

# FOCUS ON FOOD

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**How to eat well  
according to your  
blood type?**



# Group O - The Hunter



This group is the oldest blood type. Most of the first Men came from this group and survived on hunting (insects, animals) and collecting from the ground (berries, leaves). Individuals from this blood type are therefore meat eaters and have a robust digestive tract. On the other hand, they are strongly intolerant to nutritional and environmental changes. If you are part of this group and want to lose weight, it is highly recommended to follow a diet that restricts the intake of cereals, beans and peas.

	What you can eat	What you shouldn't eat
<b>Meat</b>	Beef, heart, lamb, liver, sheep, veal, game, chicken, duck, pheasant, rabbit, turkey, quail	Pork, ham, bacon, goose
<b>Fish</b>	Cod, halibut, herring, mackerel, pike, trout, salmon, sardine, sole, sturgeon, yellow and white perch, anchovy, carp, crab, clam, lobster, eel, mussels, oysters, shrimp, snails, swordfish, whiting, squid, scallops, tuna, monkfish, lobster, shark	Smoked salmon, squid, caviar, catfish, octopus
<b>Dairy products</b>	Butter, eggs (1 to 3 times per week), feta cheese, goat cheese, mozzarella, soy milk, soy cheese, sheep milk	Brie, edam, parmesan, emmental, camembert, gruyere, goat's milk, whole milk, all kinds of yogurt, cottage cheese, ice cream, blue, munster, ricotta, kefir, milk and cream cheese
<b>Oils &amp; fats</b>	Flax seed oil, olive oil, rapeseed oil, sesame oil	Peanut oil, cottonseed oil, safflower oil, corn oil
<b>Nuts</b>	Pumpkin seeds, sesame seeds, sunflower butter & seeds, walnuts, hazelnuts, pine nuts, almonds, chestnutss	Peanut butter, cashew nuts, lychee nuts, Brazil nuts, peanuts, pistachios
<b>Cereals</b>	Rye, spelled, spelled flour, barley, rice, buckwheat, rice cake, soya bean, millet, quinoa	Wheat, bulgur, couscous, Cornflakes, Oatmeal, wheat, sprouted wheat, corn, wheat germs, muffins, whole wheat, multigrain bread, fresh pasta
<b>Bread</b>	Soy bread, rusk, gluten-free bread, rice cakes	
<b>Vegetable</b>	Artichoke, broccoli, chicory, kale, cabbage, garlic, leek, romaine salad, Spanish onions, red and yellow onions, spinach, pumpkin, sweet potatoes, seaweed, roe, chard, chicory, turnip, parsley, red and yellow pepper, dill, asparagus, bamboo, beetroot, carrot, cucumber, coriander, squash, zucchini, watercress, endive, fennel, lettuce, ginger, green olives, radish, arugula, rutabaga, soy, shoots, tofu, tomato	Avocado, red and white cabbage, Chinese cabbage, cauliflower, mushrooms, Brussels sprouts, red and white potatoes, corn, eggplante
<b>Fruits</b>	Fresh and dried figs, green and red plums, apples, apricots, bananas, cherries, dates, grapefruit, grapes, kiwi, lemons, limes, peaches, pears, pineapple, carambola, blackcurrant, raspberries, guava, pomegranate, currant, persimmon, mango, blueberries, nectarine, papaya, watermelon	Coconut, yellow melons, oranges, clementines, rhubarb, strawberries, melons, blackberries
<b>Spices</b>	Curry, kelp, cayenne pepper, parsley, carob, agar, garlic, dill, anise, basil, bergamot, cardamom, caraway, chervil, cocoa, chives, cilantro, cumin, tarragon, oregano, paprika, horseradish, rosemary, saffron, savory, tamarisk, sage, salt, clove, bay leaf, barley malt, molasses, mint, honey, mustard, tapioca, thyme	Ketchup, white or black pepper, nutmeg, vinegar, capers, starch, cinnamon, pickles, mayonnaise, vanilla
<b>Drinks</b>	Juice: pineapple, prune, black cherry, apricot, carrot, grapefruit, papaya, celery, tomato, vegetable  Beer and wine (moderate), mint tea and tisane	Juice : cabbage, oranges, apples  Coffee, decaffeinated coffee, liqueurs, tea, alcohols, cider

# Group A - The Farmer



Blood type A arrives after O. These Men began to settle and cultivate. They therefore have a rather vegetarian diet and do not bear a diet rich in meat. They generally have poor resistance to dairy products, that cause insulin reactions, characterized by slowing down of metabolism. For a better health, Group A should consume foods as close to nature as possible, fresh, pure and organically grown. Group A individuals have a predisposition to heart disease, cancer and diabetes.

	What you can eat	What you shouldn't eat
<b>Meat</b>	Chicken, turkey, guinea fowl	Red meats, bacon, ham, lamb, pork, quail, duck, rabbit, sheep, goose, veal, liver, heart, pheasant, cold cuts
<b>Fish (4x per week)</b>	Carp, cod, mackerel, sardines, salmon, whiting, snails, monkfish, silver and yellow perch, trout, grouper, bass, pike, sea bream, smelt, swordfish, abalone, shark, tuna	Caviar, crab, herring, lobster, mussels, oysters, shrimps, smoked salmon, anchovies, sole, eel, barracuda, squid, frogs, haddocks, caviar, scallops, octopus
<b>Dairy products</b>	Soy cheese, soymilk, feta, fruit yogurt, milk and goat cheese	Brie, butter, camembert, cheddar, cream cheese, gouda, gruyere, ice cream, parmesan, whole milk, skimmed milk, semi-skimmed milk, emmental, munster
<b>Eggs</b>	One to three times per week	
<b>Oils</b>	Olive oil and linseed oil, rapeseed oil, cod liver oil	Sesame oil, walnut oil, peanut oil, safflower oil, corn oil
<b>Beans, lentils, peas</b>	Green and white beans, soy beans, green and red lentils, peas	Tamarind seeds
<b>Dried fruits</b>	Peanuts, peanut butter, pumpkin seeds, almonds, almond butter, sunflower butter, chestnuts, sesame seeds, sunflower seeds, walnuts, hazelnuts	Brazil nuts, cashews and pistachios
<b>Bread Crackers</b>	Soy bread, rice crackers, gluten-free bread, amaranth, oatmeal, rice, buckwheat, cornflakes, couscous, spelled, rice cream, durum wheat flour, sprouted wheat, wheat, corn, barley, oatmeal, millet, whole rice, gluten free, quinoa, basmati rice, white rice, whole rice, wild rice, puffed rice, oat bran, wheat bran	Multigrain bread, wholemeal bread, whole wheat flour, wheat flour, unleavened bread
<b>Vegetable</b>	Artichoke, broccoli, carrot, garlic, radish, romaine salad, pumpkin, spinach, Brussels sprouts, green olives, rutabaga, red and yellow onions, beetroot, kale, kohlrabi, turnip, leek, pumpkin, escarole romaine, tofu, seaweed, asparagus, avocado, bamboo, celery, chervil, cauliflower, spring onion, cucumber, zucchini, endive, fennel, lettuce, corn	White and red cabbage, mushrooms, potatoes, tomatoes, Greek olives, black olives, aubergine, chilli, potatoes, yellow and red peppers
<b>Fruits</b>	Apricots, berries, cherries, figs, grapes, lemons, pineapples, plums, raisins, blackberries, blueberries, grapefruit, blackcurrant, dates, strawberries, raspberries, guava, pomegranate, currant, persimmon, kiwi, nectarine, watermelon, peaches, pears, apples	Bananas, coconut, mangos, papayas, rhubarb, blood oranges, clementines, melon
<b>Spices</b>	Mustard, pickles, vinaigrette, parsley, coriander	Pepper, ketchup, mayonnaise, capers, english sauce, vinegar
<b>Drinks</b>	Coffee, decaffeinated coffee, red and white wine (in moderation), apricot juice, pineapple juice, carrot juice, celery juice, black cherry juice, lemon juice, grapefruit juice, water, cabbage juice, cucumber juice, grape juice, apple juice, cider	Beer, coca, soda, tea, orange juice, papaya juice, tomato juice, alcohols

# Group B - The Warrior



Then come the people of type B. Their diet is balanced, close to nature and has a large variety of foods. It brings together the best of the animal kingdom, O, and vegetable kingdom: A. The people of this group are resistant to most serious diseases of the modern world. Note also that group B is the only blood group that allows the consumption of a wide variety of dairy products.

	What you can eat	What you shouldn't eat
<b>Meat</b>	Lamb, rabbit, game, mutton, veal, beef, liver, pheasant, goose, turkey	Pork, ham, bacon, duck, quail, heart, chicken, partridge
<b>Fish</b>	Cod, halibut, mackerel, pikeperch, salmon, sardines, sole, caviar, sturgeon, herring, brine, yellow and silver perch, haddock, loke, bar, sea trout, shad, anglerfish, hake, sea bream, haddock, grouper, cod, squid, carp, scallops, monkfish, swordfish, smelt	Anchovies, crab, eel, lobster, smoked salmon, mussels, oysters, shrimps, snails, turtles, shellfish, bar, barracuda, clams, frogs, lambi, lobsters, octopus
<b>Dairy products</b>	White cheese, feta, cheese and goat's milk, mozzarella, ricotta, plain and fruit yoghurt, brie, butter, camembert, cheddar, edam, emmental, gouda, gruyere, parmesan, munster, cheese and soy milk, whole milk, skimmed milk, semi-skimmed milk, cottage, kefir, eggs	Ice cream, blue cheese
<b>Oils &amp; fats</b>	Flaxseed oil, olive oil, cod liver oil	Peanut oil, safflower oil, corn oil, rapeseed oil, sesame oil, sunflower oil
<b>Nuts</b>	Almonds, almond butter, chestnuts, walnuts, brazil nuts, pecans	Peanut butter, peanut, sunflower butter, hazelnuts, cashew nuts, squash seeds, poppy seeds, sesame seeds, pistachios
<b>Bread</b>	Brown rice bread, sunflower seed bread, millet bread, rusk, rice cake, gluten-free bread, soy flour bread, rye bread	Bread with lots of cereals, whole wheat bread
<b>Vegetable</b>	Beetroot, broccoli, red or white cabbage, Chinese cabbage, Brussels sprouts, carrots, cauliflower, mushrooms, yellow, red or green peppers, sweet potatoes, salad, spinach, endive, garlic, asparagus, celery, watercress, chili, seaweed, dill, chervil, spring onion, cucumber, zucchini, shallot, fennel, lettuce, turnip, onions, leek, potato, rutabaga	Artichoke, avocado, tomatoes, pumpkin, green or black olives, corn, pumpkin, radish, soy sprouts, tofu, Jerusalem artichoke
<b>Fruits</b>	Bananas, grapes, pineapple, papaya, plums, apples, apricots, berries, dates, kiwi, figs, melon, oranges, pears, blackcurrant, lemon, clementines, raspberries, guava, currant, mango, blueberries, nectarines, grapefruit, watermelon, peach	Coconut, rhubarb, pomegranates, carambola, persimmon
<b>Spices</b>	Curry, cayenne pepper, horseradish, ginger, parsley	
<b>Vegetable and fruit juices</b>	Cabbage, grape, papaya, pineapple, apple, apricot, black cherry, carrot, celery, orange, plums and vegetable juice, lemon water	Tomato juice
<b>Beans</b>	Green beans, lima beans, soy beans, beans	Lentils, black beans, azuki beans, coconut beans, corneas, chickpeas
<b>Pasta &amp; grains</b>	Wheat semolina pasta, rice cream, oat flakes, puffed rice, millet, spelled, rice flour, sprouted wheat bread, whole rice bread, oat bran, rice bran, gluten-free bread, bread soy, fresh pasta, basmati rice, white and full	Cornflakes, buckwheat, wheat flour, crushed wheat, couscous, whole wheat flour, gluten, corn, barley, rye flour, wheat germ, barley wholemeal bread



# Group AB - The Humanist



The blood type AB is the most recent and also the rarest (2-5% of the population). It is of great biological complexity because it inherits both group A and group B characters. People in this group adapt well to changing environmental and dietary conditions. The blood group AB has a powerful immune system and is able to produce specific antibodies in case of microbial aggression. However, they are predisposed to certain cancers because they consider any agent or cell that looks like A or B as a friend, so they make less antibodies.

	What you can eat	What you shouldn't eat
<b>Meat</b>	Lamb, rabbit, turkey, liver, mutton, pheasant	Ham, beef, chicken, duck, bacon, heart, pork, quail, goose, game, veal
<b>Fish</b>	Tuna, cod, mackerel, salmon, sardines, snails, sturgeon, pikeperch, carp, caviar, herring, mussels, squid, yellow or white bar, monkfish, pike, captain, hake, sea bream, cod, trout, monkfish, scallop shells swordfish, whiting, perch, shark	Anchovy, crab, eel, frog, shellfish, brine, lobster, smoked salmon, oysters, shrimp, bass, clams, crayfish, halibut, herring, octopus, lobster, sole
<b>Dairy products</b>	Eggs (3 to 4/week), cottage cheese, farm cheese, feta, cheese and goat's milk, mozzarella, ricotta, yoghurt, cheddar, edam, emmenthal, gouda, gruyere, munster, cheese and soy milk, kefir, cheese fresh tofu	Butter, camembert, ice cream, parmesan, whole milk, blue, brie, milk
<b>Oils &amp; fats</b>	Flax seed oil, olive oil, peanut oil, rapeseed oil, clarified butter	Sunflower oil, sesame, safflower, corn
<b>Nuts</b>	Peanuts, peanut butter, walnuts, chestnuts, cashew, pistachios, almonds, brazil nuts, pine nuts	Sunflower seeds, pumpkin seeds, sesame seeds, squash, poppy and hazelnuts
<b>Pasta &amp; cereals</b>	Oatmeal, rice flour, puffed rice, rice cream, soy flakes, wheat germ, rye flour, rice (wild, brown, white, basmati), couscous, gluten-free flour, white flour, pasta wheat semolina, whole wheat flour, spelled, bulgur, barley, quinoa, various pasta	Cornflakes, sarrasin, farine de maïs, pâtes aux artichauts, nouilles Soba, sarrasin kasha, farine d'orge, pâtes au sarrasin
<b>Bread</b>	Brown rice bread, sunflower seed bread, soy flour bread, sprouted wheat flour bread, rusk, rice cakes, rye, gluten-free bread, cereal bread, pumpnickel, wheat bread, wholemeal bread	
<b>Vegetable</b>	Beetroot, broccoli, cauliflower, red or white cabbage or Chinese, celery, cucumber, tofu, Brusselssprouts, sweet potatoes, asparagus, chicory, endive, carrots, ginger, bamboo shoots, garlic, eggplant, raves, parsnip, parsley, seaweed, chard, chervil, spring onion, coriander, squash, zucchini, watercress, spinach, fennel, ginger, lettuce, mesclun, onions, leek, tomato, rutabaga, turnip, pumpkin, romaine, arugula, horseradish	Artichoke, avocado, yellow corn, mushroom, black olives, yellow, red or green peppers, radish, Jerusalem artichoke
<b>Fruits</b>	Cherries, grapes, figs, kiwi, lemons, pineapples, plums, melons, apples, apricots, dates, limes, peaches, pears, currants, clementines, strawberries, raspberries, blackberries, blueberries, nectarine, papaya, watermelon	Bananas, coconut, mango, rhubarb, pomegranate, carambola, guava, persimmon, oranges
<b>Spices</b>	Curry, garlic, parsley, basil, brown rice syrup, chervil, chive, cocoa, cinnamon, clove, coriander, dill, kelp, mint, nutmeg, paprika, salt, sage, brown and white sugar, vanilla, thyme, mayonnaise, mustard, shallot, agar, bergamot, cardamom, carob, pepper, rosemary, saffron, savory	Anise, capers, gelatin, tapioca, apple vinegar, balsamic, white or red vinegar, peppercorns, black and cayenne pepper, ketchup, pickles, Worcestershire sauce
<b>Vegetable &amp; fruit juices</b>	Apricot, carrot, celery, black cherry, pineapple, grapefruit, plum, water with lemon, apple, cider, cucumber, cabbage, vegetable juice	
<b>Drinks</b>	Coffee, decaf coffee, green tea, beer, red or white wine, soda water, sparkling water, cider	Distilled liquor, black tea, cola, soda, alcohols
<b>Tea</b>	Chamomile, ginger, alfalfa, ginseng, green, hawthorn, licorice	