



## BLOOD TYPE O

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*Beneficial and Non-Beneficial Blood for Food for Blood Type O*

# Correct Foods for your Blood Type

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There is considerable evidence that the development of the various blood types is related to changes in diet during our evolutionary history. The original hunter and gatherer populations were type O, however with increasing population and migrations the other blood types developed.

The first appearance of type A in appreciable numbers was during the agricultural revolution about 10,000 years ago. People with type A blood were more suited to the largely vegetarian diet and hence were more likely to survive than their type O predecessors.

The type B blood type developed amongst the first communities to consume dairy foods in substantial quantities and it is not surprising that people with type B blood are able to tolerate dairy foods better than other individuals. The type AB blood type developed about 2000 years ago as a result of intermingling of type A and type B societies.

The importance of blood type in the development of disease has been recognized for many years. Type O's are more prone to ulceration whereas type A's are prone to cancer and cardiovascular disease, however the reason for these observations was not known.

Substances in foods called lectins can interact with the blood and thus provide an environment in which disease can develop. The cells in our body have markers on their surfaces called antigens, that the immune system uses to determine whether the substances or cells are foreign or not. One of the most powerful antigens in the body is the one that determines blood type. It is found on the surface of red blood cells and your blood type is named for this antigen. For example, blood type A has the A antigen on the surface, blood type B has the B antigen, blood type AB has both the A and B antigens and blood type O has no antigens.

The key to the blood type approach to diet is that your body will reject blood type antigens that are not of your blood type. That is:

- Blood type A will accept type A and reject type B antigens
- Blood type B will accept type B and reject type A antigens
- Blood type AB will accept any other blood type
- Blood type O will reject all other blood types

The link between blood type and food is found in components of foods called lectins, and these lectins can mimic the blood type antigens. Simply put, when you eat food containing lectins that are incompatible with your blood type antigens, the lectins target an organ or bodily system and cause the blood cells in that area to clump together. This clumping is then associated with tissue destruction and can be a major factor in the development of disease.

## **TYPE O DIET: BENEFICIAL FOODS**

### **MEATS & POULTRY**

1. Beef
2. Beef ground
3. Heart
4. Lamb
5. Liver
6. Mutton
7. Veal
8. Venison

### **SEAFOOD**

1. Bluefish
2. Cod
3. Hake
4. Halibut
5. Herring
6. Mackerel
7. Pike
8. Rainbow trout
9. Red snapper
10. Salmon
11. Sardine
12. Shad
13. Snapper
14. Sole
15. Striped bass
16. Sturgeon
17. Swordfish
18. Tilefish
19. White perch
20. Yellow perch
21. Yellow tail

### **OILS & FATS**

1. Linseed (flaxseed) oil
2. Olive oil

### **NUTS & SEEDS**

1. Black cherry
2. Pumpkin seeds
3. Walnuts

### **Beans & Legumes**

1. Beans, aduke
2. Beans, azuki
3. Beans, pinto
4. Peas, black-eyed

### **Breads & Muffins**

1. Essene bread
2. Ezekiel bread

### **Vegetables**

1. Artichoke, domestic
2. Artichoke, Jerusalem
3. Beet leaves
4. Broccoli
5. Chicory
6. Collard greens
7. Dandelion
8. Escarole
9. Garlic
10. Horseradish
11. Kale
12. Kohlrabi
13. Leek
14. Lettuce, Romaine
15. Okra
16. Onions, red
17. Onions, Spanish
18. Onions, yellow
19. Parsley
20. Parsnips
21. Peppers, red
22. Potatoes, sweet
23. Pumpkin
24. Seaweed
25. Spinach
26. Swiss chard
27. Turnips

### **Fruits**

1. Figs, dried
2. Fig, fresh
3. Plums, dark
4. Plums, green
5. Plums, red
6. Prunes

### **Juices & Fluids**

1. Black cherry
2. Pineapple
3. Prune

## Spices

1. Carob
2. Curry
3. Dulse
4. Kelp (bladder wrack)
5. Parsley
6. Pepper, cayenne
7. Turmeric

## Condiments

1. Apple butter
2. *Jam*  
*(fruits listed as beneficial or neutral)*
3. Jelly  
*(fruits listed as beneficial or neutral)*
4. Mayonnaise
5. Mustard
6. Salad dressing  
*(lowfat, listed as beneficial or neutral)*
7. Worcestershire sauce

## Herbal Teas

1. Cayenne
2. Chickweed
3. Dandelion
4. Fenugreek
5. Ginger
6. Hops
7. Linden
8. Mulberry
9. Parsley
10. Peppermint
11. Rosehips
12. Sarsapania
13. Slippery elm

## Misc. Beverages

1. Soda, club
2. Seltzer water

## TYPE O DIET: FOODS TO AVOID

### Meats & Poultry

1. Bacon
2. Goose
3. Ham
4. Pork

### Seafood

1. Barracuda
2. Catfish
3. Caviar
4. Herring (pickled)
5. Octopus
6. Smoked salmon

### Eggs & Dairy

1. American cheese
2. Blue cheese
3. Brie
4. Buttermilk
5. Camembert
6. Cheddar
7. Colby
8. Cream cheese
9. Edam
10. Emmenthal
11. Goat milk
12. Gouda
13. Gruyere
14. Ice cream
15. Jarlsbourg
16. Kefir
17. Monterey Jack
18. Munster
19. Neufchatel
20. Parmesan
21. Provolone
22. Ricotta
23. Skim or 2% fat milk
24. Swiss
25. Whey
26. Whole milk
27. Yogurt, all varieties

### Oils & Fats

1. Corn oil
2. Peanut oil
3. Cottonseed oil
4. Safflower oil

### Nuts & Seeds

1. Brazil
2. Cashew
3. Peanut Butter
4. Peanuts
5. Pistachios
6. Poppy seeds

### Beans & Legumes

1. Beans, kidney
2. Beans, navy
3. Beans, tamarind
4. Lentils, domestic
5. Lentils, green
6. Lentils, red

### Cereals

1. Cornmeal
2. Cream of wheat
3. Oat bran
4. Oatmeal
5. Mixed grain
6. Wheat bran
7. Wheat, shredded
8. Wheat germ

### Breads & Muffins

1. Bagels, wheat
2. Corn muffins
3. Durum wheat
4. English muffins
5. High-protein bread
6. Matzos, wheat
7. Multi-grain bread
8. Oat bran muffins
9. Pumpnickel
10. Sprouted wheat bread
11. Wheat bran muffins
12. Whole wheat bread

### Grains & Pastas

1. Bulgur wheat flour
2. Couscous flour
3. Durum wheat flour
4. Graham flour
5. Gluten flour
6. Oat flour
7. Pasta, semolina
8. Pasta, spinach
9. Soba noodles
10. Sprouted wheat flour
11. White flour
12. Whole wheat flour

### Vegetables

1. Avocado
2. Cabbage, Chinese
3. Cabbage, red
4. Cabbage, white
5. Cauliflower
6. Corn, white
7. Corn, yellow
8. Eggplant
9. Mushroom, domestic

- 10. Mushroom, shiitake
- 11. Mustard greens
- 12. Olives, black

- 13. Olives, Greek
- 14. Olives, Spanish
- 15. Potatoes, red

- 16. Potatoes, white
- 17. Sprouts, alfalfa
- 18. Sprouts, Brussels

### Fruits

- 1. Blackberries
- 2. Coconuts
- 3. Lychees
- 4. Melon, honeydew

- 5. Oranges
- 6. Plantains
- 7. Rhubarb
- 8. Rockmelon

- 9. Strawberries
- 10. Tangerines

### Juices

- 1. Apple
- 2. Apple cider

- 3. Cabbage

- 4. Orange

### Spices

- 1. Capers
- 2. Cinnamon
- 3. Cornstarch
- 4. Corn syrup

- 5. Nutmeg
- 6. Pepper, black ground
- 7. Pepper, white
- 8. Vanilla

- 9. Vinegar, apple cider
- 10. Vinegar, balsamic
- 11. Vinegar, red wine
- 12. Vinegar, white

### Condiments

- 1. Pickles, dill
- 2. Pickles, kosher

- 3. Pickles, sour
- 4. Pickles, sweet

- 5. Relish
- 6. Tomato sauce

### Herbal Teas

- 1. Alfalfa
- 2. Aloe
- 3. Burdock
- 4. Coltsfoot
- 5. Corn silk

- 6. Echinacea
- 7. Gentian
- 8. Goldenseal
- 9. Saint John's Wort
- 10. Senna

- 11. Shepherd's-purse
- 12. Strawberry leaf
- 13. Red clover
- 14. Rhubarb
- 15. Yellow dock

### Misc. Beverages

- 1. Coffee, regular
- 2. Liquor, distilled
- 3. Soda, cola

- 4. Soda, diet
- 5. Soda, other
- 6. Tea, black decaffeinated

- 7. Tea, black regular

## **CONCEPTS OF A/B/O EATING**

Individuals with type A blood tend to be healthier if they avoid red meats and dairy foods. Beneficial foods for A's include soy, certain vegetables and fruits, nuts and beans.

O blood type individuals, however, tend to be healthier when consuming red meats and animal proteins. O's must avoid most grains and dairy foods. B blood type individuals are the only people who can safely consume certain dairy products.

B's also do well on animal protein but should also avoid grains. AB's have greatest tolerance to lectins, but must still avoid many meats, grains and beans.

### **A/B/O Blood type program**

- Reduces food sensitivities
- Based on human history
- Aids in weight loss
- Improves muscle mass
- Feeds the body what its designed to eat
- Reduces sugar cravings and balances blood sugar levels

# Shabbazz Organics



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