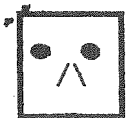


BLOOD GROUP FOOD CHART

BLOOD TYPE	BEST FOODS	FOODS BEST TO AVOID
O hunter /gatherers meat eater  	Foods that come from warm climates ie - red & dark meats, warm water sea-foods, tropical and summer fruit, whole warm climate grains, nuts, seeds, beans, lentils, soya, honey, olive oil, summer vegetables, evening primrose oil,	Cold climate foods Some people may have problems with the following - dairy - ie cow's milk (goat's milk better), cheese, etc eggs, wheat, rye, peanuts, yeast, sugar, cod liver oil,
A1 cultivators/herders vegetarian/fish/fowl  	Foods that come from cold climates -ie cold water sea-foods, white meats, mutton, dairy, stone fruits, berries, winter grains, nuts, seeds, winter vegetables, tubers, linseed oil, cod liver oil, well-cooked meals, stews	Warm climate foods & oils, tropical fruit, crustaceans, legumes, beans, lentils, soya Some people may have problems with the following - cow's milk (sheep's milk better), wheat, cane sugar
A2 arctic nomadic hunters/ herders fish & meat eaters  	Cold climate foods, cold water seafood, cold climate meats, root vegetables, stone fruits, berries, kelp, linseed oil, cod liver oil, halibut oil, whale, well-cooked meals, soups	Warm climate foods & oils as for A1 Seems to have problems with above ground vegetables eg green cabbage, (peas OK) tea (coffee better) cow' milk,
B nomadic hunters/herders/ traders meat & vegetable  	Mainly cold climate foods. Dairy, mutton and white meats, winter grains, nuts, seeds, vegetables, tubers, stone fruits, lemon, banana, naval orange, berries, spices, linseed oil, cold water and river fish	As for A1 May have problems with most tropical fruits eg pineapple, fish, cow's milk, wheat, rye, rice (better with basmati or Pakistani)
AB cultivators/herders most foods  	Tends to favour more warm climate foods. Milk, meat, fish, most grains, seeds, vegetables, tubers, most fruits, cod liver oil	May have problems with lemon, beetroot, nuts, peas, legumes, banana, apples, spices, cow's milk, soya, wheat

The above is a general guide only, made from our own observations. Everyone is individual. Be aware of your own body's reactions to individual foods.