

AVOID - Type O 4/4

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Meat	Blackberry/Blackberry Juice	Bean	Sweetener
Bacon/Ham/Pork	Cantaloupe	Copper Bean	Corn Syrup
Goose	Coconut/Coconut Milk	Kidney Bean	Dextrose
Fish	Honeydew	Lentil (Domestic)	Fructose
Barracuda	Orange/Orange Juice	Lentil (Green)	Maltodextrin
Catfish	Plantain	Lentil (Red)	
Caviar	Strawberry	Navy Bean	Medicinal Herb
Conch	Tangerine/Tangerine Juice	Tamarind Bean	Alfalfa Juice/Tea
Herring/Kippers (pickled)			Blue Cohosh
Lox	Vegetable/Veg Juice	Nut/Seed	Burdock
Octopus	Acacia (Arabic Gum)	Brazil Nut	Chaparral
Dairy	Alfalfa Sprouts	Cashew/Cashew Butter	Chrysanthemum
American Cheese	Aloe/Aloe Tea/Aloe Juice	Litchi	Coltsfoot
Blue Cheese	Brussel Sprout	Peanut/Peanut Butter	Comfrey
Brie Cheese	Cabbage	Pistachio	Corn Silk
Buttermilk	(Chinese/Red/White)	Poppy Seed	Echinacea Tea/Extract
Camembert Cheese	Cabbage Juice		Echinacea
Casein	Caper	Oil	Gentian
Cheddar Cheese	Cauliflower	Borage Seed Oil	Goldenseal
Colby Cheese	Eggplant	Castor Oil	Guggul
Cottage Cheese	Mushroom (Domestic)	Coconut Oil	Kombucha
Cream Cheese	Mushroom (Shiitake)	Corn Oil	Milk Thistle
Edam Cheese	Mustard Greens	Cottonseed Oil	Psyllium seed
Emmenthal Cheese	Olive (Black)	Evening Primrose Oil	Red Clover
Goat Cheese	Olive (Greek/Spanish)	Peanut Oil	Rhubarb
Gouda Cheese	Pickle	Safflower Oil	St. John's Wort
Gruyere Cheese	(Dill/Kosher/Sour/Sweet/Relish)	Wheat Germ Oil	Sassafras
Half & Half	Potato	Herb/Spice	Senna
Ice Cream	(White/Red/Blue/Yellow)	Cinnamon	Shepherd's Purse
Jarlsberg Cheese	Rhubarb	Guarana	Strawberry Leaf
Kefir	Sauerkraut	Mace	Yellow Dock
Milk (Cow-Whole/Skim/1%/2%)	Spirulina/Spirulina Juice	Nutmeg	
Milk (Goat)		Pepper (Black/White)	Supplement
Monterey Jack Cheese	Grain	Vanilla	Blue Green Algae
Munster Cheese	Corn (White/Yellow/Blue)	Beverage	Chondroitin Sulphate
Neufchatel Cheese	Cornmeal	Coffee (Regular/Decaf)	Chromium Picholinate
Paneer	Cornstarch	Liquor (Distilled)	Colostrum (Bovine)
Parmesan Cheese	Couscous (Cracked Wheat)	Soda (Misc/Diet/Cola)	Creatine
Provolone Cheese	Gluten Flour	Tea (Black Regular/Decaf)	Fish Oils
Ricotta Cheese	Graham Flour		L-Carnitine
Sherbet	Popcorn	Condiment	Lacto-Albumin Protein
Sour Cream (low/non-fat)	Wheat (Berry)	Guar Gum	MSM
String Cheese	(Bleached Flour)	Ketchup	Royal Jelly
Swiss Cheese	(Wheat Bran/Germ)	MSG	Thymus (Glandular)
Whey	(Bulghur) (Durum Flour)	Vinegar	Vitamin A
Yogurt +	(Gluten Flour)	(Balsamic/Cider/Red Wine/White)	Vitamin E
Fruit/Fruit Juice	(Graham Flour)		Whey Protein Supplement
Apple Cider/Apple Juice	(Refined Unbleached)		Zinc
Avocado	(Semolina Flour)		Drug
	(White Flour)		Birth Control Pills
	(Whole Wheat)		
	(Sprouted Commercial Bread)		

Type O Food List 3/4

Based on
Eat Right 4 Your Type
by Peter D'Adamo, N.D.

OK To Eat

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Herb/Spice

Dill
Dulse *
Licorice
Marjoram
Mint
Mustard Dry
Paprika
Parsley *
Pepper
(Peppercorn/Red Flakes)
Peppermint
Rosemary
Saffron
Sage
Savory
Spearment
Tamarind
Tarragon
Thyme
Turmeric *
Wintergreen

Beverage

Beer
Seltzer Water *
Soda (Club) *
Tea (Green)
Wine (Red)
Wine (White)

Condiment

Almond Extract
Chocolate
Gelatin Plain
Mayonnaise

Mustard
Salad Dressing OK'd Ingredients
Sea Salt

Tamari
Worcestershire Sauce
Yeast (Brewers)

Sweetener

Barley Malt
Honey
Maple Syrup
Molasses
Rice Syrup
Sucanat
Sugar (Brown/White)

Medicinal Herb

ARA-6 (larch arabinogalactan)
Black Cohosh
Bladderwrack
Bromelain
Catnip
Cayenne *
Chamomile
Chaste Berry
Chickweed *
Coleus forskolin
Collinsonia Canadensis
(Stone Root)
Dandelion *
De-glycyrrhizinated Licorice (DGL)
Dessicated Thyroid
Dong Quai
Elder
Fenugreek *
Feverfew
Fucus vesiculosus
Ginger *
Ginkgo biloba
Ginseng
Goldenseal (Gargle)
Hawthorne
Hops *
Horehound
Kava
Licorice
Linden *
Maitake Mushroom
Mulberry *
Mullein
Oregon Grape (Gargle)
Parsley *
Peppermint *
Quercetin
Raspberry Leaf
Rooibos *
Rose Hips *
Sage
Sarsaparilla *
Skullcap
Slippery Elm *
Spearment
Stinging Nettle Root
Thyme
Valerian Tea/Extract
Valerian Root
Vervain
Western Larch
White Birch
White Oak Bark
Witch Hazel

Supplement

Arabinogalactan
B-Vitamins
Calcium
CoQ10
Curcumin (Turmeric Extract)
Floradix Liquid
Glucosamine Sulfate
Iodine
L-Carnitine
(Non-meat eating O's only)
L-Cysteine
L-Taurine
Magnesium
Manganese
Manose
N-Actyl Glucosamine
Pancreatic Enzymes
Pantethine (active B-5)
Pantothenic Acid (B-5)
Pycnogenol
Tyrosine
Vitamin C
Vitamin K

Exercise

Strenuous Exercise

(*) Food is beneficial

(-) Food should be eaten no more than occasionally

(AN) Food is avoid/neutral

(?) Food rating is of low confidence

(NB) Food is neutral/beneficial

(+) These may be ingested rarely

Type O Food List 2/4

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Vegetable/Veg Juice

Agar
Artichoke
(Domestic/Globe/Jerusalem) *
Arugula
Asparagus
Bamboo Shoot
Beet
Beet Greens *
Beet/Beet Greens Juice
Bok Choy
Broccoli *
Carrot
Carrot Juice
Celery
Celery Juice
Chervil
Chicory *
Collard Greens *
Cucumber/Cucumber Juice
Daikon Radish
Dandelion *
Endive
Escarole *
Fennel
Fiddlehead Fern
Garlic *
Ginger
Horseradish *
Jicama -
Kale *
Kelp *
Kohlrabi *
Leek *
Lettuce
(Bibb/Boston/Iceberg/Mesclun)
Lettuce (Romaine) *
Mushroom (Abalone)
Mushroom (Oyster/Enoki/Portobello)
Okra *
Olive (Green)
Onion (Green)
Onion (Red/Spanish/Yellow) *
Parsnip *
Pea (Green/Pod/Snow)
Pepper (Green/Yellow/Jalapeno)
Pepper (Red/Cayenne) *
Pimento
Potato (Sweet) *
Pumpkin *
Radicchio
Radish
Radish Sprouts
Rappini

Rutabaga
Scallion
Seaweed *
Shallots
Spinach/Spinach Juice *
Squash (Summer/Winter)
String Bean
Swiss Chard *
Tomato/Tomato Juice
Turnip *
Water Chestnut
Watercress
Yam
Yucca
Zucchini

Grain

Amaranth -
Artichoke Pasta (Pure) -
Barley -
Buckwheat/Kasha (NB)
Essene Bread (Manna Bread) *
Ezekiel Bread *
Gluten Free Bread -
Kamut -
Millet -
Oat Flour (AN)
Oat/Oat Bran/Oatmeal (AN)
Quinoa -
Rice (Cream of) (NB)
Rice (Puffed) (NB)
Rice (White/Brown/Basmati) (NB)
Rice (Wild) -
Rice Bran (NB)
Rice Bread (NB)
Rice Cake/Flour (NB)
Rye Flour -
Rye/100% Rye Bread -
Soba Noodles (100% Buckwheat) -
Spelt -
Spelt Flour/Products -
Tapioca -
Teff -

Bean/Legume

Adzuki Beans *
Black Bean -
Black Eyed Pea *
Broad Bean -
Cannellini Bean -
Fava Bean -
Garbanzo Bean -
Green Bean -

Lima Bean -
Mung Beans (Sprouts) -
Northern Bean -
Pinto Bean *
Red Bean -
Snap Bean -

White Bean -

Nut/Seed

Almond (NB)
Almond Butter (NB)
Chestnut
Filbert (Hazelnut)
Flax Seed *
Hickory
Macadamia
Pecan/Pecan Butter
Pine Nut (Pignola)
Pumpkin Seed *
Sesame Butter/Tahini
Sesame Seed
Sunflower Seed
Walnut (Black/English) *

Oil

Black Currant Seed Oil
Cod Liver Oil
Flax Seed (Linseed) Oil *
Olive Oil *
Sesame Oil
Walnut Oil

Herb/Spice

Allspice
Anise
Arrowroot
Basil
Bay Leaf
Bergamot
Caraway
Cardamom
Carob *
Chives
Clove
Coriander
Cream of Tartar
Cumin
Curry *

Type O Food List 1/4

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OK To Eat

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Meat

Beef *
Buffalo *
Chicken
Cornish Hens
Duck
Goat
Heart *
Lamb *
Liver (Calf) *
Mutton *
Partridge
Pheasant
Quail
Rabbit
Turkey (NB)
Turtle
Veal *
Venison *

Fish

Abalone
Anchovy
Bass (Bluegill)
Bass (Sea)
Bass (Striped) *
Beluga
Bluefish *
Carp
Clam
Cod *
Crab
Crayfish/Crawfish
Eel/Japanese Eel
Flounder
Frog
Gray Sole
Grouper
Haddock
Hake *
Halibut *
Herring/Kippers (fresh) *
Lobster
Mackerel *
Mahimahi
Monkfish (NB)
Mussels
Oyster
Perch (Ocean)
Perch (Silver)
Perch (White) *
Perch (Yellow) *
Pickerel

Pike *
Porgy
Red Snapper *
Sailfish
Salmon *
Sardine *
Scallop
Shad *
Shark
Shrimp
Smelt (NB)
Snail (Helix Pomatia/Escargot)
Snapper *
Sole *
Squid
Sturgeon *
Swordfish *
Tilapia
Tilefish *
Trout (Rainbow) *
Trout (Sea)
Tuna (NB)
Weakfish
Whitefish *
Yellowtail *

Dairy

Almond Milk
Butter -
Farmer Cheese -
Feta Cheese -
Ghee (Clarified Butter) -
Mozzarella Cheese -
Rice Milk (NB)

Egg

Egg (chicken) ? -
Egg White (chicken) ? -
Egg Yolk (chicken) ? -

Fruit/Fruit Juice

Apple
Apricot/Apricot Juice
Banana (NB)
Blueberry (NB)
Boysenberry
Canang Melon
Casaba Melon
Cherry (Bing, Sweet, White, etc)
Cherry/Juice (Black) *
Christmas Melon

Cranberry
Cranberry Juice
Crenshaw Melon
Currants (Black/Red)
Date/Date (Red)
Elderberry (Dark Blue/Purple)
Fig (Fresh/Dried) *
Gooseberry
Grape
(Black/Concord/Green/Red/Juice)
Grapefruit/Grapefruit Juice
Guava (NB)
Jam/Jelly OK'd Ingrid
Kiwi
Kumquat
Lemon/Lemon Juice
Lime/Lime Juice
Loganberry
Mango/Mango Juice (NB)
Mulberry
Musk Melon
Nectarine/Nectarine Juice
Papaya
Papaya Juice
Peach
Pear/Pear Juice
Persimmon
Pineapple
Pineapple Juice *
Plum (Dark/Green/Red) *
Pomegranate
Prickly Pear
Prune/Prune Juice *
Raisin
Raspberry
Spanish Melon
Starfruit (Carambola)
Watermelon