

Type O Diet

(Foods that are beneficial act like medicine; foods to avoid act like poison).

Meats & Poultry

(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

(Beneficial): Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow trout, Red snapper, Salmon, Sardines, 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 (calamari), 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, Cottage, 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

(Beneficial): Linseed (flaxseed, don't cook with it) oil, Olive oil (keep refrigerated).

(Neutral): Canola oil, Cod liver oil, Sesame oil.

(AVOID): Corn oil, Cottonseed oil, Peanut oil, Safflower oil.

Nuts & Seeds

(Beneficial): Pumpkin seeds, Walnuts.

(Neutral): Almonds, Almond butter, Chestnuts, Filbert, Hickory, Macadamia, Pecans, Pignola (pine),
Sesame butter (tahini), Sesame seeds, Sunflower (butter, seeds).

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

PARTNERS IN HEALTH CARE *Naturally*

Beans & Legumes

(Beneficial): Beans (Aduke, Azuki, Pinto), Black-eyed peas.

(Neutral): Beans (black, broad, cannellini, fava, garbanzo, green, jicama, 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

(Beneficial): Essene and Ezekiel bread, Whole foods (wild oats and gentle strength Coop).

(Neutral): Brown rice bread, Fin crisp, Gluten-free bread, Ideal flat bread, Millet, 100% Rye bread, 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, Pumpnickel, Sprouted wheat bread, Wheat bran muffins, Whole wheat bread.

Grains & Pasta - No grains or pastas can be classified as highly beneficial to Type O's.

(Neutral): Buckwheat, Flour (barley, rice, rye), Kasha, Pasta (artichoke), Quinoa, Rice (basmati, brown, white, wild, flour).

(AVOID): 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.

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Vegetables

(Beneficial): Artichoke (domestic, Jerusalem), Beet leaves, Broccoli, Chicory, Collard greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce (romaine), Okra, Onions (red, Spanish, yellow), Parsley, Peppers (red), Potatoes (sweet), Pumpkin, Seaweed, Spinach, Swiss-chard, Turnips.

(Neutral): Arugula, Asparagus, Bamboo shoots, Beets, Bok choy, Caraway, Carrots, Celery, Chervil, Coriander, Daikon, 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, Tomato, Water chestnut, Watercress, Yams (all types), Zucchini.

(AVOID): Avocado, Cabbage (Chinese, red, white), Cauliflower, Corn (white, yellow), Eggplant, Mushroom (domestic, shiitake), Mustard greens, Olives (black, Greek, Spanish), Potatoes (red, white), Sprouts (alfalfa, Brussels).

Fruits

(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 (canang, casaba, Crenshaw, Christmas, 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

(Beneficial): Black cherry, Pineapple, Prune.

(Neutral): Apricot, Carrot, Celery, Cranberry, Cucumber, Grape, Grapefruit, Papaya, Tomato water (with lemon), Vegetable juice (corresponding with highlighted vegetables).

(AVOID): Apple, Apple cider, Cabbage, Orange.

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Spices

(Beneficial): Carob, Curry, Dulse, 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, Cumin, Dill, Garlic, Gelatin (plain), Honey, Horseradish, Maple syrup, Marjoram, Mint, Miso, Molasses, Mustard (dry), Paprika, Pepper (peppercorn, red flakes), Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Sucanat, Sugar (white, brown), 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 - No highly beneficial condiments for Type O's.

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

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