Eat Right For Your Type
Type "O" Diet Foods

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
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
Mahi Mahi
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 (pickeled)
Lox (smoked salmon)
Octopus

DAIRY

Beneficial
* NONE

Neutral
Butter
Farmers Cheese
Feta
Goat Cheese
Mozzarella
Soy Cheese
Soy Milk

AVOID
American
Buttermilk
Cheddar
Colby
Cottage
Cream Cheese
Goat Milk
Gouda
Ice Cream
Jarlsburg
Monterey Jack
Munster
Parmesan
Provolone
Neufchatel
Ricotta
Skim
String
Swiss
Yogurt

OILS/FATS

Beneficial
Flaxseed Oil
Olive Oil

Neutral
Canola
Sesame

AVOID
Corn oil
Cottonseed oil
Peanut oil
Safflower oil

NUTS/SEEDS

Beneficial
Pumpkin
Walnuts

Neutral
Almonds
Almond butter
Chestnuts
Filbert
Hickory
Macadamia
Pecans
Pignola
Sesame butter
Sesame seeds
Sunflower butter
Sunflower seeds

AVOID
Brazil
Cashew
Litchi
Peanuts
Peanut Butter
Pistachios
Poppy Seeds

BEANS/LEGUMES

Beneficial
Aduke
Azuki
Pinto
Black-Eyed Peas

Neutral
Black
Broad
Cannellini
Fava
Garbanzo
Green
Jicima
Lima
Northern
Red
Red Soy
Snap
String
White
Green
Pods

BEANS/LEGUMES

AVOID
Copper Beans
Kidney Beans
Navy Beans
Tamarind
Lentils, green
Lentils, red

CEREALS

Beneficial
*** NONE**

Neutral
Amaranth
Barley
Buckwheat
Cream of Rice
Kamut
Kasha
Puffed Millet
Rice Bran
Puffed Rice
Spelt

AVOID
Cornflakes
Cornmeal
Cream of Wheat
Familia
Farina
Grape Nuts
Oat Bran
Oatmeal
Seven-Grain
Shredded Wheat
Wheat Bran
Wheat Germ

BREADS/MUFFIN

Beneficial
Essene Bread
Ezekiel Bread

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

AVOID
Bagels
Corn Muffins
Durum Wheat
English Muffins
Matzos
Multi-Grain Bread
Oat Bran Muffins
Pumpernickel
Sprouted Wheat
Wheat Bran Muffins
Whole Wheat Bread

GRAINS/PASTAS

Beneficial
*** NONE**

Neutral
Barley Flour
Buckwheat
Kasha
Artichoke Pasta
Quinoa
Basmati Rice
Brown Rice
White Rice
Wild Rice
Rice Flour
Rye Flour
Spelt Flour

AVOID
Bulgur Wheat Flour
Couscous Flour
Durum Wheat Flour
Gluten Flour
Graham Flour
Oat Flour
Soba noodles
Semolina Pasta
Spinach Pasta
Sprouted Wheat Flour
White Flour
Whole Wheat Flour

VEGETABLES

Beneficial
Artichokes
Beet Leaves
Broccoli
Chicory
Collard Greens
Dandelion
Escarole
Garlic
Horseradish
Kale
Kohlrabi
Leek
Romaine Lettuce
Okra
Onions
Parsley
Parsnips
Red Peppers
Sweet Potatoes
Pumpkin
Seaweed
Spinach
Swiss Chard
Turnips

VEGETABLES

Neutral
Arugula
Asparagus
Bamboo Shoots
Beets
Bok Choy
Caraway
Carrots
Celery
Chervil
Coriander
Cucumber
Daikon
Dill
Endive
Fennel
Fiddlehead Ferns
Ginger
Bibb Lettuce
Boston Lettuce
Iceberg Lettuce
Lima Beans
Abalone Mushrooms
Enoki Mushrooms
Portobello Mushrooms
Tree Oyster
Mushrooms
Green Olives
Green Onions
Green Peppers
Jalapeno Peppers
Yellow Peppers
Radicchio
Radishes
Rappini
Rutabaga
Scallion
Shallots
Snow Peas
Mung Sprouts
Radish Sprouts
Squash (all types)
Tempeh
Tofu
Tomato
Water Chestnut
Watercress
Yams (all types)
Zucchini

AVOID
Avocado
Cabbages
Cauliflower
Corn
Eggplant
Mushroom, domestic
Mushroom, Shiitake
Mustard Greens
Black Olives
Greek Olives
Spanish Olives
Red Potatoes
White Potatoes
Alfalfa Sprouts
Brussels Sprouts

FRUITS

Beneficial
Figs, Dried
Figs, Fresh
Plums, Dark
Plums, Green
Plums, Red
Prunes

FRUITS

Neutral
Apples
Apricots
Bananas
Blueberries
Boysenberries
Cherries
Cranberries
Currants
Dates, Red
Elderberries
Gooseberries
Grapefruit
Grapes
Guava
Kiwi
Kumquat
Lemons
Limes
Loganberries
Mangoes
Watermelon
Nectarines
Papayas
Peaches
Pears
Persimmons
Pineapples
Pomegranates
Prickly Pear
Raisins
Raspberries
Starfruit

AVOID
Blackberries
Coconuts
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 w/lemon
Vegetable Juice

AVOID
Apple
Apple Cider
Cabbage
Orange

SPICES

Beneficial
Carob
Curry
Dulse
Kelp
Parsley
Cayenne Pepper
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
Pepper, red flakes
Peppermint
Pimiento
Rice Syrup
Rosemary
Saffron
Sage
Salt
Savory
Soy Sauce
Spearmint
Sucanat
Sugar
Tamari
Tamarind
Tapioca
Tarragon
Thyme
Wintergreen

AVOID
Capers
Cinnamon
Cornstarch
Corn Syrup
Nutmeg
Pepper, black/white
Vanilla
Vinegar (all)

CONDIMENTS

Beneficial
*** NONE**

Neutral
Apple butter
Jam/Jelly (from acceptable fruits)
Mayonnaise
Mustard
Salad Dressing
Worchestershire Sauce

AVOID
Ketchup
Pickles (all)
Relish

HERBAL TEAS

Beneficial
Cayenne
Chickweed
Dandelion
Fenugreek
Ginger
Hops
Linden
Mulberry
Parsley
Peppermint
Rose Hips
Sarsaparilla
Slippery Elm

Neutral
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

AVOID
Alfalfa
Aloe
Burdock
Coltsfoot
Corn silk
Echinacea
Gentian
Goldenseal
Red Clover
Rhubarb
St John's-wort
Senna
Shepherd's purse
Stawberry Leaf
Yellow Dock

MISC. BEVERAGES

Beneficial
Club Soda
Seltzer Water

Neutral
Beer
Green Tea
Red Wine
White Wine

AVOID
Coffee
Liquor
Colas
Diet Soda
Other Sodas
Teas