

## Type O Diet Recommendations

### Meats & Poultry

*(Highly Beneficial):* Beef, Beef (ground), 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, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped Bass, Sturgeon, Swordfish, Tilefish, White Perch, Whitefish, Yellow Perch, Yellowtail  
*(Neutral):* 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  
*(AVOID):* Barracuda, Catfish, Caviar, Conch, Herring (pickled), Lox (smoked salmon), Octopus

Dairy & Eggs - O's should severely restrict their use of dairy products.

*(Neutral):* Butter, Farmer, Feta, Goat Cheese, Mozzarella, Soy cheese, Soy milk

*(AVOID):* 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

*(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, Filbert, Hickory, Macadamia, Pecans, Pignola (pine), Sesame butter (tahini), Sesame seeds, Sunflower butter, Sunflower seeds

*(AVOID):* Brazil, Cashew, Litchi, Peanuts, Peanut butter, Pistachios, Poppy seeds

### Beans & Legumes

*(Highly Beneficial):* Beans (aduki, azuki, pinto), Peas (black-eyed)

*(Neutral):* Beans (black, broad, cannellini, fava, garbanzo, green, lima, northern, red, red soy, snap, string, white), Peas (green, pods)

*(AVOID):* Beans (copper, kidney, navy, tamarind), Lentils (domestic, green, red)

Cereals - Type O's do not tolerate whole wheat products at all, and they should be eliminated completely.

*(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, 7-grain, Shredded wheat, Wheat bran, Wheat germ

### Breads & Muffins

*(Highly Beneficial):* Essene & Ezekiel Bread

*(Neutral):* 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

*(AVOID):* Bagels (wheat), Corn muffins, Durum wheat, English muffins, high-protein bread, Matzos (wheat), Multi-grain bread, Oat bran muffins, Pumpernickel, Sprouted wheat bread, Whole bran muffins, Whole wheat bread

**Grains & Pasta** - No grains or pastas can be classified as highly beneficial for Type O's  
*(Neutral)*: Barley flour, Buckwheat, Kasla, Pasta (artichoke), Quinoa, Rice (basmati, brown, white, wild) Rice flour, Rye flour, Spelt flour  
**(AVOID)**: Bulgur wheat flour, Couscous flour, Durum wheat flour, Gluten flour, Graham flour, Oat flour, Sobha noodles, Pasta (semolina, spinach), Sprouted wheat flour, White flour, Whole wheat flour

### Vegetables

*(Highly Beneficial)*: Artichoke (domestic, jerusalem), Beet Leaves, Broccoli, Chicory, Collard Greens, Dandelion, Escarole, Horseradish, Kale, Kohlrabi, Leek, Lettuce (romaine), Okra, Onions (red, spanish), Onions (yellow), 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, Daikon, 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  
**(AVOID)**: 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

*(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, Melon (cantaloupe, casaba, Crenshaw, christinas, musk, spanish, watermelon), Nectarines, Papayas, Peaches, Pears, Persimmons, Pineapples, Pomegranates, Prickly pear, Raisins, Raspberries, Starfruit  
**(AVOID)**: Blackberries, Coconuts, Melon (cantaloupe, honeydew), Oranges, Plantains, Rhubarb, Strawberries, Tangerines

### Juices & Fluids

*(Highly Beneficial)*: Black Cherry, Pineapple, Prune  
*(Neutral)*: apricot, Celery, Cranberry, Cucumber, Grape, Grapefruit, Papaya, Tomato water (with lemon), Vegetable juice (corresponding with highlighted vegetables)  
**(AVOID)**: Apple, Apple cider, Cabbage, Orange

### Spices

*(Highly Beneficial)*: Carob, Curry, Duise, 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, Cummin, 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, Sugar (white, brown), Tamar, Tamarind, Tapoca, Tarragon, Thyme, Wintergreen  
**(AVOID)**: Capers, Cinnamon, Cornstarch, Corn syrup, Nutmeg, Pepper (black ground, white), Vanilla, Vinegar (apple cider, balsamic, red wine, white)

**Condiments** - No highly beneficial condiments for type O's

*(Neutral)*: Apple butter, Jam & Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad dressing (low-fat, from acceptable ingredients), Worcestershire sauce

**(AVOID)**: Ketchup, Pickles (dill, kosher, sweet, sour), Relish