

Type "O" Foods (pg 1)

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
<p>Highly Beneficial Beef: regular, ground Buffalo Heart Lamb Liver Mutton Veal Venison Neutral Chicken Cornish hens Duck Partridge Pheasant Quail Rabbit Turkey Avoid Bacon Goose Ham Pork</p>	<p>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</p>	<p>Flounder Frog Gray sole Grouper Haddock Lobster Mahimiah 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</p>	<p>Highly Beneficial NONE Neutral Butter Farmer Feta Goat cheese Mozzarella Soy cheese* Soy milk* *Good dairy alternatives Avoid American Blue cheese Brie Buttermilk Camembert Casein Cheddar Colby Cottage Cream cheese Edam Emmenthal Goat milk Gouda Gruyere Ice cream Jarlsburg Kefir Monterey jack Munster Neufchatel Parmesan Provolone Ricotta Skim or 2% milk String cheese Swiss Whey Whole milk Yogurt: all varieties</p>

Type "O" Foods (pg 2)

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Linseed (flaxseed) oil Olive Oil</p> <p>Neutral Canola oil Cod liver oil Sesame oil</p> <p>Avoid Corn oil Cottonseed oil Peanut oil Safflower oil</p>	<p>Highly Beneficial Pumpkin seeds Walnuts</p> <p>Neutral Almonds Almond butter Chestnuts Filberts Hickory Macadamia Pecans Pignola (Pine) Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p> <p>Avoid Brazil Cashew Litchi Peanuts Peanut butter Pistacios Poppy seeds</p>	<p>Highly Beneficial aduke, Aduki, pinto, black-eyed</p> <p>Neutral Beans: black, broad, cannellini, fava, garbanzo, green, jicama, lima, northern, red, red soy, snap, string, white Peas: green, pods</p> <p>Avoid Beans: copper, kidney, navy, tamarind Lentils: domestic, green, red</p>	<p>Highly Beneficial NONE</p> <p>Neutral Amaranth Barley Buckwheat Cream of rice Kamut Kasha Millet: puffed Rice bran Rice: puffed Spelt</p> <p>Avoid Cornflakes Cornmeal Cream of wheat Familia Farina Grape nuts Oat bran Oatmeal Seven-grain Shredded wheat Wheat bran Wheat germ</p>



...The Power of Balance

Type "O" Foods (pg 3)

BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
<p>Highly Beneficial Essene bread Ezekiel bread</p> <p>Neutral 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</p> <p>Avoid Bagels: wheat Corn muffins Durum wheat English muffins High-protein bread Matzos: wheat Multi-grain bread Oat bran muffins Pumpernickel Sprouted wheat bread Wheat bran muffins Whole wheat bread</p>	<p>Highly Beneficial NONE</p> <p>Neutral Barley flour Buckwheat Kasha Pasta: artichoke Quinoa Rice: basmati, wild, brown, white Rice flour Rye flour Spelt flour</p> <p>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</p>	<p>Highly 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 Parsnips Peppers: red Potatoes: sweet Pumpkin Seaweed Spinach Swiss chard Turnips</p> <p>Neutral Arugula Asparagus Bamboo Shoots Beets Bok choy Caraway Carrots Celery Chervil Coriander Cucumber Daikon Dill Endive Fennel</p>	<p>Fiddlehead Ferns Ginger Lettuce: Bibb, Boston, iceberg, mesclun Lima Beans Mushroom: abalone, enoki, Portobello, tree oyster Olives: green Onions: green Peppers: green, yellow, jalapeno Radicchio Radishes Rappini Rutabaga Scallion Shallots Snow Peas Sprouts: mung, radish Squash: all types Tempeh Tofu Tomato Water chestnut Watercress Yams: all types Zucchini</p> <p>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</p>



...The Power of Balance

Type "O" Foods (pg 4)

FRUIT		JUICES & FLUIDS	CONDIMENTS
<p>Highly Beneficial Figs: dried, fresh Plums: dark, green, red Prunes</p> <p>Neutral Apples Apricots Bananas Blueberries Boysenberries Cherries Cranberries Currants: black, red Dates: Red Elderberries Gooseberries Grapefruit Grapes: red, Concord, black, green Guava Kiwi Kumquat Lemons Limes Loganberries</p>	<p>Mangoes Melons: canang, casaba, Crenshaw, Christmas, musk, Spanish, watermelon Nectarines Papayas Peaches Pears Persimmons Pineapples Pomegranates Prickly pear Raisins Raspberries Starfruit (carambola)</p> <p>Avoid Blackberries Coconuts Melons: cantaloupe, honeydew Oranges Plantains Rhubarb Strawberries Tangerines</p>	<p>Highly Beneficial Black cherry Pineapple Prune</p> <p>Neutral Apricot Carrot Celery Cranberry Cucumber Grape Grapefruit Papaya Tomato water (with lemon) Vegetable juice (corresponding with highlighted vegetables)</p> <p>Avoid Apple Apple cider Cabbage Orange</p>	<p>Highly Beneficial NONE</p> <p>Neutral Apple butter Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Salad dressing (low-fat, from acceptable ingredients) Worcestershire sauce</p> <p>Avoid Ketchup Pickles: dill, kosher, sweet, sour Relish</p>



...The Power of Balance

Type "O" Foods (pg 5)

SPICES		HERBAL TEAS	MISC BEVERAGES
<p>Highly Beneficial</p> <p>Carob Curry Dulse Kelp (bladder wrack) Parsley Pepper: cayenne Turmeric</p> <p>Neutral</p> <p>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</p>	<p>Mint Miso Molasses Mustard (dry) Paprika Pepper: peppercorn, red flakes Peppermint Pimiento Rice syrup Rosemary Saffron Sage Salt Savory Soy sauce Spearmint Sucanat Sugar: brown, white Tamari Tamarind Tapioca Tarragon Thyme Wintergreen</p> <p>Avoid</p> <p>Capers Cinnamon Cornstarch Corn syrup Nutmeg Pepper: black ground, white Vanilla Vinegar: apple cider, balsamic, red wine, white</p>	<p>Highly Beneficial</p> <p>Cayenne Chickweed Dandelion Fenugreek Ginger Hops Linden Mulberry Parsley Peppermint Rose Hips Sarsaparilla Slippery elm</p> <p>Neutral</p> <p>Catnip Chamomile Don quai Elder Ginseng Green tea Hawthorn Horehound Licorice root Mullein Raspberry leaf Sage Skullcap Spearmint Thyme Valerian Vervain White birch White oak bark Yarrow</p> <p>Avoid</p> <p>Alfalfa Aloe Burdock Coltsfoot Corn silk Echinacea Gentian Goldenseal Red clover Rhubarb St John's-wort Senna Shepherd's purse Strawberry leaf Yellow Dock</p>	<p>Highly Beneficial</p> <p>Club Soda Seltzer Water</p> <p>Neutral</p> <p>Beer Green tea Wine: red, white</p> <p>Avoid</p> <p>Coffee: regular, decaf Liquor: distilled Soda: cola, diet, other Tea, black: regular, decaf</p>