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Blood Type 0: Food List Ref. by Dr. Peter D'Adamo, Eating Right for your Blood Type. Patient Handouts Condiments → Beneficial – none → Neutral – apple . Trusted By Millions · New Content Daily · Free registration · Ratings & Reviews. Learn how blood types and diets affect your health and well-being from this PDF document by Claudia J. Bricks, N.D. Find out the benefits of using blood type information, the types of File Size: 1MB. Jun 14, · Eat right for blood type O: individual food, drink and supplement lists from Eat right for your type Pdf module version Ppi Rcs key Republisher. Learn how to eat according to your blood type and improve your health, weight, and longevity. This PDF guide explains the benefits and risks of each food group for Type A blood and provides recipes and examples. Learn how to eat for your blood type and optimize your health, weight, and performance. This PDF guide explains the benefits and risks of each food group for Blood Type O, and provides recipes and examples. Another reliable platform for downloading Eat Right For Your Type free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The site offers a seamless experience by providing options to borrow or download PDF files. EAT RIGHT FOR YOUR BLOOD TYPE - TYPE O- NON SECRETOR 7/2/ Alkaline and neutral foods in bold type Super foods underscored * Good for lowering blood pressure and cholesterol #Contains lectin or other agglutinin HIGHLY BENEFICIAL NEUTRAL AVOID Meats and Poultry. In his book, EAT RIGHT FOR (4) YOUR TYPE, Dr. Peter D'Adamo teaches the fundamental relationship between your blood type and the dietary and lifestyle choices that will help you live at your very best.