE	PICKLE RELISH
	MISO	SUCANAT
	MOLASSES	SUCROSE
	MOLASSES BLACKSTRAP	TRAGACANTH GUM
	MUSTARD WHEAT/VINEGAR FREE	VINEGAR ALL TYPES
	RICE SYRUP	WORCESTERSHIRE SAUCE
	SOYBEAN SAUCE	
	TAMARI WHEAT FREE	
	STEVIA	
	SUGAR BROWN/WHITE	



	UNEMBOSHI PLUM VINEGAR	
	VEGETABLE GLYCERINE	
	YEAST BAKERS	
	YEAST NUTRITIONAL	

This Blood type diet was developed by Dr Peter J. D'Adamo with Catherine Whitney