

BLOOD TYPE "O" DIET RECOMMENDATIONS

r	Highly Beneficial	Neutral	Avoid
Meats & Poultry	Beef, Ground beef, Buffalo, Heart, Lamb, Liver, Mutton, Veal, Venison	Chicken, Cornish hens, Duck, Partridge, Rabbit, Turkey, Quail	Bacon, Goods, Ham, Pork
Seafood	Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow Trout, Red Snapper, Tilefish, White Perch, Whitefish, Yellow Perch, Yellowtail	Abalone, Albacore (Tuna), Anchovy, Beluga, Bluegill bass, Carp, Clam, Crab, Crayfish, Eel, 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, Turtle, Weakfish	Barracuda, Catfish, Caviar, Couch, Herring (pickled), Lox (smoked salmon), Octopus
Dairy & Eggs	O's should restrict their use of dairy products	Butter, farmer, feta, goat cheese, mozzarella, soy cheese, soy milk	American cheese, blue cheese, brie, buttermilk, camembert, casein, cheddar, colby, cream cheese, edam, emmenthal, goat milk, gouda, gruyere, ice cream, jarlsburg, kefir, monterey jack, munster, parmesan, provolone, neufchatel, ricotta, skim or 2% milk, string cheese, swiss, whey, whole milk, yogurt (all varieties)
Oils & Fats	Linseed (flaxseed) Oil, Olive Oil	Canola oil, cod liver oil, sesame oil	Corn oil, cottonseed oil, peanut oil, safflower oil
Nuts & Seeds	Pumpkin seeds, walnuts	Almonds, almond butter, chestnuts, filbert, hickory, macadamia, pecans, pignola (pine), sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds	Brazil, cashew, litchi, peanuts, peanut butter, pistachios, poppy seeds
Beans & Legumes	Beans (aduke, azuki, pinto), Peas (black-eyed)	Beans (black, broad, cannellini, fava, garbanzo, green, jicama, lima, northern, red, red soy, snap, string, white), Peas (green, pods)	Beans (copper, kidney, navy, tamarind), Lentils (domestic, green, red)
Cereals	Type O's do not tolerate whole wheat products at all and should be eliminated completely	Amaranth, Barley, Buckwheat, Cream of Rice, Kamut, Kasha, Millet (puffed), Rice bran, Rice (puffed), Spelt	Cornflakes, cornmeal, cram of wheat, familia, farina, grape nuts, oat bran, oatmeal, 7-grin, shredded wheat, wheat bran, wheat germ
Breads & Muffins	Essene & Ezekiel Break	Brown rice bread, Fin crisp, Gluten-free bread, Ideal Flat bread, Millet, Rice Cakes, 100% Rye, Rye Crisps, Rye Vita Soy Flour Bread, Spelt Bread, Wasa Bread	Bagels (wheat), Corn muffins, Durum wheat, English muffins, high-protein brad, Matzos (wheat), multi-grain brad, oat bran muffins, pumpernickel, sprouted

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Grains & Pasta	No grains or pastas can be classified as highly beneficial for Type O's	Barley flour, buckwheat, kasha, pasta (artichoke), Quinoa, Rice (basmati, brown, white, wild), Rice flour, Rye flour, Spelt flour	Bulgur wheat flour, Couscous flour, Durum wheat flour, Gluten flour, Graham flour, Oat flour, Soba noodles, Pasta (semolina, spinach), Sprouted wheat flour, white flour, whole wheat flour
Vegetables	Artichoke (domestic, jerusalem), Beet leaves, Broccoli, Chicory, Collard greens, dandelion, escarole, horseradish, kale, kohlrabi, leek, lettuce (romaine), okra, onions (red, spanish, yellow), parsley, parsnips, peppers (red), potatoes (sweet), pumpkin, seaweed, spinach, swiss chard, turnips	Arugula, asparagus, bamboo shoots, beets, bok choy, caraway, carrots, celery, chervil, coriander, cucumber, dandelion, dill, endive, fennel, fiddlehead ferns, ginger, lettuce (bibb, boston, iceberg, mesclun), lima beans, mushroom (enoki, portobello, tree oyster), olives (green), onions (green), peppers (green, jalapeno, yellow), radicchio, radishes, rappini, rutabaga, scallion, shallots, snow peas, sprouts (mung, radish), squash (all types), tempeh, tofu, tomato, water chestnut, watercress, yams (all types), zucchini	Avocado, cabbage (chinese, red, white), cauliflower, corn (white, yellow), eggplant, mushroom (domestic, shitake), mustard greens, olives (black, greek, spanish), potatoes (red, white), sprouts (alfalfa, brussels)
Fruit	Figs (dried, fresh), plums (dark, green, red), prunes	Apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, currants (black, red), dates (red), elderberries, gooseberries, grapefruit, grapes (black, concord, green, red) guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, melon (cananng, casaba, crenshaw, christmas, musk, spanish, watermelon), nectarines, papayas, peaches, pears, persimmons, pineapples, pomegranates, prickly pear, raisins, raspberries, starfruit	Blackberries, coconuts, melon (cantaloupe, honeydew), oranges, plantains, rhubarb, strawberries, tangerines
Juices & Fluids	Black cherry, pineapple, prune	Apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato water (with lemon), vegetable juice (corresponding with highlighted vegetables)	Apple, apple cider, cabbage, orange
Spices	Carob, curry, dulse, kelp (bladder wack), parsley, pepper (cayenne), turmeric	Agar, allspice, almond extract, anise, arrowroot, barley malt, basil, bay leaf, bergamot, brown rice syrup, cardamom, chervil,	Capers, cinnamon, cornstarch, corn syrup, nutmeg, pepper (black ground, white), vanilla,

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		chives, chocolate, clove, coriander, cream of tartar, cumin, dill, garlic, gelatin (plain), honey, horseradish, maple syrup, marjoram, mint, miso, molasses, mustard (dry), paprika, pepper (peppercorns, red pepper flakes), peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, sucanat, sugar (white, brown), tamari, tamarind, tapioca, tarragon, thyme, wintergreen	vinegar (apple cider, balsamic, red wine, white)
Condiments	No highly beneficial condiments for type O's	Apple butter, jam & jelly from acceptable fruits, mayonnaise, mustard, salad dressing (low-fat from acceptable ingredients), worcestershire sauce	Catsup, pickets (dill, kosher, sweet, sour), relish