



Blood Type O Food, Beverage and Supplemental Lists

Dr. Peter J. D'Adamo

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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. You'll never have to be without Dr. D'Adamo's reassuring guidance again. Inside you will find complete listings of what'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 —and soon, you will be on your way to developing a prescription plan that's right for your type.

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