

## BLOOD TYPE DIET FOODS AND EXERCISE SUMMARY

**BUY THE BOOK:** To implement the blood group diet it is highly recommended you purchase the book "Eat Right 4 Your Type" by Dr Peter J. D'Adamo. It is available online, bookshops, health food stores and libraries. Pocket books are available for individual blood types.

**READ THE BOOK:** Read the book from cover to cover, before implementing your blood type foods into your diet. If you have stayed with your intuition you may already be eating close to your blood type foods.

**IT'S WRITTEN FOR AMERICA:** For Australians, remember this information has originated in America and uses American names for various foods plus foods we don't have here such as bison beef. We could substitute Kangaroo, maybe! Use common sense; feel free to eat our foods and if you have a reaction to anything use commonsense again and stop eating it. Google any food name you are not familiar with, you may find the food is a common one in Australia.

**THIS IS A LIFETIME PLAN:** An eating plan to underpin your road to recovery and to stay well. Therefore it is advised to start slowly to consolidate the changes into your lifestyle pattern.

**FAMILY BLOOD TYPES DIFFER:** Different blood groups in the family? Buy the Eat Right 4 Your Type Cookbook. Use the Dadamo.com website to assist you.

**THREE FOOD CATEGORIES:** Foods are listed as "highly beneficial", "neutral" or "avoid" in the book. Do not try to eat from "highly beneficial" only. "Neutral" foods are necessary also. If weight loss is wanted, eliminate the neutral foods that are prone to cause weight gain for your blood type. Don't eat from "avoid". However, small amounts of "avoid" foods from time to time may not be an issue. The stress of trying to avoid them may cause more issues than the food itself.

### **Blood Group O Protein Type**

Red meat is highly beneficial. High stomach acid digests red meats efficiently. If meat protein is not eaten stomach ulcers may result. Minor dairy foods intake (butter, fetta, goat, mozzarella), no milk, no wheat, oats or corn and as wheat interferes with insulin, avoid entirely. It's important for O's to include protein in every meal. Eggs are a good source. Whole grains allowed are spelt, rice and quinoa however best kept to a minimum especially if weight loss is a priority.

Stress profile; stress in O's goes to the muscle and becomes charged up, release is through vigorous physical action.

### **Blood Group A Carbohydrate Type**

Only white meat (chicken & fish) and eggs are to be eaten. A's do not digest red meats efficiently due to low stomach acid. Digestion needs more plant foods (cellulose), and A's do tend towards vegetarianism, but must be careful to eat sufficient protein. Minor dairy food intake includes ricotta, fetta, yoghurt, and no milk. Wheat interferes with insulin, impairs calorie utilisation, avoid entirely.

Stress profile: best countered with calming techniques, stretch exercise, meditation/prayer, relaxation, walking, swimming and biking. Vigorous exercise is not recommended as it exhausts the nervous system and causes tenseness all over.

### **Blood Group B Mixed type**

Lamb, beef and turkey are main meats. These red meats digest well. Most dairy foods are beneficial including milk, whey, and cheeses. Goat dairy is highly beneficial. Chicken meat, wheat and corn are avoid foods.  
**Stress profile:** best dealt with by moderate group uncompetitive exercise.

**Blood Group AB Mixed Type**

Lamb, turkey meat is beneficial, but do not overeat, as stomach acids are not available to cope with excess. Allowed dairy is similar to B group with exception of whole milk and butter. Limit wheat intake as it decreases metabolic rate and inhibits insulin. Chicken and beef meats are to be avoided. Cannot digest red meats efficiently, needs more plant foods (cellulose)

**Stress profile:** Reaction to stress can be anxiety & hyperactivity and is best countered with calming activity such as stretching, meditation/prayer, walking, and swimming.

**COMMENTS ON COMMONLY CONSUMED FOODS**

\* **Eggs** are suitable for all blood groups. Ensure they are chemical free (certified free range or organic) or from your own hens.

\* **Seafood** is recommended for all blood groups. Refer to the Blood Group books and lists which will give specific fish and crustacean types for you.

\* **Pig meats** which include ham are to be avoided for all blood groups.

\* **Coconut and coconut oil** is to be avoided for all blood groups. D’Adamo website information is as follows: “flocclulates serum or precipitates serum proteins”. This means that there is an agglutination factor which may lead to an inflammatory status. I would recommend to anyone consuming coconut oil regularly to use a live blood microscopy test (or Hemaview) to check for agglutination or inflammation.

\* **Wheat is recommended to be eliminated** from the diet for all blood groups, with the exception of blood group AB which lists whole wheat bread, white and wholemeal flour in the ‘neutral’ foods category. Wheat contains lectins that react with both blood and digestive tract and interfere with proper absorption of beneficial foods.

The **sprouted wheat Essene bread** is listed as highly beneficial for all blood groups. This may be confusing for people who don’t know of sprouted breads, which are made from organic sprouted grain, is not made from flour, is packed into a mould to form a loaf, and is kept refrigerated. It is an alive food with many beneficial enzymes intact, available at organic and health food stores. It is edible because the gluten lectins are destroyed by the sprouting process. Other names for Essene bread are: Ezekiel, sprouted grains of spelt and rye. These are also highly beneficial.

While foods made from wheat are ok for AB blood types, **foods made from the denatured wheaten flour are not**. Certified organic sourdough wheaten flour breads are available only these are recommended.

**GUIDELINE FOR PROPORTION OF FOOD GROUPS RE BLOOD TYPE**

	Type O Protein	Type A Carbs	Type B Mixed	Type AB Mixed
Fruit & vegetables	40%	70%	54%	60%
Oil	20%	9%	13%	20%
Meat	40%	-	-	-

Meat & dairy	-	minor	33%	minor
Beans Nuts & protein	minor	21%	minor	minor
Seafood	minor	minor	minor	20%