

## *O Negative Blood Diet*



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### **O Negative Blood Diet**

Type O: The Hunter. Because type O is the oldest blood type, D'Adamo claims you thrive best on a hunter-gatherer diet which is high in protein and low in carbohydrate. This type of diet is commonly referred to as the Paleo diet since it mimics the purported eating patterns of the earliest humans, alive during the paleolithic era,...

### **List of Foods for O-Negative Blood Type Diet | Livestrong.com**

O Negative Blood Type Diet Here is an article explaining the O negative blood type diet. It is based on the book, 'Eat Right 4 Your Type' by Dr. James D'Adamo, who was a pioneer in seeking out the blueprint, which he used to determine the differences between every person's specific dietary needs based on their blood type.

### **O Negative Blood Type Diet - nutrineat.com**

Dairy Products on the Blood O Diet. For people with blood type O (negative or positive), most dairy products should be avoided. This includes yogurts and most cheeses and eggs. However, small amounts of butter and mozzarella can be consumed on the blood type O diet.

### **Blood Type O Diet: What to Eat and What to Avoid**

A diet has been created that claims to have health benefits for people with O blood types. It includes many foods and drinks that are good for this blood type and many that should not be eaten.

### **The O positive (and O negative) blood type diet - Health News**

Foods to Eat. Blood group O negative is the oldest blood type according to D'Adamo. The Blood Type Diet recommends that people with O - blood group should consume foods that are high in protein and low in carbohydrates, such as red meat, white meat and seafood. These people can also include a moderate amount of certain fruits, vegetables,...

### **Foods for O Negative Blood - The True Care**

The blood type diet is common to both rhesus negative and positive groups. Eat Hearty, but Eat Healthy. Given this history, people with O blood group need animal protein to maintain good health, along with vegetables and fruits. However, the emphasis is on animal protein.

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