



Blood Type “O” Food List

Ref. by Dr. Peter D’Adamo, *Eating Right for your Blood Type*

MEATS & POULTRY	SEAFOODS	EGGS & DAIRY
<p>Highly Beneficial</p> <ul style="list-style-type: none">• Beef: regular ground• Buffalo• Heart• Lamb• Liver• Mutton• Veal• Venison	<p>Highly Beneficial</p> <ul style="list-style-type: none">• Bluefish• Cod• Hake• Halibut• Herring• Mackerel• Pike• Rainbow Trout• Red Snapper• Salmon• Sandline	<p>Highly Beneficial</p> <ul style="list-style-type: none">• NONE
<p>Neutral</p> <ul style="list-style-type: none">• Chicken• Cornish Hens• Duck• Partridge• Pheasant• Quail• Rabbit• Turkey	<p>Neutral</p> <ul style="list-style-type: none">• Abalone• Albacore (tuna)• Anchovy• Beluga• Bluegill Bass• Carp• Clam• Crab• Crayfish• Eel• Flounder• Frog• Gray Sole• Grouper• Haddock• Lobster• Mahi-mahi• Monkfish	<p>Neutral</p> <ul style="list-style-type: none">• Butter• Farmer• Feta• Goat Cheese• Mozzarella• Soy Cheese• Soy Milk
<p>Avoid</p> <ul style="list-style-type: none">• Bacon• Goose• Ham• Pork	<p>Avoid</p> <ul style="list-style-type: none">• Mussels• Ocean Perch• Oysters• Pickerel• Porgy• Sailfish• Scallop• Sea Bass• Sea Trout• Shark• Shrimp• Silver Perch• Smelt• Snail• Squid (calamari)• Turtle• Weakfish	<p>Avoid</p> <ul style="list-style-type: none">• American• Blue Cheese• Brie• Buttermilk• Camembert• Casein• Cheddar• Colby• Cottage• Cream Cheese• Edam• Emmenthal• Goat Milk• Gouda• Gruyere• Ice Cream• Jarlsburg• Kefir• Monterey Jack• Munster• Neufchatel• Parmesan• Prolovone• Ricotta• Skim or 2% Milk• String Cheese
	<p>Avoid</p> <ul style="list-style-type: none">• Barracuda• Catfish• Caviar• Conch	<p>Avoid</p> <ul style="list-style-type: none">• Swiss• Whey• Whole Milk• Yogurt (all varieties)

Blood Type A Dadamo

John M. Fink



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