



Blood Type O Food, Beverage and Supplemental Lists

By Peter J. D'Adamo

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Blood Type O Food, Beverage and Supplemental Lists By Peter J. D'Adamo

The *Eat Right 4 (For) Your Type* portable and personal guide that will help people with blood type O stay healthy and achieve their ideal weight.

Different blood types mean different body chemistry. If your blood type is O, enjoy your best health on a high protein, low carbohydrate diet, and make sure you get plenty of red meat. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing.

Inside you will find complete listings of what's right for Type O in the following categories:

• *meats, poultry, and seafood* • *oils and fats* • *dairy and eggs* • *nuts, seeds, beans, and legumes* • *bread, grains, and pastas* • *fruits, vegetables, and juices* • *spices and condiments* • *herbal teas and other beverages* • *special supplements* • *drug interactions* • *resources and support*

Refer to this book while shopping, dining, or cooking—and soon, you will be on your way to developing a prescription plan that's right for your type.

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Editorial Review

About the Author

Dr. Peter J. D'Adamo is an internationally acclaimed naturopathic physician, researcher, and lecturer, as well as the author of the *New York Times* bestselling Eat Right 4 Your Type series.

Catherine Whitney is the coauthor of numerous bestselling books on health and wellness.

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