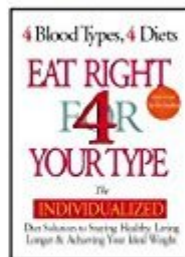


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Blood Type O Food, Beverage And Supplemental Lists

BLOOD TYPE O FOOD, BEVERAGE and SUPPLEMENT LISTS

from



Dr. Peter J. D'Adamo
with Catherine Whitney



Synopsis

The Eat Right 4 (For) Your Type portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistry. If your blood type is O, enjoy your best health on a high protein, low carbohydrate diet, and make sure you get plenty of red meat. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing. Youâ€™ll never have to be without Dr. Dâ€™Adamoâ€™s reassuring guidance again. Inside you will find complete listings of whatâ€™s right for Type O in the following categories: * meats, poultry, and seafood * oils and fats * dairy and eggs * nuts, seeds, beans, and legumes * breads, grains, and pastas * fruits, vegetables, and juices * spices and condiments * herbal teas and other beverages * special supplements * drug interactions * resources and support. Refer to this book while shopping, dining, or cooking â”and soon, you will be on your way to developing a prescription plan thatâ€™s right for your type.

Book Information

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Customer Reviews

So now that youâ€™ve read Eat Right For Your Type and are familiar with the basic theories behind the blood type diets, you need a list that you can grab and take with you on those grocery shopping trips or for those dinners out where you may find menu items that you canâ€™t quite remember as either Recommended, Neutral, or Avoid. This is one of those pocket references that was made to be convenient for these situations if you happen to be a type O like me. (If you havenâ€™t read the abovementioned book first, you should. It explains in detail the hows and whys of eating according

to one's blood type - O, A, B, or AB - instead of the dictates of popular trends. Foods are divided into three lists for each blood type: Highly Recommended (foods that have some great benefit or another and act almost as medicine in your system), Neutral (basics that are neither highly beneficial nor bad), or Avoid (foods that you should avoid, either because they have a bad effect on your blood type's metabolism, immune system, digestion, etc). But back to the review...)The format of this list book is divided into convenient chapters that each represent a food group, such as Ch.1, Meats and Poultry, Ch. 2, Seafood, Ch.3, Eggs and Dairy, Ch.4, Fats and Oils, and so on until we have categorized every type of common edible into 14 sections altogether. Each chapter also has a brief introductory essay explaining a few highlights of the lists that follow, such as why healthy veggies such as cauliflower and mustard greens ended up on the Avoid list for type Os and why kelp is on the Highly Recommended list. Most of the selections are not explained in detail however, so the reader must take these recommendations on faith.

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Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013)

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