

Type O

Worst foods: Grains, breads containing gluten, sweetcorn, pulses, cabbage, brussel sprouts, cauliflower, pork, smoked fish, corn or safflower oil, dairy products, eggplants, potatoes, mushrooms, avocado, apple or orange juice, coffee and tea.

Best foods: Meat, particularly liver, lamb, beef, turkey, chicken, (no more than 6oz. at any one meal); seafood, kelp, iodized salt, kale, spinach, broccoli, beetroot, collard greens, endive, artichokes, okra, onions, parsnips, pumpkin, sea vegetables, sweet potato, turnips, linseed and olive oils, aduki, black eye and pinto beans, barley, buckwheat, millet, oatmeal, sprouted-wheat essence bread, figs, plums, prunes, pineapple juice, curry, water, and seltzer water.

Type A

Worst foods: Meat, dairy products; chickpeas, kidney, navy, red and lima beans; too much wheat, some fish, shellfish, corn, nut, sesame or safflower oils; tomatoes and most other nightshades, including potatoes, eggplants, peppers and sweet potatoes; most cabbages, broad beans, some fruits, orange juice, vinegar, alcohol other than red wine, tea, and seltzer water.

Best foods: Vegetable oils, all vegetables except those mentioned above, pineapple, fish, snails, most nuts, and pulses, buckwheat, sprouted-wheat essence bread, most non-wheat flours, garlic and onions, fruits, red wine, coffee.

Type B

Worst foods: Sweetcorn, many pulses, peanuts, sesame seeds, buckwheat, wheat, rye, barley, all corn products, chicken, goose, and pork, shellfish, most nuts and seeds, tomatoes, olives, pomegranates, persimmon, rhubarb.

Best foods: Green vegetables, liver, lamb, mutton, rabbit and venison, eggs, fish, and seafood, most dairy products, olive oil, kidney, lima, navy beans, and millet, oatmeal, rice bread and flour, most vegetables, most fruits, including bananas, grapes, pineapple and plums, curry.

Type AB

Worst Foods: Red meat, other than lamb or mutton, and chicken, pulses like kidney and lima beans, seeds, corn, buckwheat, wheat, some fruit.

Best Foods: Seafoods, green vegetables, and most other varieties, dairy products, alkaline fruits, pineapple, olive oil, grains, including wheat, some fruits, herbal and green teas, red wine, coffee (for stomach acid).

Adapted from Peter D'Adamo *Eat Right 4 Your Type*.

Broaden these limitations by cooking according to Sally Fallon's *Nourishing Traditions*.

Deepen further with Maria Geuter's *The Food We Eat*.

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