

**TYPE O DIET: BENEFICIAL FOOD**

<b>Meats &amp; Poultry</b>	<b>Breads &amp; Muffins</b>	<b>Condiments</b>	
Beef	Essene bread	Apple butter	
Ground beef	Ezekiel bread	Jam	
Buffalo		Mayonnaise	
Heart	<b>Vegetables</b>	Mustard	
Lamb	Artichoke, domestic	Salad dressing (low fat)	
Liver	Artichoke, Jerusalem	Worcestershire sauce	
Mutton	Beet leaves		
Veal	Broccoli	<b>Herbal teas</b>	
Venison	Chicory	Cayenne	
	Collard greens	Chickweed	
<b>Seafood</b>	Dandelion	Dandelion	
Bass	Escarole	Fenugreek	
Cod	Horseradish	Ginger	
Conch	Kale	Hops	
Hake	Kelp	Linden	
Halibut	Lettuce, romaine	Mulberry	
Herring	Okra	Parsley	
Mackerel	Onion, red	Peppermint	
Ocean perch	Onions, Spanish	Rosehips	
Pike	Onions, yellow	Sarsapania	
Rainbow trout	Parsley	Slippery elm	
Red snapper	Parsnip		
Salmon	Pepper, red	<b>Misc beverages</b>	
Sardines	Potatoes, sweet	Soda, club	
Shad	Pumpkin	Seltzer water	
Silver perch	Spinach	Green tea	
Snapper	Swiss chard		
Sole	Turnips		
Striped bass			
Sturgeon	<b>Fruit</b>		
Swordfish	Banana		
Tilefish	Figs, dried		
White perch	Figs, fresh		
Whitefish	Mango		
Yellow perch	Plums, dark		
Yellow tail	Plums, green		
	Plums, red		
<b>Oils &amp; Fats</b>	Prunes		
Linseed (flaxseed) oil			
Olive oil	<b>Juices &amp; Fluids</b>		
	Blue berry		
<b>Nuts &amp; Seeds</b>	Blackberry		
Black cherry	Guava		
Flaxseed	Pineapple		
Pumpkin seeds	Prune		
Walnuts			
	<b>Spices</b>		
<b>Beans &amp; Legumes</b>	Carob		
Beans, aduke	Curry		
Beans, azuki	Dulse		
Beans, pinto	Kelp (bladder wrack)		
Peas, black eyed	Parsley		
	Pepper cayenne		
	Turmeric		

**TYPE O DIET: FOODS TO AVOID**

<b>Meat &amp; Poultry</b>	Whole milk	Whole wheat bread	Capers
Bacon	Yoghurt, all varieties		Cornstarch
Ham		<b>Grains &amp; Pasta</b>	Corn syrup
Pork	<b>Oils &amp; fats</b>	Bulgur wheat flour	Guarana
Quail	Corn oil	Couscous flour	Mace
	Cottonseed oil	Durum wheat flour	Nutmeg
<b>Seafood</b>	Evening primrose oil	Graham flour	Pepper, ground black
Abalone	Peanut oil	Gluten flour	Pepper, white
Barracuda	Peanut butter	Pasta, semolina & spinach	Vanilla
Catfish	Safflower oil	Sprouted wheat flour	Vinegar, apples cider
Caviar	Soy oil	White flour	Vinegar, balsamic
Frog	Sunflower oil	Whole wheat flour	Vinegar, red wine
Herring (pickled)	Wheat germ oil		Vinegar, white
Octopus		<b>Vegetables</b>	
Pollack	<b>Nuts &amp; seeds</b>	Avocado	<b>Condiments</b>
Smoked salmon	Beechnut	Cabbage, red & white	Carrageeran
Salmon roe	Brazil	Cauliflower	Guar sugar
Sturgeon	Cashew	Cucumber	MSG
Turtle	Litchi	Corn, white & yellow	Mustard
	Peanuts	Juniper	Pickles, dill
<b>Dairy &amp; Egg</b>	Pistachios	Leek	Pickles, kosher
American cheese	Poppy seed	Mushroom, button	Pickles, sour
Blue cheese	Sunflower	Mushroom, domestic	Pickles, sweet
Brie		Mushroom shiitake	Relish
Buttermilk	<b>Beans &amp; legumes</b>	Mushroom, silver dollar	Tomato sauce
Casein	Beans, copper	Mustard greens	
Camembert	Beans, navy	Olives, black	<b>Herbal teas</b>
Cheddar	Beans, pinto	Potatoes, red & white	Alfalfa
Coconut milk	Beans, tamarind	Sprouts, alfalfa	Aloe
Colby	Beans, kidney	Taro	Burdock
Cream cheese	Lentils, domestic	Yucca	Coltsfoot
Cottage cheese	Lentils, green		Corn silk
Cow milk	Lentils, red	<b>Fruit</b>	Echinacea
Edam		Blackberries	Gentian
Goat milk	<b>Cereals</b>	Bitter melon	Golden seal
Goose eggs	Cornmeal	Cantaloupe	St John's Wort
Gouda	Cream of wheat	Coconuts	Senna
Gruyere	Mixed grain	Kiwi	Shepherds – purse
Ice cream	Wheat, bran	Lyches	Strawberry leaf
Jarlsberg	Wheat, shredded	Honeydew melon	Red clover
Kefir	Wheat, germ	Oranges	Rhubarb
Monterey jack		Pear – Asian	Yellow dock
Munster	<b>Bread &amp; Muffins</b>	Plantains	
Neufchatel	Bagel, wheat	Rhubarb	<b>Misc. beverages</b>
Parmesan	Corn muffins	Rockmelon	Aspartame
Paneer	Durum wheat	Tangerine	Coffee, regular
Provolone	English muffins		Dextrose
Quail eggs	High protein bread	<b>Juices</b>	Fruitrose
Quark	Matzos, wheat	Aloe	Invert sugar
Ricotta	Multi grain bread	Apple	Maltodextrin
Skim or 2% fat milk	Oat bran muffins	Apple cider	Soda, cola
Sour cream	Pumpnickel	Orange	Soda, diet
String cheese	Sorghum		Soda, other
Swiss	Sprouted wheat bread	<b>Spices</b>	Tea, black
Whey	Wheat bran muffins	Acacia	White wine