

# Blood Type "O" Diet

The following diet is a recommendation for maintenance of health and prevention of disease.

## YOU MAY BENEFIT FROM THIS DIET IF YOU HAVE SEVERAL OF THE FOLLOWING TENDENCIES

Typical Health Concerns	Body Type Description	SUMMARY GUIDELINES FOR "O"
<ul style="list-style-type: none"> <li>• Low energy/fatigue.</li> <li>• Severe adrenal weakness causes thyroid weakness (adrenal is cause).</li> <li>• Tend toward high blood pressure.</li> <li>• Tend toward high cholesterol.</li> <li>• High levels of stomach acid, creates tendencies toward ulcers.</li> <li>• Constipation and bowel problems.</li> <li>• Thin blood (possible clotting problems).</li> </ul>	<ul style="list-style-type: none"> <li>• Very strong physically.</li> <li>• Trouble with weight gain.</li> <li>• Oriented toward physical activities.</li> <li>• Crave meat and potato diet.</li> <li>• Don't tend to express deep feelings.</li> <li>• Very strong in his/her convictions.</li> <li>• May be quick to anger (liver weak).</li> <li>• Hard worker – driver.</li> <li>• May be very tired if adrenals are exhausted, this causes thyroid weakness.</li> <li>• Believe they do better with coffee/caffeine.</li> <li>• Have something to offer everyone, but may be antagonistic toward blood types "A" and "B".</li> </ul>	<ul style="list-style-type: none"> <li>• Thrive on lean meats and vegetables.</li> <li>• Eat moderate (smaller) proportions.</li> <li>• Avoid Always (consider as poison): -Carbohydrates (breads and pastas), -Refined Sugars, -ALL Dairy, -Grains (primarily wheat and corn, which inhibit insulin metabolism).</li> <li>• Requires efficient metabolism to stay lean and energetic. <i>Avoid Grains, breads, legumes, beans, nuts, but especially gluten (found in wheat) to ensure weight loss.</i></li> <li>• Responds best to stress with intense physical exercise.</li> </ul>

Keep in mind that the foods listed below are recommended with the assumption that a natural/organic source of that food is the best. Foods found in grocery stores tend to be adulterated with steroids, antibiotics, toxic metals, colors, dyes, preservatives and other health destroying contaminants. If your only option is to consume foods from the local grocer, it is recommended that you soak your foods in Liquid Detox solution to offset the toxic poisons that will be ingested as a result.

**NOTE:** The foods listed in the "Avoid Always -ALLERGIES- harmful" category should be considered Allergies because your body creates antibodies to fight those foods. Your body views them as the enemy. Always avoid anything with refined sugar (or any other unnatural sweetener), preservatives, colors, additives, fillers or other harmful agents. Any of the "compatible" foods could become ALLERGIES if they contain any of the previous or any of the Avoid Always ingredients. The stricter you adhere to your 'Most Compatible' foods, the healthier you will be long term and the stronger your body will be to counteract disease.

*This dietary/lifestyle recommendation was created by Dr. Reuben T. De Haan. This information is a combination of Dr. De Haan's research and Dr. Peter D'Adamo's information in Eat Right For Your Type. Please read Book 01, The Foundation, by Dr. Reuben T. DeHaan and understand that some of the foods listed below are considered tolerable to your body according to your blood, but considered unclean by Biblical standards. I recommend you start with the diet as listed and gradually move toward a primary use of the foods not mentioned as unclean in the Bible or the Avoid Always category. Please check Dr. DeHaan's web site for additional information: [www.hcmionline.com](http://www.hcmionline.com)*

**MEATS-** use no more than 4-6 ounces at one meal; bake, broil or poach; excess meat creates autotoxins and over-acidity in the body

Most compatible with your type Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Snapper, Sole, Stripped Bass, Sturgeon, Swordfish, Tilefish, White Perch, Whitefish, Yellow Perch, Yellowtail  Beef, Buffalo, Lamb, Mutton, Veal, Venison,	Use Moderately- 1 or 2 times @ week Chicken, Cornish Hen, Duck, Partridge, Pheasant, Rabbit, Turkey, Quail, Abalone, Albacore (tuna), Anchovy, Beluga, Bluegill Bass, Carp, Clam, Crab, Crayfish, Eel, Flounder, Frog, Gray Sole, Grouper, Haddock, Lobster, Mahimahi, Monkfish, Mussels, Ocean Perch, Oysters, Pickerel, Porgy, Sailfish, Scallop, Sea Bass, Sea Trout, Shark, Shrimp, Silver Perch, Smelt, Snail, Squid (calamari) Turtle, Weakfish	Avoid Always -ALLERGIES- harmful Pork, Ham, Bacon, All pig derived foods, Goose, Barracuda, Catfish, Caviar, Conch, Herring, Lox, Octopus
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**DAIRY & EGGS-** should be avoided. If ingested use an additional enzyme supplement with it. Rice may be used as an alternative.

**OILS & FATS-** use monounsaturated; extra virgin when possible; oil becomes saturated if used for frying (reaches 150+ degrees)

Most compatible with your type Linseed (flaxseed), Olive	Use Moderately- 1 or 2 times @ week Canola, Cod Liver, Sesame	Avoid Always -ALLERGIES- harmful Corn, Peanut, Safflower
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**NUTS & SEEDS-** raw is best, not salted and roasted; chew very well

Most compatible with your type Pumpkin, Walnuts	Use Moderately- 1 or 2 times @ week Almonds, Chestnuts, Filbert, Hickory, Macadamia, Pecans, Pignola (pine), Sesame, sunflower	Avoid Always -ALLERGIES- harmful Brazil, Cashew, Litchi, Peanuts, Pistachio, Poppy Seed
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**BEANS & LEGUMES-** if you get gas, you are enzyme deficient, lipase is recommended; many inhibit metabolism of nutrients

Most compatible with your type Aduke, Azuki, Pinto, Blackeyed Pea	Use Moderately- 1 or 2 times @ week Black, Broad, Cannellini, Fava, Garbanzo, Green, Jicama, Lima, Northern, , Red, Red Soy, Snap, Green Pea, Pod Pea	Avoid Always -ALLERGIES- harmful Copper, Kidney, Navy, Tamarind, Domestic, Green, Red
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**CEAREALS, GRAINS, BREADS & PASTA**

Most compatible with your type Essene Bread, Ezekiel Bread Not many- Adrenal Types do not do well with grains.	Use Moderately- 1 or 2 times @ week Amaranth, Artichoke, Barley, Buckwheat, Kamur, Kahsa, Millet, Rice (all), Quinoa, Rye, Soy, Spelt, Wasa	Avoid Always -ALLERGIES- harmful Bulgur, Corn, Familia, Farina, Gluten, Graham, Matzos, Oat, Pumpernickle, Soba, Semolina, Spinach, Sprouts, Wheat, White Flour
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**VEGETABLES-** fresh from an organic market is best, fresh from the market is second choice, then frozen, then canned

Most compatible with your type Artichoke, Beet, Broccoli, Chicory, Collard, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce (romain), Okra, Onions (red, spanish, yellow), Parsley, Parsnips, Pepper (red), Potato (sweet), Pumpkin, Seaweed, Swiss Chard, Turnips	Use Moderately- 1 or 2 times @ week Arugula, Asparagus, Bamboo Shoots, Beets, Bok Choy, Craway, Carrot, Celery, Chervil, Coriander, Cucumber, Daikon, Dill, Endive, Fennel, Ginger, Lettuce (bibb, boston, iceberg, mesclun), Lima Bean, Mushroom (abalone, enoki, portobello, tree oyster), Olives (green), Onions (green), Peppers (green, jalapeno, yellow), Radicchio, Radishes, Rappini, Rutabaga, Scallion, Shallots, Snow Peas, Sprouts (mung, radish), Squash, Tempeh, Tomato, Water Chestnut, Watercress, Yams, Zucchini	Avoid Always -ALLERGIES- harmful Avocado, Cabbage (chinese, red, white), Cauliflower, Corn, Eggplant, Mushroom (domestic, shiitake), Mustard Greens, Olive (black, greek, spanish), Potato (red, white), Sprouts (alfalfa, brussels)
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**FRUIT-** eat alone; 1 hour separate from any other foods

Most compatible with your type Figs (dried, fresh), Plums (dark, green), Prunes, Cherry (juice)	Use Moderately- 1 or 2 times @ week Apples, Apricots, Bananas, Blueberries, Boysenberries, Cherries, Cranberries, Current (black, red), Dates, Elderberries, Gooseberries, Grapefruit, Grapes, Guava, Kiwi, Kumquat, Lemons, Limes, Loganberries, Mangoes, Melon (canang, casaba, crenshaw, christmas, musk, spanish, watermelon), Nectarines, Papayas, Peaches, Pears, Persimmons, Pineapples, Pomegranates, Prickly Pear, Raisins, Raspberry, Starfruit	Avoid Always -ALLERGIES- harmful Blackberry, Coconut, Cantalope, Honeydew, Orange, Plantain, Rhubarb, Strawberry, Tangerine
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**SPICES & OTHER**

Most compatible with your type Carob, Cayenne Pepper, Curry, Dulce, Kelp, Parsley, Turmeric <b>* Vigorous &amp; Intense Physical Exercise- lack of it may cause depression and or moodiness.</b>	Use Moderately- 1 or 2 times @ week All spices not listed in right column  Jam/Jelly (from acceptable fruits), Mayonnaise, Mustard, Worcestershire, Beer, Wine	Avoid Always -ALLERGIES- harmful Capers, Cinnamon, Cornstarch, Corn Syrup, Nutmeg, Pepper, Vanilla, Vinegar, Ketchup, Pickled (all), Coffee, Liquor, Soda, Tea
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**JUICES-** see list of fruits and vegetables. Vegetable juice is the best choice in order to avoid sweeteners and keep the acid/alkaline ratio in proportion. The type "O" body functions best in a slight state of acidity.

**Please visit [www.hcmionline.com](http://www.hcmionline.com) for more information.**