

Group I Foods

Slow Oxidizers & Sympathetics

Proteins			Carbohydrates			Fats
Meat	Seafood	Dairy +	Grains	Veggies	Fruit	Oils - Nuts
Eat Lighter Meats & Avoid Dark Meats	Eat White Fish & Shellfish Only	Low Fat Only (Cow) Or Goat & Sheep	All Whole Grains Are OK Including	Emphasize The Following	All Are OK Including	Use Sparingly
Buffalo	Catfish	Cheese	Amaranth	Beet	Apples	Almonds
Chicken Breast	Cod	Cottage	Barley-	Broccoli	Banana	Cashews
Ostrich	Flounder	Milk	Buckwheat	Brussels Sprouts	Berries	Almond Butte
Pork (Lean)	Haddock	Yogurt (Plain)	Com	Cabbage	Cherries	Tahini
Turkey Breast	Perch		Millet	Chard	Citrus	
	Scrod		Quinoa	Cucumber	Grapes	Olive Oil
Minimize	Sole	Eggs	Rice (Brown)	Eggplant	Melons	
Salty Foods	Trout		Rye	Garlic	Peaches	Moderately
Organ Meats	Tuna (White)		Wheat	Kale	Pineapple	Coconut Oil
Red Meats			(Very Best)	Leafy Greens	Plum	Sesame Oil
	Crab			Lettuce		Other Nuts
	Crayfish		Minimize	Onions	Minimize	Seeds
	Lobster		Oats	Peppers	Avocado	
	Shrimp		Beans	Potatoes	Artichoke	
			Lentils	Sprouts (Any)	Asparagus	Minimize
	Minimize			Squash (Soft)	Carrots	Butter
	Oily Fish			Tomatoes	Cauliflower	Fatty Foods
				Turnip	Olives	
				Yam	Peas	
				Zucchini	Spinach	

Possible Lectin Sensitivities (each of the different blood types tends, statistically, to react negatively to certain foods; if reaction is known or verified by various tests, minimize or avoid the following foods, even if they are recommended above)

Blood Type A: blackberries, halibut, flounder, sole, soy, string beans, lima beans

Blood Type B: black eyed peas, chocolate, salmon, tuna, sesame/sunflower seeds, soy

Blood Type AB: blackberries, black-eyed peas, halibut, flounder, sole, salmon, tuna, soy, sesame/sunflower seeds, string beans, pomegranate

Blood Type O: blackberries, chocolate, halibut, flounder, sole, sunflower seeds

- Eat 3 regular meals per day; eat protein foods at least twice a day; do not eat the same foods every day
- Avoid processed and fast food, and refined or partially hydrogenated vegetable oils; use unrefined oils only
- Eat organic meat, eggs and produce whenever possible; emphasize a variety of vegetables and leafy greens
- Bake, broil, grill, poach or stew animal foods; do not overcook or blacken
- Drink 2 cups of filtered water on arising; drink a total of 6-8 glasses per day
- Minimize alcohol (especially hard liquor) and coffee; completely avoid all sodas (regular or diet)
- Avoid all sugar and artificial sweeteners (NutraSweet®, etc.); use stevia, xylitol or *lo han* instead
- Restrict salt intake; use unrefined sea salts, such as Celtic, Eden, Mediterranean or Real Salt