



# Blood Type “O” Food List

Ref. by Dr. Peter D’Adamo, *Eating Right for your Blood Type*

MEATS & POULTRY	SEAFOODS	EGGS & DAIRY
<p><b>Highly Beneficial</b></p> <ul style="list-style-type: none"> <li>• Beef: regular ground</li> <li>• Buffalo</li> <li>• Heart</li> <li>• Lamb</li> <li>• Liver</li> <li>• Mutton</li> <li>• Veal</li> <li>• Venison</li> </ul> <p><b>Neutral</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Cornish Hens</li> <li>• Duck</li> <li>• Partridge</li> <li>• Pheasant</li> <li>• Quail</li> <li>• Rabbit</li> <li>• Turkey</li> </ul> <p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• Bacon</li> <li>• Goose</li> <li>• Ham</li> <li>• Pork</li> </ul>	<p><b>Highly Beneficial</b></p> <ul style="list-style-type: none"> <li>• Bluefish</li> <li>• Cod</li> <li>• Hake</li> <li>• Halibut</li> <li>• Herring</li> <li>• Mackerel</li> <li>• Pike</li> <li>• Rainbow Trout</li> <li>• Red Snapper</li> <li>• Salmon</li> <li>• Sandline</li> </ul> <p><b>Neutral</b></p> <ul style="list-style-type: none"> <li>• Abalone</li> <li>• Albacore (tuna)</li> <li>• Anchovy</li> <li>• Beluga</li> <li>• Bluegill Bass</li> <li>• Carp</li> <li>• Clam</li> <li>• Crab</li> <li>• Crayfish</li> <li>• Eel</li> <li>• Flounder</li> <li>• Frog</li> <li>• Gray Sole</li> <li>• Grouper</li> <li>• Haddock</li> <li>• Lobster</li> <li>• Mahi-mahi</li> <li>• Monkfish</li> </ul> <p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• Barracuda</li> <li>• Catfish</li> <li>• Caviar</li> <li>• Conch</li> </ul> <ul style="list-style-type: none"> <li>• Shad</li> <li>• Snapper</li> <li>• Sole</li> <li>• Striped Bass</li> <li>• Sturgeon</li> <li>• Swordfish</li> <li>• Tilefish</li> <li>• White Perch</li> <li>• Whitefish</li> <li>• Yellow Perch</li> <li>• Yellowtail</li> </ul> <ul style="list-style-type: none"> <li>• Mussels</li> <li>• Ocean Perch</li> <li>• Oysters</li> <li>• Pickerel</li> <li>• Porgy</li> <li>• Sailfish</li> <li>• Scallop</li> <li>• Sea Bass</li> <li>• Sea Trout</li> <li>• Shark</li> <li>• Shrimp</li> <li>• Silver Perch</li> <li>• Smelt</li> <li>• Snail</li> <li>• Squid (calamari)</li> <li>• Turtle</li> <li>• Weakfish</li> </ul> <ul style="list-style-type: none"> <li>• Herring (pickled)</li> <li>• Lox (smoked salmon)</li> <li>• Octopus</li> </ul>	<p><b>Highly Beneficial</b></p> <ul style="list-style-type: none"> <li>• NONE</li> </ul> <p><b>Neutral</b></p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Farmer</li> <li>• Feta</li> <li>• Goat Cheese</li> <li>• Mozzarella</li> <li>• Soy Cheese</li> <li>• Soy Milk</li> </ul> <p><b>Avoid</b></p> <ul style="list-style-type: none"> <li>• American</li> <li>• Blue Cheese</li> <li>• Brie</li> <li>• Buttermilk</li> <li>• Camembert</li> <li>• Casein</li> <li>• Cheddar</li> <li>• Colby</li> <li>• Cottage</li> <li>• Cream Cheese</li> <li>• Edam</li> <li>• Emmenthal</li> <li>• Goat Milk</li> <li>• Gouda</li> <li>• Gruyere</li> <li>• Ice Cream</li> <li>• Jarlsburg</li> <li>• Kefir</li> <li>• Monterey Jack</li> <li>• Munster</li> <li>• Neufchatel</li> <li>• Parmesan</li> <li>• Prolovone</li> <li>• Ricotta</li> <li>• Skim or 2% Milk</li> <li>• String Cheese</li> </ul> <ul style="list-style-type: none"> <li>• Swiss</li> <li>• Whey</li> <li>• Whole Milk</li> <li>• Yogurt (all varieties)</li> </ul>

# Blood Type A Dadamo

**Rachel Sandford**



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## **Table of Contents Blood Type A Dadamo**

1. Understanding the eBook Blood Type A Dadamo
  - The Rise of Digital Reading Blood Type A Dadamo
  - Advantages of eBooks Over Traditional Books
2. Identifying Blood Type A Dadamo
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Blood Type A Dadamo
  - User-Friendly Interface
4. Exploring eBook Recommendations from Blood Type A Dadamo
  - Personalized Recommendations
  - Blood Type A Dadamo User Reviews and Ratings
  - Blood Type A Dadamo and Bestseller Lists

5. Accessing Blood Type A Dadamo Free and Paid eBooks
  - Blood Type A Dadamo Public Domain eBooks
  - Blood Type A Dadamo eBook Subscription Services
  - Blood Type A Dadamo Budget-Friendly Options
6. Navigating Blood Type A Dadamo eBook Formats
  - ePub, PDF, MOBI, and More
  - Blood Type A Dadamo Compatibility with Devices
  - Blood Type A Dadamo Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Blood Type A Dadamo
  - Highlighting and Note-Taking Blood Type A Dadamo
  - Interactive Elements Blood Type A Dadamo
8. Staying Engaged with Blood Type A Dadamo
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Blood Type A Dadamo
9. Balancing eBooks and Physical Books Blood Type A Dadamo
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Blood Type A Dadamo
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Blood Type A Dadamo
  - Setting Reading Goals Blood Type A Dadamo
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Blood Type A Dadamo
  - Fact-Checking eBook Content of Blood Type A Dadamo
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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