

# Eat Right For Your Blood Type

The Café has designed healthy menu items (see reverse side) for the four major blood types that are compatible with the results from Peter D'Adamo's research. Eating right for your blood type is **NOT** a quick-fix fad diet to lose weight or to feel better in just one day. Rather it is an eating style that is consistent with your digestive system and the long-term functioning of your body.

The foods listed for each blood type below are exemplary and not a complete list. There are variances within a blood type; however, the recommendations are for the blood type in general. If you do not know your blood type, we suggest you find out and then try eating accordingly.

The recommendations do **NOT** imply that a food can not be eaten at all by a certain individual despite the blood type. Each individual should monitor how he/she feels after eating a certain foods especially those foods not highly recommended for his/her blood type. "Listen" to what your body tells you after eating various foods by evaluating your energy level, indigestion, heart burn, etc. In this way, you can learn valuable lessons about your body so you can better determine which foods to enjoy and which ones to limit or avoid all together.

## TYPE A

The digestive system of blood type A individuals is much more vegetarian oriented and should stick with diets high in carbohydrates and low in fat, so basically cereal grains, fruits and vegetables. Blood type A's tend to have trouble with their immune system and should eat a diet high in seafood, soy, peanuts, cereal grains, vegetables, and fruits such as apricots, cherries, plums, grapefruit, pineapple, and cranberries, but should **AVOID** red cabbage, eggplant, olives, bananas, coconuts, oranges, rhubarb, catsup, and pickles. Type A's have thicker blood than other blood types, and because of a sensitive immune system, should **LIMIT** the consumption of dairy products, animal fats, and meats. Blood type A's has a heightened risk for cardiovascular disease, diabetes, and cancer.

## TYPE B

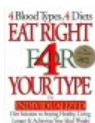
The blood type B group is sometimes referred to as the balanced diet group. Blood type B's do best on lamb, venison, and fish (cod, halibut, flounder, but not sea bass or shrimp) for protein; Green vegetables should be a significant portion of the diet which can be augmented with oat bran, oatmeal, cheese, eggplant, carrots, cabbage, sweet potatoes and cauliflower. Type B's do well on diets high in bananas and cranberries, but should **AVOID** chicken, rhubarb and coconut. Blood type B's have the lowest risk of everyday diseases, heart disease and cancer.

## TYPE AB

Blood type AB, the rarest blood type, do best when their diet includes rabbit, turkey, lamb, cod, monk fish, trout, and tuna as protein sources. Type AB's diet should include oatmeal, bran, beets, broccoli, cauliflower, celery, eggplant, cherries, lemons, cranberries, and grapefruit, but should **AVOID** bacon, beef, pork, clams, halibut, oysters, chicken, bananas, coconuts, avocado, corn, lima beans, green peppers, oranges, and mangos. Individuals with blood type AB should tend toward a more vegetarian diet and only a limited amount of fish, meat (very little chicken), and dairy.

## TYPE O

The blood type O group tends to have ancestry that were hunters. They tend to have high stomach acid content. Type O's should basically stick to a diet high in protein and low in carbohydrates, but with ample fruits and vegetables, but should severely **LIMIT OR AVOID** the intake of wheat, corn, dairy, and nuts. Type O's are commonly affected with hypothyroidism, high stomach acid which can lead to ulcers, and thinner blood with greater resistance to blood clotting and therefore more issues with bleeding.



For more in-depth research results, we suggest you read either: "***Eat Right 4 Your Type***" by Peter J. D'Adamo (naturopath), Putnam Publishing or "***Cook Right 4 Your Type***" by Peter J. D'Adamo (naturopath), Putnam Publishing. Peter J. D'Adamo likely has conducted more research than anyone in the world on the topic of matching foods for blood types. The Café has copies of these books available for guests to see at the reception desk.

# Eat Right For Your Blood Type Menu

## Blood Type A

### Risotto with Summer Vegetables

Asiago Risotto with Green and Yellow Squash, and Organic Green Top Baby Carrots  
\$19.95

### Tilapia

Almond Crusted Peruvian Blue Tilapia with Green Rice, Pineapple Glazed Organic Green Top Baby Carrots  
\$18.95

## Blood Type B

### Sirloin

8oz Sirloin with Organic Sugar Snap Peas, Green and Yellow Squash, and Provolone Cauliflower Puree  
\$18.95

## Blood Type AB

### Cilantro Lime Pasta

Pappardelle's Cilantro Lime Pasta in a Cilantro Lime Butter Sauce with Grape Tomatoes and a Grilled Chicken Breast with a Citrus Glazed Shrimp Skewer  
\$17.95

## Blood Type O

### Kansas City Strip and Shrimp

6oz KC Strip with Glazed Tiger Shrimp, Grilled Asparagus, and Spicy Mango Salsa  
\$19.95

### Seafood Newburg

Jumbo Lump Blue Crab, Diver Scallops, Tiger Shrimp, with Asparagus in a Curry Spiced Cream Sauce  
\$19.95