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Life Coach



Food: by your

Blood Type

From the work of
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<http://www.ad-lucem.com/Books>

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Type O	Most Beneficial	Neutral	Not beneficial
Meat	Beef	Chicken	Bacon
	Heart	Rabbit	Ham
	Kidney	Turkey	Pork
	Lamb		
Fish	Cod	Crab	Smoked Salmon
	Mackerel	Haddock	Octopus
	Salmon	Prawns	
	Sardine	Squid	
	Sole	Scallops	
Dairy		Butter	Yoghurt
		Goat's Cheese	Ice Cream
		Mozzarella	Cheese
		Soya Cheese or milk	
Oils	Olive Oil	Cod Liver Oil	Corn Oil
		Sesame	
Seeds	Walnut	Almonds	Brazil
		Hazelnuts	Cashew
		Pecan	Peanut
		Sesame Seeds	Pistachio
		Sunflower seed	
Beans	Aduki	Black	Kidney Beans
	Black-eyed	Broad	Lentils
	Pinto	Chick peas	Soya
		Green peas	

Type O	Most Beneficial	Neutral	Not beneficial
Cereals		Barley	Cornflakes
		Oat Bran	Farina
		Rice Bran	Granola
		Buckwheat	Wheatgerm
Bread		Gluten Free Bread	Most Breads
Vegetable	Broccoli	Asparagus	Avocado
	Garlic	Carrots	Cabbage
	Leeks	Celery	Olives
	Onions	Green Yellow Peppers	Cauliflower
	Turnips	Mushrooms	Potatoes
	Red Peppers		
	Spinach		
Fruit	Figs	Apples	Melon
	Prunes	Bananas	Oranges
	Plums	Grapefruit	Strawberries
		lemon	Blackberries
		Pears	
Juices	Pineapple	Grapefruit	Apple
	Prune		Orange
Condiments		Jam	Ketchup
		Mustard	Mayonnaise
		Salad Dressing	Pickles
		Worcestershire	Relish
Beverage		Lager	Coffee
		Wine	Tea
			Cola
			Distilled Spirits

Type A	Beneficial	Neutral	Not Beneficial
Meats		Chicken	All Meats
		Turkey	
Fish	Cod	Pike	Anchovy
	Mackerel		Smoked Salmon
	Salmon		Haddock
	Sardine		Plaice
			Sole
Dairy		Eggs	Butter
		Low Fat Cheese	Ice Cream
			Most Cheeses
Oils	Linseed	Rapeseed	Corn Oil
	Olive	Cod Liver	Sesame
Nuts	Peanuts	Almonds	Brazil
	Pumpkin	Hazelnuts	Cashew
		Walnuts	Pistachio
		Sunflower Seeds/Margarine	
Beans	Black	Broad	Chick-peas
	Black-eyed	Green	Kidney
	Lentils	Peas	Red
Cereal	Buckwheat	Barley	Wheatgerm
		Cornflakes	Farina
		Oatmeal	Wheat Bran
		Oat Bran	Shredded Wheat

Type A	Beneficial	Neutral	Not Beneficial
Bread	Rice Cakes	Brown Rice Bread	Mullet-grain
		Soya Flour	Cornbread
			Ryvita
			Gluten Free
Vegetable	Parsnips	All except those to be avoided	Aubergines
	Turnips		Cabbage
	Spinach		Chilli Peppers
	Leeks		Mushrooms
	Broccoli		Olives
	Onions		Tomatoes
	Parsley		Peppers
Fruit	Plums	Apples	Bananas
	Prunes	Kiwi	Oranges
	Figs	Grapes	Tangerines
	Grapefruit	Peach	
	Pineapple	Pears	
Juice	Water + Lemon	Apple Cider + juice	Orange
	Carrot Juice	Vegetable juices	Tomatoes
	Grapefruit		
Beverages	Coffee	White Wine	Lager
	Red Wine		Tea
			Distilled Spirits
			Cola etc

Type B	Beneficial	Neutral	Not Beneficial
Meat	Lamb	Beef	Bacon
	Mutton	Liver	Chicken
	Rabbit	Turkey	Ham
			Pork
Fish	Cod	Herring	Crab
	Haddock	Salmon	Ells
	Mackerel	Rainbow Trout	Smoked Salmon
	Sardines	Sole	Snails
	Sea Trout		Prawns
	Monkfish		Oysters
Dairy	Cottage Cheese	Butter	Ice Cream
	Skimmed Milk	Brie	Blue Cheese
	Yoghurt	Milk	
	Mozzarella	Most Cheese	
Oils	Olive Oil	Cod Liver Oil	Sesame
		Linseed	Sunflower
			Corn
Nuts		Almonds	Cashew
		Brazil	Hazelnuts
		Walnuts	peanut
			Pistachio
			Sunflower

Type B	Beneficial	Neutral	Not Beneficial
Beans	Kidney	Broad	Black Beans
	Lima	Green	Black-eyed
		Peas	Chick-pea
		Red Soya Beans	Lentils
Cereals	Oatmeal	Farina	Barley
	Oatbran		Cornflakes
	Rice Bran		Cornmeal
			Rye
			Wheatgerm
			Shredded Wheat
Bread	Rice Bread	Gluten Free	Bagels
	Millet Bread	Oat Bran Bread	Cornbread
		Hi-protein Bread	Multigrain Bread
			Rye Bread
			Whole-wheat
Grains	Oat Flour	Plain Flour	Barley Flour
	Rice Flour		Buckwheat
			Tapioca
			Whole-wheat

Type B	Beneficial	Neutral	Not Beneficial
Vegetable	Aubergines	Celery	Avocado
	beetroot	Chile Peppers	Olives
	Brussels Sprouts	Courgettes	radishes
	Cabbage	Cucumber	Sweetcorn
	Carrots	Leeks	Tomatoes
	Cauliflower	Mushroom	
	Peppers	Turnip	
	potatoes		
Fruit	Bananas	Apples	Rhubarb
	Grapes	Kiwi	
	Plums	Lemons	
		Oranges	
		Pears	
Juices	Grape	apple	Tomato
	Papaya	Carrot	
	Pineapple	Orange	
Beverage	green Tea	Coffee	Distilled Spirits
		Lager	Cola
		Tea	
		Wine	

Type AB	Beneficial	Neutral	Not Beneficial
Meat	Lamb	Liver	Bacon
	Mutton		Beef
	Rabbit		Chicken
	Turkey		Ham
			Pork
Fish	Cod	Salmon	Haddock
	Hake	Fresh Herring	Crab
	Mackerel	Mussels	Sole
	Monkfish		Smoked Salmon
			Plaice
Dairy	Cottage Cheese	Cheddar	Butter
	Goat's Cheese	Edam	Brie
	Goat's Milk	Skimmed Milk	Ice Cream
	Mozzarella	Yoghurt	Parmesan
Oils	Olive	Cod-liver	Corn
		Linseed	Sunflower
			Sesame
Nuts	Chestnuts	Almonds	Hazelnuts
	Peanuts	brazil	Sesame
	Walnuts	Cashew	Sunflower
		pistachio	

Type AB	Beneficial	Neutral	Not Beneficial
Beans	Lentils	Broad	Black
	Soya	Green	Black-eyed
	Pinto	Green Peas	Chick-peas
			Kidney
Cereals	Oatmeal	Barley	Cornflakes
	Oat Bran	Granola	Buckwheat
	Rice Bran	Wheatgerm	Cornmeal
		Wheat Bran	
		Shredded Wheat	
Bread	Rice Cakes	Gluten Free	Cornbread
	Millet	Mullet-grain	
	Ryvita	Oat bran	
		Hi-protein	
		whole Wheat	
Grains	Oat Flour	Couscous	Barley Flour
	Rye Flour	Plain Flour	Buckwheat
	Rice Flour	Self-raising	Tapioca
		Whole-wheat	
Vegetables	Aubergines	Brussels sprouts	Avocado
	Beetroot	Cabbage	Olives
	Broccoli	Carrots	Chilli
	Cauliflower	Mushrooms	Peppers
	Celery	Tomatoes	
	Garlic		
	Parsnips		

Type AB	Beneficial	Neutral	Not Beneficial
Fruit	Plums	Apples	Bananas
	Figs	Lemons	Coconuts
	Grapes	Kiwi	Rhubarb
		Oranges	
		Dates	
Juices	Vegetable Juice	Fruit Juices	Orange Juice
Beverages	Coffee	Lager	Distilled Spirits
	Green Tea	Wine	Tea
			Cola

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