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| **TYPEO blood diet**Type Os thrive on intense physical exercise and animal protein. Type Os can efficiently digest and metabolize meat because they tend to have high stomach-acid content. The success of the Type O Diet depends on the use of lean, chemical-free meats, poultry, and fish. Type Os don't find dairy products and grains quite as user friendly as do most of the other blood types**Tips for Blood Group O diet -**

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| * ***Blood Group O are more prone to metabolic disturbances , insulin resistance, slow thyroid activity and weight gain if they do not follow their diet and fitness regimen regularly.***
* ***To avoid stress for Blood Group O , it is recommended to include lean, organic meat, vegetables and fruits in the diet. Avoid use of wheat and its products along with corn.***
* ***Regular cardiovascular activity or brisk walking helps Blood Group O achieve their health goals. Regular exercise helps them to maintain hormonal and emotional balance.***
* ***You must have clear plan for your health as weekly, monthly, yearly.***
* ***Do some physical activity or play any game when you feel stressed out or mentally disturbed.***
* ***Adopt life style changes slowly with minor changes in your routine.***
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**List of foods to avoid -**

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| **Cereal** | Corn And wheat |
| **Protein food items** | Blood Group O need to severely restrict the use of dairy products and eggs, Bacon, Ham, Goose, Pork, Smoked salmon, Peanut |
| **Vegetables** | Most Tuber vegetables (potatoes, tapioca, Fruits Banana, Melons, cantaloupe, honeydew, Oranges, tangerines and strawberries, coconut and coconut-containing products |
| **Fats n Oils** | margarine, Palm oil, Corn oil, Peanut oil, Cottonseed oil, Safflower oil |
| **Spices** | White and black pepper, vinegar, capers, cinnamon, Cornstarch, Corn syrup, Nutmeg, Vanilla, Ketchup, pickles, mayonnaise, relish |
| **Beverages** | Coffee, Distilled liquor, Black Tea |