

## Blood Type O : Chart

| Food Group     | Highly Beneficial   | Neutral   | Avoid   |
|----------------|---|---|---|
| Meat & Poultry | beef, ground beef, buffalo, heart, lamb, liver, mutton, veal  | chicken, Cornish hens, duck, partridge, pheasant, quail, rabbit, turkey   | bacon, goose, ham, pork   |
| Seafood        | bluefish cod, hake, halibut, herring, mackerel, pike, rainbow trout, red sapper, salmon, sardine, shad, sole, striped bass, sturgeon, swordfish, tilefish, whitefish, white perch, 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, oceans perch, oysters, pickerel, porgy, sailfish, scallops, sea bass, sea trout, shark, shrimp, silver perch, smelt, sail, squid (calamari) turtle, weakfish | barracuda, catfish, caviar, conch, herring (pickled), lox (smoked salmon), octopus  |
| Eggs & Dairy   | none  | butter, farmer, goat cheese, mozzarella, soy cheese, soy milk   | American cheese, blue, brie, buttermilk, Camembert, casein, Cheddar, Colby cottage, cream cheese dam, Emmenthal, goat milk, Gouda, Gruyere, ice cream Jarlsberg, kefir, Monterey Jack, Munster, Parmesan, provolone, Neufchatel, ricotta, skim or 2% milk, string cheese, Swiss, Whey, whole milk, yogurt (all varieties) |

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| Oils & Fats      | linseed (flaxseed), 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, filberts, hickory nuts, macadamias, pecans, pignoli (pine), sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds   | Brazil, cashew, litchi, peanuts, peanut butter, pistachios, poppy seeds  |
| Beans & Legumes  | adzuki beans, pinto beans, black-eyed peas | black beans, broad beans, cannellini beans, fava beans, garbanzo beans, green beans, jicama beans, lima beans, northern beans, red beans, red soy beans, snap beans, string beans, white beans, green peas, pea pods | copper beans, kidney beans, navy beans, tamarind beans, domestic lentils, green lentils, red lentils   |
| Cereals          | none                                       | amaranth, barley, buckwheat, Cream of Rice, kamut, kasha, puffed millet, puffed rice, rice bran, spelt   | cornflakes, cornmeal, Cream of wheat, Familia, farina, Grape Nuts, oat bran, oatmeal, seven grain, shredded wheat, wheat bran, wheat germ                                  |
| Breads & Muffins | Essene bread, Ezekial bread                | brown-rice bread, fin crisp, gluten-free bread, ideal flat bread, millet, rice cakes, 100% rye bread, Rye crisps, Rye Vita, soy-flour bread, spelt bread, Wasa bread   | wheat bagels, English muffins, high-protein bread, wheat matzoh, multigrain bread, oat-bran bread, pumpnickel, sprouted-wheat bread, wheat-bran muffins, whole-wheat bread |
| Grains &         | none                                       | barley flour, buckwheat,   | bulgur wheat flour,  |

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| Muffins    |   | kashaArtichoke pasta, quinoa, basmati rice, brown rice, white rice, wild rice, rice flour, rye flour, spelt flour   | couscous flour, durum-wheat flour, gluten flour, graham flour, oat flour, Soba noodles, semolina pasta, spinach pasta, sprouted- wheat flour, white flour, whole-wheat flour   |
| Vegetables | artichoke (Jerusalem & domestic), beet leaves, broccoli, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, red onion, Spanish onions, yellow onions, parsley, parsnips, red peppers, sweet potatoes, pumpkin, seaweed, spinach, Swiss card, turnips | arugula, asparagus, bamboo shoots, beets, bok choy, caraway, carrots, celery, chervil, coriander, cucumber, daikon, dill, endive, fennel, fiddlehead ferns, ginger, bibb lettuce, Boston lettuce, iceburg lettuce, mesclun lettuce, lima beans, abalone, enoki mushrooms, Portobello mushrooms, tree oysters mushrooms, green olives, green onions, green peppers, jalapeno peppers, yellow peppers, radicchio, radishes, rappini, rutabaga, scallion, shallots, snow peas, mung sprouts, radish sprouts,squash (all types), tempeh, tofu, tomato, water chestnut, watercress, yams, zucchini | avocado, Chinese cabbage, red cabbage, white cabbage, cauliflower, white corn, yellow corn, eggplant, domestic mushrooms, shiitake mushrooms, mustard greens, black olives, Greek olives, Spinach olives, red potatoes, white potatoes, alfalfa sprouts, Brusselssprouts |
| Fruits     | dried figs, fresh figs,Dark plums, green plums, red plums,  | apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, black   | blackberries, coconuts,Cantaloupe melon, honeydew  |

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|                 | prunes   | & red currants, red dates, elderberries, gooseberries, grapefruit, black grapes, concord grapes, green grapes, red grapes, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, canang melon, casaba melon, Crenshaw melon, Christmas melon, musk melon, Spanish melon, watermelon, nectarines, papayas, peaches, pears, persimmons, pineapples, pomegranates, prickly pear, raisins, raspberries, star fruit | melon, 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  | apples, apple cider, cabbage, orange   |
| Spices          | carob, cayenne pepper, curry, dulse, kelp (bladderwrack), parsley, tumeric | agar, allspice, almond extract, anise, arrowroot, barley malt, basil, bay leaf, bergamot, brown-rice syrup, cardamom, chervil, chives, chocolate, clove, coriander, cream of tarter, cumin, dill, garlic, plain gelatin, honey, horseradish, maple syrup, marjoram, mint, miso, molasses, mustard (dry),   | capers, cinnamon, cornstarch, corn syrup, high fructose corn syrup, nutmeg, black ground pepper, white pepper, vanilla extract, apple cider vinegar, balsamic vinegar, red wine vinegar, white vinegar |

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|                 |               | <p>paprika, peppercorns, pepper, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, sucanat, white &amp; brown sugar, tamari, tamarind, tapioca, tarragon, thyme, wintergreen</p> |   |
| Condiments      | none          | <p>apple butter, jam &amp; jelly from acceptable fruits, mustard, salad dressing (from acceptable ingredients), Worcestershire sauce</p>   | <p>ketchup, mayonnaise, dill pickles, kosher pickles, sweet pickles, sour pickles, relish</p>                             |
| Misc. Beverages | seltzer water | <p>beer, green tea, red wine, white wine</p>   | <p>regular &amp; decaf coffee, distilled liquors, cola, diet cola &amp; other sodas, black teas (regular &amp; decaf)</p> |