

Bloedgroep dieet-info

God's Pharmacy: Herman Uys

The Bible, the roadmap to life, tells us in Lev. 17 that the soul of the flesh is in the blood.

You are what you eat, and everything you eat, is reflected in your blood.

You are what your blood is.

God made no 2 people the same, although all of mankind is divided into specific blood groups. Your blood group is the deciding factor of your resistance levels concerning certain illnesses and circumstances. Each blood group reacts in a different way to specific foods. Your blood group is also the deciding factor in your energy levels, the manner in which your body burns calories and your emotional reaction to stress. Your personality is also indicated by your blood group.

Your blood group is a very important key unlocking the door to the answers regarding health, illness, state of mind, body weight and emotional strength.

Just as no 2 people have the same fingerprints, tone of voice or lip prints; it is only logical that they shouldn't eat the same foods.

There must be a reason why some people lose a lot of weight on a certain diet, and others not at all.

Through the years it has been proved that the A-blood groups don't react well to a high protein diet, which includes high volumes of red meat, but that their systems react well to certain types of veggies, and Soya. Dairy products such as milk, leads to high volumes of mucus production in the sinuses and air passages of the A-blood groups. The A-groups don't react well to strenuous, physical exercise and feel drained and generally restless afterward, while less straining exercise makes them feel good.

On the other hand, the O-blood groups flourish on high protein diets.

Remember: "One man's meat is another man's poison."

Through scientific research, it has been proved that stomach ulcers are very common among the O-blood groups. A stomach ulcer can be caused by excess acidity on the stomach lining and can lead to haemorrhaging.

The O-groups do well with red meats, which require a fair amount of acidity to digest.

What is also interesting is that stomach cancer is far more prominent in the A groups, as this is caused by a shortage of acidity in the stomach, among other things.

You are able to determine which foods make you ill, make you gain weight, and those that heal you, according to your blood group.

We will begin with the basic guidelines for certain blood groups that react well to certain foods.

Most important of all: Have your blood tested and get your blood type.

There are 4 main categories of blood groups:

Blood group A

Blood group B

Blood group O

Blood group AB

YOUR BLOOD GROUP CLASSIFIES YOUR FOOD INTO THREE GROUPS:

1. **Highly Beneficial Foods (✓)** – healing;
2. **Neutral Foods (±)** - balance your diet;
3. **Avoid Foods (✗)** - acting like poison.

FOOD	PORTION	CALORIES	BLOOD TYPE				
			O	A	B	AB	None
MEAT & POULTRY							
Bacon	2 slices	80	✗	✗	✗	✗	✗
Beef (including mince)	75 g	170	✓	✗	✗	±	✗
Chicken without skin	75 g	150	±	±	✗	✗	✗
Duck	75 g	260	±	✗	✗	✗	✗
Goose	75 g	230	✗	✗	✗	✗	✗
Ham	75 g	185	✗	✗	✗	✗	✗
Heart	75 g	123	✓	✗	✗	✗	✗
Kidney	75 g	126	✓	✗	✗	✗	✗
Lamb no fat	75 g	150	✓	✗	✗	✓	✗
Liver (calf, chicken pig)	75 g	120	✓	✗	✗	±	✗
Mutton	75 g	180	✓	✗	✗	✓	✗
Oxalid	75 g	164	✓	✗	✗	✗	✗
Pheasant	75 g	140	±	✗	✗	±	✗
Pork	75 g	180	✗	✗	✗	✗	✗
Poussin	75 g	180	±	±	✗	✗	✗
Tripe	75 g	245	✓	✗	✗	✗	✗
Turkey skinless	75 g	115	±	±	±	±	✓
Veal	75 g	180	✓	✗	✗	±	✗
Venison	75 g	180	✓	✗	✗	✓	✗
SEAFOOD							
Abalone	75 g	90	0	A	B	AB	None
Anchovy	5 med	42	±	±	±	±	±
Caviar	1 tbsp	40	✗	✗	±	±	±
Clam	75 g	115	±	✗	✗	✗	✗
Cod	75 g	70	✓	✓	✓	✓	✓
Crab	75 g	75	±	✗	✗	✗	✗
Crayfish	75 g	68	±	✗	✗	✗	✗
Haddock	75 g	94	±	✗	✓	✗	✗
Hake	75 g	112	✓	✗	✓	✓	✓
Herring (pickled)	75 g	202	✗	✗	±	✗	✗
Herring	75 g	138	±	✗	±	±	±

DAIRY & EGGS

FOOD	PORTION	CALORIES	BLOOD TYPE				
			O	A	B	AB	None
Blue cheese	1/4 cup	210	✗	✗	✗	✗	✗
Brie	1/4 cup	190	✗	✗	±	±	✗
Butter	1 tbsp	100	±	✗	±	±	✗
Buttermilk	1 cup	99	✗	✗	±	±	✗
Camembert	1/4 cup	170	✗	✗	±	±	✗
Cheddar cheese	1/4 cup	220	✗	✗	±	±	±
Cottage cheese	1/4 cup	50	✗	✗	✓	✓	✓
Edam cheese	1/4 cup	180	✗	✗	±	±	±
Eggs chicken	1	90	✓	±	±	±	✓
Emmenthal cheese	1/4 cup	186	✗	✗	±	±	±
Feta cheese	1/4 cup	180	±	±	✓	✓	✗
Goat's milk	1 cup	168	✗	±	✓	✓	✓
Goats cheese	1/4 cup	152	±	±	✓	✓	✓
Gouda cheese	1/4 cup	220	✗	✗	±	±	±
Gruyere cheese	1/4 cup	234	✗	✗	±	±	±
Ice-cream	1/4 cup	160	✗	✗	✗	✗	✗
Low fat soft cheese	1/4 cup	160	✗	✗	±	±	±
Milk skimmed	1 cup	70	✗	✗	✓	✓	✓
Mozzarella shredded	1/4 cup	70	±	±	✓	✓	✓
Parmesan cheese	1 tbsp	20	✗	✗	±	±	✗
Ricotta cheese	1/4 cup	160	✗	±	✓	✓	✓
Soya milk	1/2 cup	65	±	✓	±	±	±
Whey	1 tbsp	56	✗	✗	±	±	±
Yogurt - frozen, Greek with fruit	1 cup	70	✗	±	✓	✓	±
OILS & FATS							
Canola oil	1 tbsp	120	0	A	B	AB	None
Cod liver oil	1 tbsp	123	±	±	±	±	±
Corn oil	1 tbsp	120	✗	✗	✗	✗	✗
Cottonseed oil	1 tbsp	120	✗	✗	✗	✗	✗
Groundnut oil	1 tbsp	120	✗	✗	✗	✗	✗
Linseed (flaxseed) oil	1 tbsp	122	✓	✓	±	±	±
Olive oil	1 tbsp	120	✓	✓	✓	✓	✓
Safflower oil	1 tbsp	120	✗	✗	✗	✗	✗
Sesame oil	1 tbsp	120	±	✗	✗	✗	✗
NUTS & SEEDS							
Almonds	1 tbsp	35	0	A	B	AB	None
Brazil nuts	6 large	186	±	±	±	±	±
Cashew nuts	18 med	163	✗	✗	✗	✗	✗
Chestnuts	1/4 cup	140	±	±	±	±	±
Hazelnuts	1/4 cup	358	±	±	±	±	✗

VEGETABLES & HERBS (continue)		O	A	B	AB
Carrots	1 cup	45	±	±	±
Cauliflower	1 cup	30	*	±	±
Celery	20 cm	6	±	±	±
Chicory	½ cup	8	±	±	±
Chili peppers, jalapeno	¼ cup	15	±	*	±
Coriander	½ cup	12	±	±	±
Courgettes (baby marrow)	1 cup	32	±	±	±
Cucumber	½ cup	7	±	±	±
Fennel	¼ cup	10	±	±	±
Garlic	1 tsp	10	±	±	±
Ginger	¼ cup	17	±	±	±
Horseradish	1 tsp	7	±	±	±
Leeks	½ cup	32	±	±	±
Lettuce	½ cup	5	±	±	±
Mushrooms	½ cup	9	±	±	±
Olives black, Greek	3	45	±	±	±
Olives green	10	45	±	±	±
Onions	½ cup	30	±	±	±
Parsley	½ cup	11	±	±	±
Peppers - green, yellow	1	30	±	±	±
Peppers red	½ cup	30	±	±	±
Potatoes med	1	80	±	±	±
Pumpkin	½ cup	24	±	±	±
Radish	5	10	±	±	±
Spinach	1 cup	12	±	±	±
Spring onions	1 cup	30	±	±	±
Squash	½ cup	50	±	±	±
Sweet potatoes	1 small	72	±	±	±
Sweetcorn	½ cup	100	±	±	±
Tofu	¼ cup	60	±	±	±
Tomatoes	1	25	±	±	±
Turnips	½ cup	14	±	±	±
Water chestnuts	¼ cup	15	±	±	±
Watercress	½ cup	2	±	±	±
FRUITS		O	A	B	AB
Apples	1	90	±	±	±
Apricots	1	51	±	±	±
Avocado	¼ cup	100	±	±	±
Bananas	1	90	±	±	±
Blackberries	½ cup	37	±	±	±
Blackcurrants	½ cup	36	±	±	±
Blueberries	½ cup	40	±	±	±

FRUITS (continue)		O	A	B	AB
Cherries	½ cup	26	±	±	±
Cocanuts	2 tsp	80	*	*	*
Cranberries	½ cup	23	±	±	±
Currants	½ cup	31	±	±	±
Dates	¼ cup	140	±	±	±
Figs	1	37	±	±	±
Gooseberries	½ cup	34	±	±	±
Grapefruit	1	60	±	±	±
Grapes	1 cup	80	±	±	±
Guava	1	45	±	±	±
Kiwi	1	55	±	±	±
Kumquats	½ cup	36	±	±	±
Lemons	1	22	±	±	±
Lichees	1	14	±	±	±
Limes	1	20	±	±	±
Mangoes	½ cup	54	±	±	±
Melon	½ cup	20	±	±	±
Nectarines	1	31	±	±	±
Oranges	1	60	±	±	±
Papayas	200 g	75	±	±	±
Peaches	1	35	±	±	±
Pears	1	100	±	±	±
Persimmon	½ cup	44	±	±	±
Pineapples	1 cup	75	±	±	±
Plums	1	20	±	±	±
Prickly pears	1	42	±	±	±
Prunes	1	18	±	±	±
Raisins	½ cup	130	±	±	±
Raspberries	½ cup	31	±	±	±
Strawberries	1 cup	54	±	±	±
Tangerines	1	40	±	±	±
Watermelons	¼ cup	25	±	±	±
JUICES & FLUIDS		O	A	B	AB
Apple cider	1 cup	120	*	±	±
Apple juice	1 cup	130	*	±	±
Apricot juice	1 cup	150	±	±	±
Carrot juice	1 cup	45	±	±	±
Cranberry juice	1 cup	100	±	±	±
Grape fruit juice	1 cup	90	±	±	±
Grape juice	1 cup	110	±	±	±
Orange juice	1 cup	110	±	±	±
Papaya juice	1 cup	100	±	±	±

NUTS & SEEDS <i>(continue)</i>		O	A	B	AB
Macadamia nuts	1/4 cup	234	±	±	±
Peanut butter	1 tbs	85	*	✓	✓
Peanuts	1/4 cup	340	*	✓	✓
Pecan nuts	1/4 cup	374	±	*	✓
Pine nuts	1/4 cup	160	±	*	*
Pistachio nuts	1/4 cup	180	*	*	±
Poppy seeds	1 tbs	110	*	±	*
Pumpkin seeds	1/4 cup	296	✓	✓	*
Sesame seeds	1 tbs	161	±	±	*
Sunflower margarine	1 tbs	80	±	±	*
Sunflower seeds	1 tbs	38	±	±	*
Walnuts	1/4 cup	364	✓	±	±
BEANS <i>(boiled)</i>		O	A	B	AB
Azuki beans	1/2 cup	160	✓	✓	*
Black beans	1/2 cup	113	±	✓	*
Black-eyed	1/2 cup	110	✓	✓	*
Broad beans	1/2 cup	93	±	±	±
Chick peas	1/2 cup	134	±	*	±
Green beans	1/2 cup	24	±	±	±
Kidney beans	1/2 cup	112	*	*	±
Lentils	1/2 cup	115	*	✓	✓
Lima beans	1/2 cup	108	±	*	✓
Navy beans	1/2 cup	129	*	*	✓
Peas - green	1 cup	68	±	±	*
Pinto beans	1/2 cup	90	✓	✓	✓
Soya beans	1/2 cup	130	*	✓	±
White beans	1/2 cup	125	*	±	*
CEREALS		O	A	B	AB
Barley dry	1/2 cup	170	±	±	±
Buckwheat dry	1/2 cup	146	±	✓	*
Corn meal	1/2 cup	210	*	±	*
Cornflakes	1 cup	90	*	±	*
Millet puffed	1/2 cup	135	±	±	✓
Oat bran (dry)	1/2 cup	110	±	±	✓
Oat meal	1 cup	90	±	±	✓
Rice bran	1/2 cup	130	±	*	✓
Rice puffed	1 cup	110	±	±	✓
Shredded wheat	1/2 cup	110	*	*	±
Wheat bran	1/2 cup	60	*	*	±
Wheat germ	1/2 cup	30	*	*	*

BREAD & MUFFINS		O	A	B	AB
Bagels	1	150	*	*	±
Corn bread	1 slice	60	*	±	*
Corn muffins	1	130	*	±	*
English muffins	1	140	*	*	*
Gluten free bread	1 slice	40	±	±	±
Matzos	1 slab	45	*	*	±
Multi grain breads	1 slice	64	*	*	±
Oat bran muffins	1	120	*	±	±
Potenta cooked	1/2 cup	100	*	±	*
Pumpernickel bread	1 slice	80	*	*	±
Rice cakes	1	8	±	✓	±
Rye bread	1 slice	40	±	±	✓
Rye crisps	1 slab	42	±	±	✓
Ryvita crisp breads	1 slab	40	±	±	✓
Soya flour bread	1 slice	64	±	✓	✓
Wheat bran muffins	1	80	*	*	±
Whole-wheat bread	1 slice	60	*	*	±
GRAIN & PASTAS		O	A	B	AB
Cake flour	1/2 cup	100	*	*	±
Couscous cooked	1/2 cup	100	*	±	±
Oat flour	1/2 cup	120	*	✓	✓
Rice - basmati, brown, white	1/2 cup dry	150	±	±	✓
Rice flour	1/2 cup	120	±	✓	✓
Rye flour	1/2 cup	100	±	✓	✓
Self-raising flour	1/2 cup	160	*	*	±
Semolina pasta cooked	1 cup	170	*	*	±
Spinach pasta cooked	1 cup	183	*	*	±
Tapioca dry	1/2 cup	66	±	±	*
Whole-wheat flour	1/2 cup	120	*	*	±
Wild rice			±	±	✓
VEGETABLES & HERBS		O	A	B	AB
Alfalfa sprouts	1 cup	30	*	✓	✓
Artichokes	1/2 cup	42	✓	✓	*
Asparagus	6	25	±	±	*
Aubergines cooked	1/2 cup	13	*	*	±
Bamboo sprouts	1/2 cup	8	±	±	±
Beetroot	1 cup	68	±	±	±
Broccoli	1 cup	45	✓	✓	✓
Brussels sprouts	1 cup	60	*	*	±
Butternut	1/2 cup	47	±	±	±
Cabbage	1 cup	40	*	*	±

JUICES & FLUIDS (continued)		O	A	B	AB
Pineapple juice	1 cup	140	✓	✓	✓
Prune juice	1-cup	160	✓	✓	✓
SPICES		O	A	B	AB
Almond essence		0	±	±	±
Allspice		0	±	±	±
Anise		0	±	±	±
Basil		0	±	±	±
Bay leaf		0	±	±	±
Capers		0	±	±	±
Caraway		0	±	±	±
Cayenne pepper		0	✓	±	±
Chive		0	±	±	±
Chocolate	1 bar	60	±	±	±
Cinnamon		0	±	±	±
Cloves		0	±	±	±
Corn syrup	1 tbsp	60	±	±	±
Cornflower	½ cup	211	±	±	±
Coriander		0	±	±	±
Curry powder		0	✓	±	±
Gelatin	1 pkt	25	±	±	±
Honey	1 tbsp	60	±	±	±
Kelp		0	✓	±	±
Maple syrup	1 tbsp	42	±	±	±
Mint		0	±	±	±
Miso	1 tbsp	35	±	✓	±
Mustard		0	±	±	±
Nutmeg		0	±	±	±
Paprika		0	±	±	±
Parsley		0	±	±	✓
Pepper - ground b/w		0	±	±	±
Peppercorns		0	±	±	±
Peppermint		0	±	±	±
Rosemary		0	±	±	±
Sage		0	±	±	±
Salt		0	±	±	±
Soy sauce	1 tbsp	15	±	✓	±
Spearmint		0	±	±	±
Sugar brown & white	1 tbsp	50	±	±	±
Thyme		0	±	±	±
Turmeric		0	✓	±	±

SPICES (continued)		O	A	B	AB
Vanilla		0	±	±	±
Vinegar	1 tbsp	2	±	±	±
SAUCES		O	A	B	AB
Ketchup	1 tbsp	15	±	±	±
Mayonnaise	1 tbsp	100	±	±	±
Pickles	1 tbsp	20	±	±	±
Relish	1 tbsp	15	±	±	±
Worcestershire sauce	1 tbsp	5	±	±	±
DRINKS & TEAS		O	A	B	AB
Chamomile	1 cup	2	±	✓	±
Coffee, black/decaf/veg	1 cup	8	±	✓	±
Distilled spirits	1 tot	63	±	±	±
Green tea	1 cup	2	±	✓	±
Lager/Beer	1 dumplet	150	±	±	±
Mineral water		0	✓	±	±
Soda water		0	±	±	±
Sodas - cola & other	1 glass	110	±	±	±
Tea - black/decaf/veg	1 cup	5	±	±	±
Wine red	1 glass	78	±	✓	±
Wine rose	1 glass	88	±	±	±
Wine white	1 glass	82	±	±	±

Weight

- 1000 gram = 1 kilogram
- 1 ounce = 28 gram
- ¼ pound = 113 gram
- ½ pound = 227 gram
- 1 pound = 16 ounces
- 1 pound = 453 gram

Capacities

- 1 quart = 4 cups
- 1 pint = 2 cups
- 1 cup = ½ pint
- 1 cup = 8 fluid ounces
- 1 cup = 16 tablespoons
- 1 fluid ounce = 2 tablespoons

Equivalents

1 cup fluid:	cooking oil	= 200 gram
	water	= 220 gram
	milk	= 240 gram
	syrup	= 325 gram
1 cup dry:	cereal	= 50 gram
	flour	= 100 gram
	sugar	= 200 gram

Conversions

- Kilopoules = Calories x 4.2
- Calories = Kilopoules ÷ 4.2