

Blood Type O Best Zone Choices

This Sheet BEST Zone Choices	BEST CARBOHYDRATE CHOICES	Fresh Fruits	Blood Type O
For Blood Type O	(9 grams/block)	Apple, 1/2	Top 14 Best Foods
Yellow (EAT these)-Purple (AVOID these) for your BLOOD TYPE O	Soybeans, cooked 1/3c	Apricots 3	Apples
BEST PROTEIN CHOICES	Tempeh 1 1/2oz	Mixed Berries 3/4c	Beef
(7 grams/block)	Yogurt, plain skim 8oz	Blackberries 3/4c	Emerald Harvest
Meat/Poultry (Protein)	Cooked Veggies (Carbohydrate)	Blueberries 1/2c	Ezeikel or Squirrley Bread
Beef or lean Lamb 1oz	Artichokes, 4 lg or 1c hearts	Cherries 8	Molasses
Chicken or Cornish Game Hens 1oz	Artichoke, Jerusalem (in Perfect Start)	Grapefruit 1/2	Olive oil
Emu, Buffalo or Venison 1oz	Asparagus 12 spears or 1c	Grapes 1/2c	Parsley
Heart 1oz	Beans, Green 1 1/2c	Kiwi 1	Perfect Start
Pork 1oz	Beans, Kidney/Copper/Tamarind/Lentils 1/4c	Nectarine 1/2	Prunes
Turkey 1oz.	Beans, Navy 1/4c	Orange 1/2	Sesame seeds
Fish/Seafood (Protein)	Beet Greens 2c	Peach 1	Spelt flour
Bass, Bluefish 1.5oz	Bok Choy 3c	Pear 1/2 or 1/2c	Turmeric
Cod, Halibut, Sole 1.5oz	Broccoli 3c	Plum 1	Zucchini
Crabmeat 1.5oz	Brussels Sprouts 1 1/2 c	Raspberries 1c	Eat SOME of the above foods EVERY day
Haddock 1.5oz.	Cabbage 3c	Strawberries 1c	Exercises for Type O:
Lobster 1.5oz	Cauliflower 4c	Tangerine 1	Aerobics
Mackerel 1.5oz.	Garbanzo beans 1/4c	Grains (Carbohydrate)	Calisthenics
Perch 1.5oz	Eggplant 1 1/2c	Barley, dry 1/2 Tbsp.	Contact Sports
Salmon 1.5oz	Kale 2c	Oatmeal or Spelt, cooked 1/3c	Cycling
Sardines 1.5oz	Kohlrabi 1c	Best Fat Choices (3gm/block)	Dancing
Scallops 1.5oz	Leeks 1c	Almonds 3	High Intensity Aerobic
Shrimp 1.5oz	Lentils, cooked 1/4c	Avocado 1 Tbsp	Jogging
Trout 1.5oz	Mushrooms, Portabella,Oyster,Enoki 2c	Brazil Nuts 1	Martial Arts
Tuna 1.5oz	Mustard Greens 4c	Canola Oil 2/3 tsp	Roller Blading
Tuna Steak 1oz	Okra, sliced 1c	Cashews 3	Stair Climbing
Eggs/Dairy (Protein)	Onions, boiled 1/2c	Macadamia 1	Swimming
Egg Whites 2	Parsley 10c (in Emerald Harvest)	Olive/Sesame Seed Oil 2/3 tsp	Walking, Brisk
Egg Subst. 1/4c.	Spinach 3 1/2c	Peanuts 6	Weight Training
Cottage Cheese 2% 1/4c.	Swiss Chard 2 1/2c	Pistacios 3	Treadmills
Vegetarian (Protein)	Turnip Greens 4c	Pumpkin Seeds 2 tsp	
Soy Burger 2/3 patty	Yellow Squash 2c	Flax, Canola, Cod Liver Oils 2/3 tsp	
Soy Burger Crumbles 1/3c.	Zucchini 2c		
Soy Sausage 1	Raw Veggies (Carbohydrate)	3 Block Balanced Meals Eating Out	Top 6 Foods to AVOID For Blood Type O
Tofu, extra firm 2oz.	Bell,Green,Red Pepper 2c	Wendy's	Pork
Tofu, firm 3oz.	Celery 2c	12 oz. Chili	Ice Cream
Tofu, soft 4oz.	Cucumber 1 1/2 med.	McDonald's	Whey
Mixed (1block protein, 1 block carb)	Fennel 3/4c	Grilled McChicken- Toss 1/4 of the bun.	Wheat
Milk, 1% or Skim 1c	Lettuce-Romaine,Arugala,Buttrhd 10c	Burger King	Cabbage
Soy Milk 1c (read labels carefully)	Onions, chopped 1 1/2c	BK Broiler w/o mayo- Toss 1/4 of the bun.	Coffee
Perfect Start 2sc. 12gm Prot./8gm Carb.	Radishes 4c	Taco Bell	
	Tomato--Chopped 1 1/2c, Cherry 2c	2 Chicken Tacos	© nht 2003
			Legend
Provided by: Dr. Denise Moffat	Phone: (208) 882-3993 9am-6pm M-F [Pacific]	drmoffat@NaturalHealthTechniques.com	Yellow: Good Foods
	PO Box 9151 Moscow, ID 83843 U.S.A.	www.NaturalHealthTechniques.com	Purple: Foods to Avoid