**Type O blood diet**

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| **Meat** | **Fish** | **Dairy produce** | **Eggs** |
| Red-colored meat and poultry | Cold water seafood like mackerel and herring | Butter, cheese and yoghurt made from ewe’s and goat’s milk | Hen and duck eggs |
| Pork and quail | Squid, pollock, octopus, abalone | Cheese, cow’s milk and yoghurt created from cow’s milk | Goose and quail eggs |
| Favour red-colored meat from grass fed animals: their meat consists of more Omega 3s. | Eat fish frequently, but avoid it as a meat substitute: your daily diet should contain both. | Limit your consumption to two yoghurts and two portions of cheese weekly, in the event that you tolerate it well. | Consume to 6 eggs weekly. |