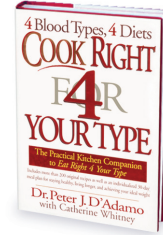




## Errata Sheet

### Cook Right For Your Type

1. Page 83: Paragraph 2: Type O Diet: Sunflower seeds and sunflower butter should be in the “AVOID” column. They are not “NEUTRAL.”
2. Page 88: Under Seafood, Grouper should be an “AVOID.” It is not “HIGHLY BENEFICIAL.”
3. Page 358: Recipe “Tamari Roasted Sunflower Seeds” - Sunflower seeds are not neutral for Type O. They are an “AVOID.”



*To verify any food values, go to [www.dadamo.com](http://www.dadamo.com), click on “Online Support,” and scroll down to “Type Base Food Values.”*

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