O positive blood type diet

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| Vegetables | Vegetables are an important part of any food plan. But since Type Os tend to have low levels of thyroid hormone, vegetables that have a negative effect on thyroid hormone function such as cabbage, Brussels sprouts and cauliflower should be avoided. Eat nutrient-packed vegetables that build the immune system such as broccoli, kale, Romaine lettuce, onions, parsnips, sweet potatoes, pumpkin, Spinach and Swiss chard. |
| Fruits | The blood type diet recommends to Type O individuals fruits with an alkalizing effect that helps balance your body's pH level, making it less acidic. Most fruits work well with Type O metabolism, but the most beneficial fruits for Type Os, according to Dr. D'Adamo, include bananas, blueberries, black cherries and black cherry juice, figs, guavas, mangoes, pineapple juice, plums, prunes and prune juice. D'Adamo also recommends avoiding apple juice, avocados, blackberries, cantaloupe, coconut, honeydew, oranges and orange juice, strawberries, and tangerines. |
| Salt Water Fish and Kelp | Type O's tend to have low levels of thyroid hormone and low levels of iodine, which can affect your body's hormone regulation. The result is weight gain, fluid retention and fatigue. Dr. D'Adamo suggests a diet rich in saltwater fish, such as cod, tuna, salmon, tilapia, halibut and red snapper, and kelp, a form of seaweed, to help regulate the thyroid gland. |
| Lean Meats | Type Os are able to easily digest and metabolize lean meats because of the acidity in their muscle tissue, according to Dr. D'Adamo. But this same acidity level tends to make Os more susceptible to ulcers than other blood types. Protein is very important for maintaining the health of Type Os. Choose skinless chicken breasts and lean cuts of red meat such as top round, top sirloin or flank steak. In addition to lean meats, protein-rich foods such as egg whites and nuts are recommended. |