

# Group I Foods

for

## Slow Oxidizers & Sympathetics

PROTEINS			CARBS			FATS
MEAT	SEAFOOD	DAIRY +	GRAINS	VEG.	FRUIT	OILS/NUTS
<i>Eat lighter meats &amp; avoid dark meats</i>	<i>Eat white fish &amp; shellfish only</i>	<i>Low fat only (cow) or goat &amp; sheep</i>	<i>All whole grains are OK including</i>	<i>Emphasize the following</i>	<i>All are OK including</i>	<i>Use sparingly</i>
buffalo	catfish	cheese	amaranth	beet	apples	almonds
chicken breast	cod	cottage cheese	barley	broccoli	banana	cashews
ostrich	flounder	milk	buckwheat	Brussels sprts.	berries	almond butter
pork (lean)	haddock	yogurt (plain)	corn	cabbage	cherries	tahini
turkey breast	perch		millet	chard	citrus	
	scrod	<i>Misc.</i>	quinoa	cucumber	grapes	olive oil
<i>Minimize</i>	sole	eggs	rice (brown)	eggplant	melons	
<i>salty foods</i>	trout		rye	garlic	peaches	<i>Moderately</i>
<i>organ meats</i>	tuna (white)		wheat	kale	pineapple	coconut oil
<i>red meats</i>			(very best)	leafy greens	plum	sesame oil
	crab			lettuce		other nuts
	crayfish		<i>Minimize</i>	onions	<i>Minimize</i>	seeds
	lobster		<i>oats</i>	peppers	<i>avocado</i>	
	shrimp		<i>beans</i>	potatoes	<i>artichoke</i>	
			<i>lentils</i>	sprouts (any)	<i>asparagus</i>	<i>Minimize</i>
	<i>Minimize</i>			squash (soft)	<i>carrots</i>	<i>butter</i>
	<i>oily fish</i>			tomatoes	<i>cauliflower</i>	<i>fatty foods</i>
				turnip	<i>olives</i>	
				yam	<i>peas</i>	
				zucchini	<i>spinach</i>	

**Possible Lectin Sensitivities** (each of the different blood types tends, statistically, to react negatively to certain foods; if a 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