

TYPE O BLOOD/BODY FOOD LIST

BEEF AND POULTRY

HIGHLY BENEFICIAL

Beef, Buffalo, Heart, Lamb, Liver, Mutton, Veal, Venison

NEUTRAL

Chicken, Cornish Hens, Duck, Partridge, Pheasant, Rabbit, Turkey, Quail

AVOID

Bacon, Goose, Ham, Pork

SEAFOOD

HIGHLY BENEFICIAL

Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Perch (White, Yellow), Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped Bass, Sturgeon, Swordfish, Tilefish, Whitefish, Yellowtail

NEUTRAL

Abalone, Albacore (tuna), Anchovy, Beluga, Bluegill Bass, Carp, Clam, Crab, Crayfish, Eel, Flounder, Frog, Gray Sole, Grouper, Haddock, Lobster, Mahi-Mahi, Monkfish, Mussels, Ocean Perch, Oysters, Pickerel, Porgy, Sailfish, Scallop, Sea Bass, Sea Trout, Shark, Shrimp, Silver Perch, Smelt, Snail, Squid (Calamari), Weakfish

AVOID

Barracuda, Catfish, Caviar, Conch, Herring (Pickled), Lox (Smoked Salmon), Octopus

DAIRY AND EGGS

HIGHLY BENEFICIAL

None!

NEUTRAL

Butter, Farmer, Feta, Goat Cheese, Mozzarella, Soy Cheese, Soymilk, Eggs.

AVOID

American Cheese, Blue Cheese, Brie, Buttermilk, Camembert, Casein (this is in most Soy Cheeses!), Cheddar, Colby, Cottage, Cream Cheese, Edam Emmenthal, Goat Milk, Gouda, Gruyere, Ice Cream, Jarlsburg, Kefir, Milk, Monterey Jack, Munster, Parmesan, Provolone, Neufchatel, Ricotta, String Cheese, Swiss, Whey, Yogurt

OILS AND FATS

HIGHLY BENEFICIAL

Flaxseed Oil (Do not cook with it, only take in raw form, spoils easily!)
Olive Oil (Best cooking oil)

NEUTRAL

Canola Oil, Cod Liver Oil, Sesame Oil

AVOID

Corn Oil, Cottonseed, Peanut, Safflower

NUTS AND SEEDS

HIGHLY BENEFICIAL

Pumpkin Seeds, Walnuts

NEUTRAL

Almonds, Chestnuts, Filbert, Hickory, Macadamia, Pecans, Pignola (Pine), Sesame Seeds, Sunflower Seeds

AVOID

Brazil Cashew, Litchi, Peanuts, Pistachios, Poppy Seeds

BEANS AND LEGUMES

HIGHLY BENEFICIAL

Aduke or Azuki Beans, Black-Eyed Peas, Pinto

NEUTRAL

Beans: Black, Broad, Cannellini, Fava, Garbanzo, Green, Jicama, Lima, Northern, Red, Red Soy, String, White
Green Peas, Pea Pods, Snap Peas

AVOID

Copper, Kidney, Navy, Tamarind, Lentils (Domestic, Green, Red)

CEREALS, BREADS AND PASTA

HIGHLY BENEFICIAL

Ezekiel Bread, Oasis

NEUTRAL

Amaranth, 100% Artichoke Pasta, Barley, Buckwheat, Cream Of Rice, Kamut, Millet, Rice, Spelt, Brown Rice Bread, Fin Crisp, Gluten-Free Bread, Ideal Flat Bread, Millet, Rice Cakes, 100% Rye Bread, Rye Crips, Rye Vita, Soy Flour Bread, Spelt Bread, Wasa Bread

AVOID

Corn, Oats, Wheat, All Wheat Breads, Bagels, Muffins, All Oat Breads, Begels, Muffins, All Corn Bread, Muffins, Cornflakes, Cornmeal, Cream Of Wheat, Familia, Farina, Grape Nuts, Oats, Seven-Grain, Even Sprouted Wheat,

VEGETABLES

HIGHLY BENEFICIAL

Artichoke Domestic & Jerusalem, Beet Leaves, Broccoli, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce Romaine, Okra, Onions Red & Yellow & Spanish, Parsley, Parsnips, Peppers Red, Potatoes Sweet, Pumpkin, Seaweed, Spinach, Swiss Chard, Turnips.

NEUTRAL

Arugula, Asparagus, Bamboo Shoots, Beets, Bok Choy, Caraway, Carrots, Celery, Chervil, Coriander, Cucumber, Diakon, Dill, Endive, Fennel, Fiddlehead Ferns, Ginger, Lettuce: Bibb, Boston, Iceberg, Mesclun, Lima Beans, Mushroom (Abalone, 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, Water Chestnut, Watercress, Yams (All Types), Zucchini

AVOID

Alfalfa Sprouts, Avocado, Burssels Sprouts, Cabbage (Chinese, Red, White), Cauliflower, Corn (White, Yellow), Eggplant, Mushroom (Domestic, Shiitake), Mustard Greens, Olives (Black, Greek, Spanish), Potatoes (Red, White).

FRUIT

HIGHLY BENEFICIAL

Figs (Dried, Fresh), Plums (Dark, Green, Red), Prunes.

NEUTRAL

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, Melons (Canang, Casaba, Crenshaw, Christmas, Musk, Spanish, Watermelon), Nectarines, Papayas, Peaches, Pears, Persimmons, Pineapples, Pomegranates, Prickly Pear, Raisins, Raspberries, Starfruit (Carambola), Tomato

AVOID

Blackberries, Coconuts, Melons: Cantaloupe, Honeydew, Oranges, Plantains, Rhubarb, Strawberries, Tangerines

JUICES AND FLUIDS

HIGHLY BENEFICIAL

Black Cherry, Pineapple, Prune

NEUTRAL

Apricot, Carrot, Celery, Cranberry, Cucumber, Grape, Grapefruit, Papaya, Tomato, Water (With Lemon), Vegetable Juice (Of Approved Vegetables)

AVOID

Apple, Apple Cider, Cabbage, Orange

SPICES

HIGHLY BENEFICIAL

Carob, Cayenne Pepper, Curry, Dulse, Kelp, Parsley, 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 Pepper Flakes, Peppermint, Pimiento, Rice Syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy Sauce, Spearmint, Sucanat, 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).

CONDIMENTS

HIGHLY BENEFICIAL

None!

NEUTRAL

Apple Butter, Jam & Jelly (From Acceptable Fruits), Mayonnaise, Mustard, Salad Dressing (From Acceptable Ingredients), Worcestershire Sauce

AVOID

Ketchup, Pickles (Dill, Kosher, Sweet, Sour), Relish

MISCELLANEOUS BEVERAGES

HIGHLY BENEFICIAL

Water, Water, and more Water!

AVOID

Coffee, Liquor, Soda, Black Tea