

## Recommendations Narrowed for Blood Type O

\*Starred items are highly beneficial

### Protein

Choose those that are organic and with the least processing. The portion is about the size of the palm of your hand, from 4 to 6 ounces.

\*Beef, lean grass-fed

Black cod / sablefish

Chicken breast

\*Cod

Crab meat

\*Lamb chop, loin, or rack

Lobster

Oysters

Protein powder, vegetable based

Salmon, wild caught Alaskan

\*Sardines

Shrimp

Turkey bacon or deli meat, nitrate-free

Turkey breast, ground

Trout, rainbow

### Fats

Focus on raw nuts and seeds. Rotate among types to avoid overdosing on other nutrients in them.

Occasional avocado, coconut, and olives, as these can cause inflammation in too high amount or too frequently.

Almonds ¼ cup

Almond butter 2 Tbs

Avocado 1/3 medium

Chia seeds 2 Tbs or ¾ oz

Coconut unsweetened 2 Tbs

Coconut oil 1 Tbs

Flax seeds 2 Tbs

Guacamole 3 Tbs

Hemp seeds 2 Tbs

Macadamia nuts ¼ cup

Macadamia oil 1 Tbs

\*Olive oil 1 Tbs

Olives ½ cup

\*Pumpkin seeds 2 Tbs

Sesame oil, toasted 1 Tbs

Sunflower seeds 2 Tbs

\*Walnuts ¼ cup

Vegan mayonanaise 2 Tbs

### Carbohydrates

Focus on vegetables, fruits, whole grains, beans. You can stock frozen veggies and fruit and low sodium canned beans.

Acorn squash ¼ cup cooked

\*Adzuki beans ¼ cup cooked

Barley ¼ cup cooked

Beets ¼ cup cooked

Black beans ¼ cup cooked

Blueberries ¼ cup

Brown rice ¼ cup cooked

Butternut squash ¼ cup cooked

Cannellini beans ¼ cup cooked

Garbanzo beans ¼ cup cooked

Grapefruit ¼ medium

Great northern beans ¼ cup cooked

Hummus 2 Tbs

Kabocha squash ¼ cup cooked

\*Parsnips ¼ cup boiled

Peas ¼ cup cooked

Peach ½ medium

**Type O**, continued

\*Pinto beans ¼ cup cooked

Quinoa ¼ cup cooked

Raspberries ¼ cup

Sweet potato ¼ cup cooked

\*Turnips ¼ cup cooked

**Limited carbohydrates for quicker weight loss**

Limit these to only a few times a week or less

Apple ½ medium

Banana ½ medium

Kiwi ½

Mango ¼ cup cubed

Pasta, gluten-free ¼ cup cooked

Pear ½ medium

\*Plum 1 medium

Pineapple ¼ cup cubed

Nectarine ½ medium

Watermelon ½ cup cubed

**Unlimited Foods, as much as you want,  
whenever you want (as snacks, too)**

Alfalfa sprouts

\*Artichokes, artichoke hearts

Asparagus

Bamboo shoots

Bean sprouts

Bok choy, baby bok choy

\*Broccoli

Carrots

Celery

Celery root

\*Collard greens

Cucumbers

Daikon

Fennel

Garlic

Ginger

Green beans

Green onions, scallions

Jicama

\*Kale

\*Kohlrabi

\*Leeks

Lemon juice

\*Lettuce greens: green leaf, red leaf, butter,  
romaine, radicchio

Lime juice

Mushrooms: enoki, Portobello, tree oyster only

\*Okra

Onions (\*yellow, \*red, \*Spanish)

Peppers, green and \*red

Radishes

Rutabaga

Salad greens: chicory, endive, escarole, arugula,  
watercress

Snow peas

\*Spinach

Sugar snap pea pods

Summer squash: crookneck, zucchini

Sunflower sprouts

Swiss chard

Tomatoes

Tomatillos

Turnip greens

Water chestnuts

Winter squash: spaghetti, \*pumpkin

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