

This Sheet POOR ZONE Choices	Fruits (Carbohydrates)	Rice, brown (cooked) 1/5c	Beverages-Avoid
For Blood Type O	Banana 1/3	Rice, white (cooked) 1/5c	Coffee, Regular or Decaf
Yellow EAT - Purple AVOID for your BLOOD TYPE	Cranberry sauce 1oz	Roll, Dinner 1/2 small or Bulky 1/4	Liquor, Distilled
Poor Protein Choices 7gm/blk	Dates 2	Roll, hamburger 1/2	Soda--Cola,Diet,Other
Meat/Poultry (Protein)	Figs 1	Taco shell 1	Tea--Black decaf or Regular
Bacon 3 strips	Guava 1/2c	Tortilla, corn 6" 1	Supplements-Avoid
Beef, fatty cut 1oz	Kumquat 3	Tortilla, flour 8" 1/2	Vitamin E (slows clotting)
Beef, ground full fat 1oz	Mango, sliced 1/3c	Waffle 1/2	Vitamin A (thins the blood)
Hot Dog, pork or beef 1 link	Papaya, cubed 3/4c	Unfavorable Carbohydrates 9gm/block	Condiments-Avoid
Hot Dog, turkey or chicken 1	Prunes, dried 2	Barbecue sauce 2 Tbsp	Ketchup & Relish
Kielbasa 2oz	Raisins 1 Tbsp	Beer 1 bottle	Pickles, all kinds
Liver, beef 1oz	Grains/Breads (Carbohydrates)	Cake, small slice 1/3	Herbal Teas-Avoid
Pepperoni 1oz	Bagel, small 1/4	Candy bar 1/4	Alfalfa,Aloe,Burdock
Pork Sausage 2 links	Biscuit 1/2	Catsup 2 Tbsp	Coltsfoot,Cornsilk,Echinacea
Salami 1oz	Bread crumbs 1/2oz	Cocktail sauce 2 Tbsp	Gentian,Goldenseal
Fish/Seafood (Protein)	Bread, Ezekiel or Squirrley 1/2 slice	Honey 1/2Tbsp	Red Clover,Rhubarb
Barracuda,Catfish,Caviar,Conch	Bread, whole grain 1/2 slice	Jam or Jelly from acceptable fruit 2 tsp	St. John's Wort,Senna
Herring(Pickled),Lox(Smoked Salmon)	Bread, white 1/2 slice	Ice cream, regular 1/4c	Shepherd's Purse,
Octopus	Breadstick, small 1 (check label)	Ice cream, premium 1/6c	Strawberry Leaf, Yellow Dock
Poor Carbohydrate Choices 9gm/blk	Buckwheat, dry 1/2oz	Liquor, distilled 1 1/2 oz	Blood Type O Diseases
Cooked Vegetables (Carbohydrate)	Bulgur wheat, dry 1/2oz	Molasses 2 tsp	Acid Stomach
Acorn squash 1/2c	Cereal, dry 1/2oz	Plum sauce 1 1/2Tbsp	Allergies
Baked beans 1/4c	Cornbread 1 square	Potato chips 1/2oz	Arthritis (potatoes/tomatoes)
Beans, Black/Pinto/Blackeyed Peas 1/4c	Cornstarch 4 tea	Pretzels 1/2oz	Bowel Diseases
Beets, sliced 1/2c	Couscous 1/2oz	Relish, pickle 4 tsp	Crohn's Disease
Butternut squash 1/2c	Cracker, graham 1	Sugar, brown 1 1/2tsp	Clotting Problems
Carrot, raw 1	Cracker, saltine 4	Sugar, granulated white 2 tsp	Diabetes (corn related)
Carrots, sliced 1c	Cracker, Triskett 3	Sugar, confectionery 1Tbsp	Heart Disease
Carrot, shredded 1c	Croissant, small plain 1/4	Syrup, maple 2tsp	Inflammatory Bowel Dz.
Corn 1/4c	Crouton 1/2oz	Syrup, pancake 2tsp	Mold Allergies
French Fries 5	Donut, small plain 1/4	Teriyaki sauce 1/2oz	Peptic Ulcers
Lima beans 1/4c	English muffin 1/4 (check label)	Tortilla chips 1/2oz	Thyroid Problems
Parsnip 1/3c	Granola 1/2oz	Wine, red 4oz	Type O Personality Traits
Peas 1/4c	Grits, cooked 1/3c	Wine, white 4oz	Strength/Endurance
Pinto beans 1/4c	Melba toast 1/2oz	Poor Fat Choices 3gm/block	Self-Reliance
Potato, baked 1/3c	Millet 1/2oz	Bacon bits, imitation 2tsp	Daring
Potato, boiled 1/4c	Muffin, blueberry 1/4	Butter 1/3tsp	Intuitiveness
Potato, mashed 1/4c	Noodles, egg (cooked) 1/5c	Cream 1/2Tbsp	Optimism
Pumpkin, steamed/baked 1/2c	Pancake, 4" 1	Cream cheese 1tsp	Focus/Drive
Refined beans 1/4c	Pasta, Artichoke or Spelt 1/4c	Cream cheese, light 2tsp	Self-Preservation
Sweet Potato or Yam, baked 1/3	Pita bread 1/4 pocket	Lard 1/3tsp	Leadership qualities
	Pita bread, mini 1/2 pocket	Sour cream 1/2Tbsp	Belief in themselves
	Popcorn, popped 2c	Sour cream, light 1Tbsp	© wms 2003
WEIGHT MANAGEMENT SYSTEMS	Featuring the Zone and Blood Type Diets	POOR ZONE CHOICES	BLOOD TYPE O