

<b>This Sheet BEST Zone Choices</b>	<b>BEST CARBOHYDRATE CHOICES</b>	<b>Fresh Fruits</b>	<b>Blood Type O</b>
<b>For Blood Type O</b>	<b>(9 grams/block)</b>	Apple, 1/2	<b>Top 10 Best Foods</b>
<b>Yellow EAT - Purple AVOID for your BLOOD TYPE O</b>	Soybeans, cooked 1/3c	Apricots 3	Apples
<b>BEST PROTEIN CHOICES (7 grams/block)</b>	Tempeh 1 1/2oz	Mixed Berries 3/4c	Beef
<b>Meat/Poultry (Protein)</b>	Yogurt, plain skim 8oz	Blackberries 3/4c	Dark Leafy Vegetables
	<b>Cooked Veggies (Carbohydrate)</b>	Blueberries 1/2c	Molasses
Beef or lean Lamb 1oz	Artichokes, 4 lg or 1c hearts	Cherries 8	Olive oil
Chicken or Cornish Game Hens 1oz	Artichoke, Jerusalem (in Perfect Start)	Grapefruit 1/2	Parsley
Emu, Buffalo or Venison 1oz	Asparagus 12 spears or 1c	Grapes 1/2c	Prunes
Heart 1oz	Beans, Green 1 1/2c	Kiwi 1	Sesame seeds
Pork 1oz	Beans, Kidney/Copper/Tamarind/Lentils 1/4c	Nectarine 1/2	Turmeric
Turkey 1oz.	Beans, Navy 1/4c	Orange 1/2	Zucchini
	Beet Greens 2c	Peach 1	
<b>Fish/Seafood (Protein)</b>	Beet Greens 2c	Pear 1/2 or 1/2c	
Bass, Bluefish 1.5oz	Bok Choy 3c	Pear 1/2 or 1/2c	
Cod, Halibut, Sole 1.5oz	Broccoli 3c	Plum 1	
Crabmeat 1.5oz	Brussels Sprouts 1 1/2 c	Raspberries 1c	<b>Eat SOME of the above foods EVERY day</b>
Haddock 1.5oz.	Cabbage 3c	Strawberries 1c	<b>Exercises for Type O:</b>
Lobster 1.5oz	Cauliflower 4c	Tangerine 1	
Mackerel 1.5oz.	Garbanzo beans 1/4c		<b>Grains (Carbohydrate)</b>
Perch 1.5oz	Eggplant 1 1/2c	Barley, dry 1/2 Tbsp.	Aerobics
Salmon 1.5oz	Kale 2c	Oatmeal or Spelt, cooked 1/3c	Calisthenics
Sardines 1.5oz	Kohlrabi 1c		Contact Sports
Scallops 1.5oz	Leeks 1c	<b>Best Fat Choices (3gm/block)</b>	Cycling
Shrimp 1.5oz	Lentils, cooked 1/4c	Almonds 3	Dancing
Trout 1.5oz	Mushrooms, Portabella,Oyster,Enoki 2c	Avocado 1 Tbsp	High Intensity Aerobic
Tuna 1.5oz	Mustard Greens 4c	Brazil Nuts 1	Jogging
Tuna Steak 1oz	Okra, sliced 1c	Canola Oil 2/3 tsp	Martial Arts
	Onions, boiled 1/2c	Cashews 3	Roller Blading
<b>Eggs/Dairy (Protein)</b>	Parsley 10c	Macadamia 1	Stair Climbing
Egg Whites 2	Spinach 3 1/2c	Olive/Sesame Seed Oil 2/3 tsp	Swimming
Egg Subst. 1/4c.	Swiss Chard 2 1/2c	Peanuts 6	<b>Walking, Brisk</b>
Cottage Cheese 2% 1/4c.	Turnip Greens 4c	Pistacios 3	Weight Training
<b>Vegetarian (Protein)</b>	Yellow Squash 2c	Pumpkin Seeds 2 tsp	Treadmills
Soy Burger 2/3 patty	Zucchini 2c	Flax, Canola, Cod Liver Oils 2/3 tsp	
Soy Burger Crumbles 1/3c.			
Soy Sausage 1	<b>Raw Veggies (Carbohydrate)</b>	<b>3 Block Balanced Meals Eating Out</b>	<b>Top 6 Foods to AVOID For Blood Type O</b>
Tofu, extra firm 2oz.	Bell,Green,Red Pepper 2c	<b>Wendy's</b>	Pork
Tofu, firm 3oz.	Celery 2c	12 oz. Chili	Ice Cream
Tofu, soft 4oz.	Cucumber 1 1/2 med.	<b>McDonald's</b>	Whey
	Fennel 3/4c	Grilled McChicken- Toss 1/4 of the bun.	Wheat
<b>Mixed (1block protein, 1 block carb)</b>	Lettuce-Romaine,Arugala,Buttrhd 10c	<b>Burger King</b>	Cabbage
Milk, 1% or Skim 1c	Onions, chopped 1 1/2c	BK Broiler w/o mayo- Toss 1/4 of the bun.	Coffee
Soy Milk 1c (read labels carefully)	Radishes 4c	<b>Taco Bell</b>	
	Tomato--Chopped 1 1/2c, Cherry 2c	2 Chicken Tacos	
<b>WEIGHT MANAGEMENT SYSTEMS</b>	<b>Featuring the Zone and Blood Type Diets</b>	<b>BEST ZONE CHOICES</b>	<b>BLOOD TYPE O</b>
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