

A Prescribed Path to Chronic Care through Blood Based  
Nutrition

# COMPLETE NUTRITION GUIDE FOR YOUR BLOOD BASED DIET

*by Dawn A Wells, MFP-C*



# Healing Harmony: A Prescribed Path to Chronic Care through Blood Type Nutrition

## FOOD IS MEDICINE

### YOUR COMPLETE NUTRITION GUIDE FOR BLOOD TYPES O, A, B, AND AB

This guide is your quick-reference companion for blood-type-aligned eating. In my book *Holistic Harmony 101: Your Only Limit Is You*, I share the **Fish to Water Theory**—the idea that we thrive when our environment and daily choices match our natural design.

That same concept fits perfectly with Dr. Peter D'Adamo's Blood Type approach: when you align food choices with your blood type, you may support digestion, metabolism, inflammation balance, and overall well-being.

Some blood-type nutrition frameworks also discuss how certain proteins in foods (often called **lectins**) may be tolerated differently from person to person. In simple terms, some foods may leave you feeling more energized and comfortable, while others may contribute to bloating, sluggishness, cravings, or inflammation-like symptoms.

The goal is practical: use the lists in this guide to choose foods that tend to be better tolerated for your blood type and limit foods that don't agree with you.



When we combine blood-type nutrition with my **3S Method (Science + Spirit + Support = Success)**, we move beyond dieting and into healing nutrition. **Science** gives you structure, **Spirit** supports mindset and regulation, and **Support** keeps you consistent—so your plan becomes sustainable and aligned with your biology. **-SUCCESS.**

Use this as your Swap Guide: if you don't like a sample meal, swap items from your blood type's "Most Beneficial/Allowed" lists while keeping your protein + carb + fat portions the same.

## How to Use This Guide

1. Find your blood type section (O, A, B, or AB).
2. Build meals primarily from your Most Beneficial and Allowed lists.
3. Limit foods listed as Not Allowed as often as possible.
4. For variety, swap foods within the same category:
  - Protein ↔ Protein
  - Carb ↔ Carb
  - Fat ↔ Fat

### How to Use This Guide: The Swap Method

Pick 1 Protein + 1 Carb + 1 Fat + 1-2 Veg



Protein + Carb + Fat + Veggies

Swap within categories using

✓ Most Beneficial / Allowed ✓

Keep portions consistent  
(Reference the universal portion guide)



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## KEY PRINCIPLES OF THE BLOOD TYPE DIET (AT-A-GLANCE):

**1. Blood Type O:** Often does best with lean proteins, vegetables, and fruit; do better avoiding grains and limited dairy.

**2. Blood Type A:** Often thrives with a more plant-forward style (vegetables, beans, grains, tofu/seafood); may do better with less meat and limited dairy.

**3. Blood Type B:** Often does well with a balanced approach that can include select meats and dairy; commonly limits chicken, corn, wheat, and tomatoes.

**4. Blood Type AB:** Often blends elements of Type A and Type B; commonly does best with a mixed approach (dairy/tofu/seafood/greens/grains) while limiting chicken, corn, and certain beans.

*Use this guide alongside your personalized plan—and remember: small, consistent swaps add up fast.*

# Blood Type O — The Hunter-Gatherer

## PROTEIN

### ✓ MOST BENEFICIAL

**Protein Most Beneficial**  
 Beef, Cod, Goat Cheese, Halibut, Herring, Lamb, Mutton, Perch, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Sole, Sturgeon, Swordfish, Tilefish, Veal, Venison, Whitefish

### ➔ ALLOWED

**Allowed Protein**  
 Any meat except for those listed as not allowed, Any fish or seafood except for those listed as not allowed and Mozzarella cheese

### ✗ NOT ALLOWED

**Not Allowed Protein**  
 Bacon, Barracuda, Catfish, Caviar, Conch, Goose, Ham, Octopus, Pickled herring, Pork, Smoked salmon

## CARBS

### Carbs Most Beneficial

Aduke bean, Artichoke, Black-eyed pea, Broccoli, Chicory, Collard, Dandelion, Essene bread, Ezekiel bread, Fig, Garlic, Horseradish, Kale, Okra, Onions, Parsley, Parsnips, Plum, Prune, Pumpkin, Red peppers, Romaine Lettuce, Seaweed, Spinach, Sweet potato, Turnip

### Allowed Carbs

Amaranth, Barley, Brussel Sprouts, Buckwheat, Cabbage, Kamut, Kasha, Millet, Rice, Rye, Spelt

### Not Allowed Carbs

Alfalfa sprout, Avocado, Blackberry, Cantaloupe, Cauliflower, Coconut, Conifer bean, Corn, Eggplant, Farina, Fermented olive, Gluten, Graham, Green lentil, Kidney bean, Leek, Melon, Mustard greens, Navy bean, Oat, Orange, Pinto bean, Potato, Red lentil, Rhubarb, Seven-grains, Shiitake mushroom, Strawberry, Tamarind, Tangerine, Wheat

## FATS

### Most Beneficial Fats

Feta, Flaxseed oil, Grassfed Butter, Olive oil, Pumpkin seed, Walnut

### Allowed Fats

Canola oil, Sesame oil

### Not Allowed

Corn oil, Peanut oil, Cottonseed oil, Safflower oil, Brazil nut, cashew, peanut, pistachios, poppy seed

# Blood Type A — The Agrarian

## PROTEIN

✓ **MOST BENEFICIAL**

➔ **ALLOWED**

✗ **NOT ALLOWED**

### Protein Most Beneficial

Carp, Cod, Monkfish, Pickerel, Red Snapper, Salmon, Sardines, Soybeans, Tempeh, Tofu, Trout, Whitefish

### Allowed Protein

Abalone, Bass (sea), Bullhead, Butterfish, Chicken, Chub, Cornish hen, Croaker, Cusk, Drum, Feta, Halfmoon fish, Kefir, Mahi-mahi, Mozzarella, Mullet, Muskellunge, Pike, Porgy, Sailfish, Salmon roe, Scrod, Shark, Smelt, Sturgeon, Sucker, Sunfish, Swordfish, Tilapia, Trout (brook), Turkey, Tuna, Weakfish, Yellowtail

### Not Allowed Protein

Beef, Duck, Goat, Goose, Lamb, Pork, String Cheese, Veal, Venison

## CARBS

### Carbs Most Beneficial

Aduke bean, Amaranth, Apricot, Artichoke, Artichoke pasta, Azuki bean, Black bean, Black-eyed pea, Broccoli, Buckwheat, Carrot, Cherry, Chicory, Collard greens, Dandelion (greens), Essene bread, Ezekiel bread, Fig, Garlic, Grapefruit, Green bean, Horseradish, Kale, Leek, Lemon, Lentil, Okra, Onion, Parsley, Parsnip, Peach, Pineapple, Plum, Prune, Pumpkin, Red bean, Rice (whole), Rice cake, Romaine, Soy bean, Soy flour, Spelt, Spinach, Sprouted wheat bread, String bean, Sweet potato, Tempeh, Tofu, Turnip, Wasa bread

### Allowed Carbs

Copper bean, Corn, Cream of wheat, Farina, Farro, Flour (white, whole wheat), Garbanzo, Gluten, Graham, Granola, Grape nuts, Kidney bean, Lima bean, Navy bean, Oat, Olive, Pepper, Potato, Red bean, Semolina or spinach pasta, Seven-grains, Tamarind, Wheat, Wheat bran, Wheat germ, Whole wheat bran muffin

### Not Allowed Carbs

Alfalfa sprout, Avocado, Blackberry, Cantaloupe, Cauliflower, Coconut, Copper bean, Corn, Eggplant, Farina, Fermented olive, Gluten, Graham, Green lentil, Honeydew, Kidney bean, Leek, Melon, Mustard greens, Navy bean, Oat, Orange, Pinto bean, Potato, Red lentil, Rhubarb, Seven-grains, Shiitake mushroom, Strawberry, Tamarind, Tangerine, Wheat

# Blood Type A — The Agrarian




## FATS

| <span>✓</span> MOST BENEFICIAL  | <span>▶</span> ALLOWED   | <span>✗</span> NOT ALLOWED  |
|---|--|---|
| <p><b>Most Beneficial Fats</b><br/>Feta, Flaxseed oil, Grassfed Butter, Olive oil, Pumpkin seed, Walnut</p> | <p><b>Allowed Fats</b><br/>Canola oil, Feta Cheese, Goat Cheese, Goat Milk, Ricotta Cheese, Sesame oil</p> | <p><b>Not Allowed</b><br/>Brazil nut, Cashew, Corn oil, Cottonseed oil, Peanut, Peanut oil, Pistachios, Poppy seed, Safflower oil</p> |



# Blood Type B — The Nomad

## PROTEIN

|  <b>MOST BENEFICIAL</b>  |  <b>ALLOWED</b>  |  <b>NOT ALLOWED</b>  |
|---|---|---|
| <p><b>Protein Most Beneficial</b></p> <p>Caviar, Cod, Cottage cheese, Croaker, Farmer cheese, Feta, Flounder, Goat cheese, Goat milk, Grouper, Haddock, Hake, Halibut, Kefir, Lamb, Mahi-mahi, Milk, Monkfish, Mozzarella, Mutton, Perch, Pickerel, Pike, Porgy, Ricotta, Salmon (fresh), Sardine, Shad, Sole, Sturgeon, Trout, Venison, Yogurt</p> | <p><b>Allowed Protein</b></p> <p>Abalone, Beef, Bluefish, Bullhead, Carp, Catfish, Chub, Cornish hen, Cusk, Drum, Halfmoon fish, Herring (fresh), Mullet, Muskellunge, Opaleye fish, Orange roughly, Partridge, Pheasant, Pompano, Quail, Red snapper, Rosefish, Sailfish, Scrod, Scup, Shark, Smelt, Sucker, Sunfish, Swordfish, Tilapia, Tilefish, Tuna, Turkey, Veal, Weakfish, Whitefish, Whiting</p> | <p><b>Not Allowed Protein</b></p> <p>American cheese, Anchovy, Bacon, Barracuda, Beluga, Blue cheese, Bluegill bass, Chicken, Clam, Conch, Crab, Crayfish, Duck, Eel, Frog, Goose, Ham, Ice cream, Lobster, Lox (smoked salmon), Mussels, Octopus, Oysters, Pork, Sea bass, Shrimp, Snail, Striped bass, String cheese, Turtle, Yellow fish, Tofu</p> |

## CARBS

|   |  |   |
|---|--|---|
| <p><b>Carbs Most Beneficial</b></p> <p>Banana, Brown rice bread, Cranberry, Essene bread, Ezekiel bread, Fin crisp, Grape, Green leafy vegetables, Millet, Oatmeal (bran, flour), Papaya, Pineapple, Plum, Puffed rice, Rice (bran, flour), Spelt, Wasa bread</p> | <p><b>Allowed Carbs</b></p> <p>(All fruits, beans, and grains except those specifically listed as “Not Allowed”)</p> | <p><b>Not Allowed Carbs</b></p> <p>Amaranth, Artichoke, Avocado, Barley, Buckwheat, Cashew, Coconut, Corn, Couscous, Kasha, Lima bean, Persimmon, Pomegranate, Prickly pear, Pumpkin, Radish, Rhubarb, Rye, Sesame, Sprouts, Starfruit, Tempeh, Tomato, Wild rice, Yellowtail</p> |
|---|--|---|

## FATS

|   |   |   |
|---|---|---|
| <p><b>Most Beneficial Fats</b></p> <p>Olive oil, Walnut</p> | <p><b>Allowed Fats</b></p> <p>(All oils, nuts, and seeds except those specifically listed as “Not Allowed”)</p> | <p><b>Not Allowed Fats</b></p> <p>Canola oil, Cashew, Corn oil, Cottonseed oil, Filbert, Peanut, Peanut oil, Pine nut, Pistachio, Pumpkin seed, Safflower oil, Sesame oil, Sesame seed, Sunflower oil, Sunflower seed</p> |
|---|---|---|

# Blood Type AB — The Modern

## PROTEIN

✓ **MOST BENEFICIAL**

➔ **ALLOWED**

✗ **NOT ALLOWED**

### Protein Most Beneficial

Cod, Egg whites, Grouper, Hake, Kefir, Lamb, Mackerel, Monkfish, Mozzarella, Mutton, Ocean perch, Pickerel, Pike, Porgy, Rabbit, Red snapper, Sailfish, Sardine, Shad, Snail, Trout, Tuna, Turkey, Yogurt

### Allowed Protein

All meats and fish except those listed as Not Allowed

### Not Allowed Protein

Anchovy, Barracuda, Beef, Beluga, Bluefish, Chicken, Clam, Cornish hen, Crab, Crayfish, Duck, Eel, Frog, Goose, Lobster, Lox, Mussel, Octopus, Oyster, Partridge, Pork, Quail, Sea bass, Shellfish (all), Snail, Striped bass, Tilefish, Turtle, Veal, Venison

## CARBS

### Carbs Most Beneficial

Adzuki bean, All berries, All rice (including sprouted wheat rice-based products), Black-eyed pea, Cherry, Cranberry, Gooseberry, Grapefruit, Kiwi, Lemon, Lentil, Millet, Navy bean, Oat bran, Pinto bean, Rye bran, Soy bean, Spelt

### Allowed Carbs

(All fruits, beans, and grains except those specifically listed as "Not Allowed")

### Not Allowed Carbs

Artichoke, Artichoke pasta, Avocado, Banana, Bell pepper, Black olive, Buckwheat, Coconut, Corn, Farina, Flour (white), Graham, Garbanzo bean, Guava, Kidney bean, Lima bean, Mango, Oatmeal, Orange, Radish sprout, Soba noodles, Seven-grain, Wheat, Wheat germ

## FATS

### Most Beneficial Fats

Goat cheese, Olive oil (sparingly), Ricotta, Walnut, Yogurt (also listed as protein but rich in fats)

### Allowed Fats

Non-fat sour cream, most oils, nuts, and seeds not listed as Not Allowed

### Not Allowed Fats

Brazil nut, Canola oil, Cashew, Corn oil, Cottonseed oil, Filbert, Peanut, Peanut oil, Pistachio, Poppy seed, Safflower oil, Sesame oil, Sesame seed, Sunflower oil, Sunflower seed

# About Dawn



Dawn, The Wiz of Wellness, is the creator of the **\*\*3S Method—Science + Spirit + Support = Success—\*\*** and the groundbreaking HealGenix Tool for personalized health blueprints. A certified National Healthcare Provider, Medical Fitness Practitioner, and nutritionist specializing in blood-based nutrition.

Her journey into wellness is deeply personal—having battled binge eating disorder and bulimia, Dawn discovered that true transformation begins with healing the mind, body, and spirit together. That passion for holistic health led her to found DWF Wellness, a medical fitness and nutrition center with complimentary online platforms that empower individuals to reclaim their health. Through innovative systems that integrate exercise, blood-based nutrition, mental health, and body composition management, DWF Wellness equips clients with the tools to create lasting transformation.

Most recently, Dawn developed the **HealGenix Tool**, a groundbreaking system that generates customized wellness blueprints based on blood type, chronic conditions, and health goals—helping people take the guesswork out of healing.

Equally committed to inclusion, Dawn also founded **Angel Eyes Fitness & Nutrition**, a nonprofit that creates specialized group fitness and nutrition programs for individuals who are blind or visually impaired. Through Angel Eyes, she ensures that those often overlooked in traditional fitness spaces have access to wellness, empowerment, and community.

Blending clinical expertise with lived experience, Dawn has dedicated her life to redefining what it means to live well—helping people overcome chronic conditions, build sustainable habits, and embrace lasting vitality.



## Credit

The information on the Blood Type Diet is based on Dr. Peter D'Adamo's book "Eat Right 4 Your Type" (1996) and the 20th-anniversary edition (2016)

Additionally, the "The Blood Type Diet App" by Peter D'Adamo offers a convenient



