

Blood Group Diet: Type O

History of the Hunter

Blood group O is the oldest blood group appearing about 40,000BC. They are known as the hunters. Originally hunting and gathering food. They have a good digestive tract but are intolerant to dietary and environmental adaptations. They have an overactive immune system. This group requires an efficient metabolism to stay lean and energetic.

Beneficial Foods:

Meats and Poultry: Eggs, beef, buffalo, lamb, liver, mutton, veal, venison

Seafood: Cod, hake, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardine, snapper, sole, white perch, whitefish, yellow perch

Oils and Fats: Linseed (flaxseed) oil, olive oil

Nuts and Seeds: Pumpkin Seeds

Beans and Legumes: Aduke beans, pinto beans, black-eyed peas

Breads and Cakes: Essence bread

Vegetables: artichoke, beet leaves, broccoli, chicory, collard greens, dandelion, garlic, horseradish, kale, leek, romaine lettuce, okra, onions, parsley, parsnips, red peppers, pumpkin, seaweed, silver beet, spinach, sweet potatoes, turnips

Fruit: Figs, plums, prunes

Juices: Black cherry, pineapple, prunes

Spices: Carob, curry, dulse, kelp (bladderwrack), parsley, cayenne peppers, turmeric



Neutral foods: (well tolerated but are not considered to be beneficial)

Meats and Poultry: Chicken, duck, rabbit, turkey, quail

Seafood: Abalone, anchovy, carp, clam, crab, crayfish, eel, flounder, frog, haddock, lobster, monkfish, mussels, ocean perch, oysters, scallops, sea bass, sea trout, shark, shrimp, silver perch, squid, snail, tuna, turtle.

Dairy: Butter, Feta cheese, goat cheese, Mozzarella, soy cheese, soy milk.

Beans & Legumes: Black beans, broad beans, cannellini beans, fava beans, chick peas, green beans, lima beans, red beans, red soy beans, string beans, white beans, green peas, mange tout.

Oils and Fats: Cod liver oil, sesame oil.

Nuts and Seeds: Almonds, chestnuts, filbert, hickory, macadamia, pecans, pine nuts, sesame butter (tahini), sesame seeds, sunflower seeds.

Cereals: Barley, buckwheat, cream of rice, kasha, puffed millet, rice bran, puffed rice.

Breads: Brown rice bread, gluten-free bread, millet, rice cakes, 100% rye bread, Ryvita, soy flour bread.

Grain & Pasta: Barley flour, buckwheat, artichoke pasta, quinoa, basmati rice, brown rice, white rice, wild rice, rice flour, rye flour.

Vegetables: Asparagus, bamboo shoots, beets, bok choy, caraway, carrots, celery, coriander, cucumber, dill, endive, fennel, ginger, green lettuce, lima beans, mushrooms, green olives, green onions, green peppers, yellow peppers, radishes, rutabaga, scallion, shallots, mung sprouts, squash, tofu, tomato, water chestnuts, watercress, yams, zucchini.

Fruit: Apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, blackcurrants, redcurrants, dates, elderberries, gooseberries, grapefruit, grapes, guava, kiwi, kumquat, lemons, limes, mangoes, melon, watermelon, nectarines, papayas, peaches, pears, persimmons, pineapples, pomegranates, prickly pear, raisins, raspberries, starfruit.

Juices: Apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato (with lemon), and vegetable juice from those allowed.

Spices: Agar, allspice, almond extract, anise, arrowroot, barley malt, basil, bay leaf, bergamot, Carmon, chervil, chives, chocolate, clove, coriander, cream of tartar, cumin, dill, garlic, gelatine, honey, horseradish, maple syrup, marjoram, mint, molasses, dry mustard, paprika, peppercorns, peppermint, pimento, rosemary, saffron, sage, salt, savoury soy sauce, spearmint, white sugar, brown sugar, tamarind, tapioca, tarragon, thyme, wintergreen.

Condiments: Apple sauce, jam from acceptable fruits, jelly from acceptable, mayonnaise, mustard, salad dressing from acceptable ingredients, Worcestershire sauce.

Herbal Teas: Chamomile, Dong quai, elder, ginseng, green tea, hawthorn, horehound, liquorice root, mullein, raspberry leaf, sage, skullcap, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow.

Misc. Drinks: Beer, green tea, red wine, white wine (avoid wine everyday).

Foods to avoid:

Meat and poultry: Bacon, goose, ham, pork

Seafood: caviar, pickled herring, octopus, smoked salmon

Dairy: All cheeses, buttermilk, cream cheese, goats milk, ice-cream, whey, whole milk, yoghurt

Oils and Fats: Corn oil, cottonseed oil, peanut oil, safflower oil

Nuts and Seeds: Brazil, cashew, chestnut, peanut butter, peanut, pistachio, poppy seeds, sunflower

Beans and Legumes: Kidney beans, navy beans, lentils

Cereals: Cornflakes, cornmeal, cream of wheat, mixed grain, oat bran, oatmeal, wheat bran, wheat germ, shredded wheat

Bread and Cakes: Wheat bagels, corn muffins, durum wheat, English muffins, high-protein bread, multigrain bread, oat bran muffin, pumpernickel, sprouted wheat bread, wheat bran muffins, whole wheat bread

Grains and Pasta: Bulgur wheat flour, couscous, durum wheat flour, gluten flour, soba noodles, oat flour, semolina pasta, spinach pasta, sprouted wheat flour, white flour, whole wheat flour

Vegetables: Avocado, Brussels sprouts, cabbage, cauliflower, cucumber, corn, eggplant, mushrooms, mustard greens, olives, potatoes, alfalfa sprouts

Fruit: Blackberries, coconut, kiwi, lychees, honeydew melon, oranges, rhubarb, rockmelon, strawberries, tangerines

Juices: Apple, cabbage, orange

Spices: Capers, cinnamon, cornflour, corn syrup, nutmeg, pepper, vanilla

Condiments: Pickles, relish, tomato sauce, vinegar

Herbal Teas: Alfalfa, aloe, burdock, corn silk, Echinacea, gentian, golden seal, red clover, rhubarb, saint johns wort, senna, shepard's purse, strawberry leaf, yellow dock

Miscellaneous Beverages: Alcoholic spirits, apple cider, coffee, soft drink, black decaffeinated tea, black regular tea

Example of a day:

Breakfast – 2 poached eggs, 1 banana, pear and apple

Lunch – Tuna salad with romaine lettuce and baby spinach leaves drizzled with olive oil



Dinner – Lean grilled rump steak with roasted red pepper, sweet potato and onion

Snacks – Plums or handful of pumpkin seeds