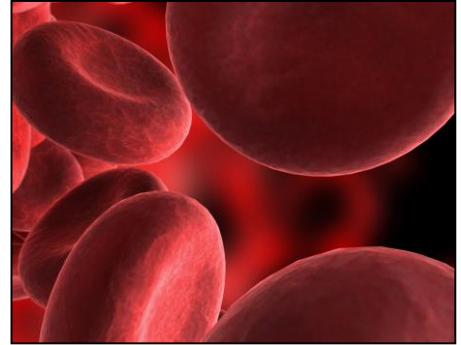




Eating for your Blood Type – O

It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.



Blood Type O – Old

- Strong
- Hunter
- Leader
- Self-reliant
- Goal-oriented

| Strength | Weakness | Health Risk | Diet Profile | Weight Loss | Supplements | Exercise |
|---|---|--|---|--|--|---|
| <p>Hardy digestive tract</p> <p>Strong immune system</p> <p>Natural defenses against infections</p> <p>Efficient metabolism</p> <p>Shorter small intestines</p> <p>Less chance for cancer</p> | <p>Low tolerance for new diets and new environments</p> <p>Immune system can be over-active and attack itself</p> | <p>Low thyroid</p> <p>Inflammation</p> <p>Arthritis</p> <p>Blood-clotting disorders</p> <p>Ulcers because they get overly acidic</p> | <p>Red meat</p> <p>Strong enzymes to digest meat</p> <p>High protein</p> <p>Vegetables</p> <p>Fruit</p> | <p>Reduce:</p> <p>Wheat/corn¹</p> <p>Baked goods²</p> <p>Kidney beans</p> <p>Navy beans</p> <p>Lentils</p> <p>Brussels sprouts</p> <p>Cauliflower</p> <p>Mustard</p> <p>Increase:</p> <p>Kelp</p> <p>Seafood</p> <p>Salt</p> <p>Liver</p> <p>Red meat</p> <p>Kale</p> <p>Spinach</p> <p>Broccoli</p> | <p>Vitamin A</p> <p>Vitamin K</p> <p>Calcium</p> <p>Iodine</p> <p>Licorice</p> <p>Kelp</p> | <p>Intense physical exercise, such as:</p> <p>Running</p> <p>Aerobics</p> <p>Contact sports</p> <p>Martial arts</p> <p>Power yoga</p> |

American Indians 79%, Hispanic 57%, African Americans 49%, Caucasian Americans 45%, Western European 43%, Jewish 38%, Indians 37%, Japanese 30%, Chinese 30%, Korean 28%

¹ Blood Type O most susceptible to wheat and corn allergies.

² Baked goods may cause a tired, foggy feeling.

Eat Right for Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight. *Peter D-Adamo*