

Type O blood food list

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
<p>Highly Beneficial Beef: regular, ground Buffalo Heart Lamb Liver Mutton Veal Venison</p>	<p>Highly Beneficial Bluefish Cod Hake Halibut Herring Mackerel Pike Rainbow trout Red snapper Salmon Sardine Shad Snapper Sole Striped bass Sturgeon Swordfish Tilefish White perch Whitefish Yellow perch Yellowtail</p>	<p>Flounder Frog Gray sole Grouper Haddock Lobster Mahimahi Monkfish Mussels Ocean perch Oysters Pickerel Porgy Sailfish Scallop Sea bass Sea trout Shark Shrimp Silver perch Smelt Snail Squid (calamari) Turtle Weakfish</p>	<p>Highly Beneficial (See Chart Below)</p>
<p>Neutral Chicken Cornish hens Duck Partridge Pheasant Quail Rabbit Turkey</p>	<p>Neutral Abalone Albacore (Tuna) Anchovy Beluga Bluegill bass Carp Clam Crab Crayfish Eel</p>	<p>Avoid Barracuda Catfish Caviar Conch Herring (pickled) Lox (smoked salmon) Octopus</p>	<p>Neutral Butter Farmer Feta Goat cheese Mozzarella Soy cheese* Soy milk* <i>*Good dairy alternatives</i></p>
<p>Avoid Bacon Goose Ham Pork</p>			<p>Avoid American Blue cheese Brie Buttermilk Camembert Casein Cheddar Colby Cottage Cream cheese Edam Emmenthal Goat milk Gouda Gruyere Ice cream Jarlsburg Kefir Monterey jack Munster Neufchatel Parmesan Provolone Ricotta Skim or 2% milk String cheese Swiss Whey Whole milk Yogurt: all varieties</p>

OILS AND FATS

Highly Beneficial

Linseed (flaxseed) oil
Olive Oil

Neutral

Canola oil
Cod liver oil
Sesame oil

Avoid

Corn oil
Cottonseed oil
Peanut oil
Safflower oil

NUTS & SEEDS

Highly Beneficial

Pumpkin seeds
Walnuts

Neutral

Almonds
Almond butter
Chestnuts
Filberts
Hickory
Macadamia
Pecans
Pignola (Pine)
Sesame butter (tahini)
Sesame seeds
Sunflower butter
Sunflower seeds

Avoid

Brazil
Cashew
Litchi
Peanuts
Peanut butter
Pistacios
Poppy seeds

BEANS & LEGUMES

Highly Beneficial

aduke, azuki,
pinto, black-eyed

Neutral

Beans: black, broad,
cannellini, fava,
garbanzo, green,
jicama, lima,
northern, red,
red soy, snap,
string, white
Peas: green, pods

Avoid

Beans: copper,
kidney, navy,
tamarind
Lentils: domestic,
green, red

CEREALS

Highly Beneficial

NONE

Neutral

Amaranth
Barley
Buckwheat
Cream of rice
Kamut
Kasha
Millet: puffed
Rice bran
Rice: puffed
Spelt

Avoid

Cornflakes
Cornmeal
Cream of wheat
Familia
Farina
Grape nuts
Oat bran
Oatmeal
Seven-grain
Shredded wheat
Wheat bran
Wheat germ

BREADS & MUFFINS

Highly Beneficial

Essene bread
Ezekiel bread

Neutral

Brown rice bread
Fin Crisp
Gluten-free bread
Ideal Flat Bread
Millet
Rice cakes
100% rye bead
Rye Crisps
Rye Vita
Soy flour bread
Spelt bread
Wasa bread

GRAINS & PASTAS

Highly Beneficial

NONE

Neutral

Barley flour
Buckwheat
Kasha
Pasta: artichoke
Quinoa
Rice: basmati, wild,
brown, white
Rice flour
Rye flour
Spelt flour

Avoid

Bulgur wheat flour
Couscous flour

VEGETABLES

Highly Beneficial

Artichoke: domestic,
Jerusalem
Beet leaves
Broccoli
Chicory
Collard greens
Dandelion
Escarole
Garlic
Horseradish
Kale
Kohlrabi
Leek
Lettuce: romaine
Okra
Onions: red, Spanish,
yellow
Parsley
Parsnips
Peppers: red

Fiddlehead Ferns
Ginger
Lettuce: Bibb, Boston,
iceberg, mesclun
Lima Beans
Mushroom: abalone,
enoki, Portobello,
tree oyster
Olives: green
Onions: green
Peppers: green,
yellow, jalapeno
Radicchio
Radishes
Rappini
Rutabaga
Scallion
Shallots
Snow Peas
Sprouts: mung, radish
Squash: all types

<p>Avoid</p> <p>Bagels: wheat Corn muffins Durum wheat English muffins High-protein bread Matzos: wheat Multi-grain bread Oat bran muffins Pumpnickel Sprouted wheat bread Wheat bran muffins Whole wheat bread</p>	<p>Durum wheat flour Gluten flour Graham flour Oat flour Soba noodles Pasta: semolina, spinach Sprouted wheat flour White flour Whole wheat flour</p>	<p>Potatoes: sweet Pumpkin Seaweed Spinach Swiss chard Turnips</p> <p>Neutral</p> <p>Arugula Asparagus Bamboo Shoots Beets Bok choy Caraway Carrots Celery Chervil Coriander Cucumber Daikon Dill Endive Fennel</p>	<p>Tempeh Tofu Tomato Water chestnut Watercress Yams: all types Zucchini</p> <p>Avoid</p> <p>Avocado Cabbage: Chinese, red, white Cauliflower Corn: white, yellow Eggplant Mushroom: domestic, shiitake Mustard greens Olives: black, Greek, Spanish Potatoes: red, white Sprouts: alfalfa, Brussels</p>
---	---	---	--

<p style="text-align: center;">FRUIT</p> <p>Highly Beneficial</p> <p>Figs: dried, fresh Plums: dark, green, red Prunes</p> <p>Neutral</p> <p>Apples Apricots Bananas Blueberries Boysenberries Cherries Cranberries Currants: black, red Dates: Red Elderberries Gooseberries Grapefruit Grapes: red, Concord, black, green Guava Kiwi Kumquat Lemons Limes Loganberries</p> <p>Mangoes Melons: canang, casaba, Crenshaw, Christmas, musk, Spanish, watermelon Nectarines Papayas Peaches Pears Persimmons Pineapples Pomegranates Prickly pear Raisins Raspberries Starfruit (carambola)</p> <p>Avoid</p> <p>Blackberries Coconuts Melons: cantaloupe, honeydew Oranges Plantains Rhubarb Strawberries Tangerines</p>	<p style="text-align: center;">JUICES & FLUIDS</p> <p>Highly Beneficial</p> <p>Black cherry Pineapple Prune</p> <p>Neutral</p> <p>Apricot Carrot Celery Cranberry Cucumber Grape Grapefruit Papaya Tomato water (with lemon) Vegetable juice (corresponding with highlighted vegetables)</p> <p>Avoid</p> <p>Apple Apple cider Cabbage Orange</p>	<p style="text-align: center;">CONDIMENTS</p> <p>Highly Beneficial</p> <p>NONE</p> <p>Neutral</p> <p>Apple butter Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Salad dressing (low-fat, from acceptable ingredients) Worcestershire sauce</p> <p>Avoid</p> <p>Ketchup Pickles: dill, kosher, sweet, sour Relish</p>
---	---	---

SPICES

Highly Beneficial

Carob
Curry
Dulse
Kelp (bladder wrack)
Parsley
Pepper: cayenne
Turmeric

Neutral

Agar
Allspice
Almond extract
Anise
Arrowroot
Barley malt
Basil
Bay Leaf
Bergamot
Brown rice syrup
Cardamom
Chervil
Chives
Chocolate
Clove
Coriander
Cream of tartar
Cumin
Dill
Garlic
Gelatin: plain
Honey
Horseradish
Maple syrup
Marjoram

Mint
Miso
Molasses
Mustard (dry)
Paprika
Pepper: peppercorn,
red flakes
Peppermint
Pimiento
Rice syrup
Rosemary
Saffron
Sage
Salt
Savory
Soy sauce
Spearmint
Sucanat
Sugar: brown, white
Tamari
Tamarind
Tapioca
Tarragon
Thyme
Wintergreen
Avoid
Capers
Cinnamon
Cornstarch
Corn syrup
Nutmeg
Pepper: black ground,
white
Vanilla
Vinegar: apple cider,
balsamic, red wine,
white

HERBAL TEAS

Highly Beneficial

Cayenne
Chickweed
Dandelion
Fenugreek
Ginger
Hops
Linden
Mulberry
Parsley
Peppermint
Rose Hips
Sarsaparilla
Slippery elm

Neutral

Catnip
Chamomile
Don quai
Elder
Ginseng
Green tea
Hawthorn
Horehound
Licorice root
Mullein
Raspberry leaf
Sage
Skullcap
Spearmint
Thyme
Valerian
Vervain
White birch
White oak bark
Yarrow

Avoid

Alfalfa
Aloe
Burdock
Coltsfoot
Corn silk
Echinacea
Gentian
Goldenseal
Red clover
Rhubarb
St John's-wort

MISC BEVERAGES

Highly Beneficial

Club Soda
Seltzer Water

Neutral

Beer
Green tea
Wine: red, white

Avoid

Coffee: regular,
decaf
Liquor: distilled
Soda: cola, diet,
other
Tea, black: regular,
decaf

	Senna Shepherd's purse Stawberry leaf Yellow Dock	
--	--	--