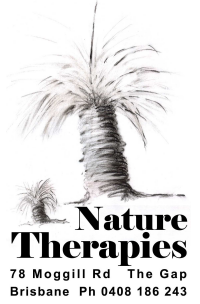


TYPE O DIET: BENEFICIAL FOODS

(Foods written in red have been tested to have compatible protein lectins but not recommended for other reasons eg. High in sugar, caffeine etc)



Meats and Poultry

Beef
Beef mince
Buffalo
Heart
Lamb
Liver
Mutton
Veal
Venison
Eggs (Not if of Negroid descent)

Seafood

Cod
Herring
Mackerel
Perch
Pike
Rainbow Trout
Salmon
Sardine
Snapper
Sole
Striped Bass
Sturgeon
Swordfish
Whitefish

Oils and Fats

Linseed (Flaxseed) oil
Olive Oil

Nuts and Seeds

Pumpkin Seeds
Walnuts

Beans and Legumes

Beans, aduke
Beans, azuki
Beans, pinto
Peas, black-eyed

Breads and Muffins

Essene bread
Ezekial bread

Vegetables

Artichokes
Beet leaves
Broccoli
Collard greens
Dandelion
Garlic
Horseradish
Kohlrabi
Leek
Lettuce, romaine
Okra
Onions, red
Onions, Spanish
Onions, yellow
Parsley
Parsnips
Peppers, red
Potatoes, sweet
Pumpkin
Seaweed
Spinach
Turnips

Fruit

Figs, dried
Figs, fresh
Plums
Prunes

Juice and Fluids

Black cherry
Pineapple
Prune

Spices

Carob

Curry
Dulse
Kelp
Parsley

Condiments

Jam (fruits listed as beneficial or neutral)
Jelly (fruits listed as beneficial or neutral)
Mayonnaise
Mustard
Salad dressing (low-fat, listed as beneficial or neutral)
Worcestershire sauce

Herbal Teas

Cayenne
Chickweed
Dandelion
Fenugreek
Ginger
Hops
Linden
Mulberry
Parsley
Peppermint
Rose hips
Sarsaparilla
Slipper elm

Miscellaneous beverages

Soda, club

TYPE O DIET: NEUTRAL FOODS

Meats & Poultry

Chicken
Duck
Partridge
Pheasant
Rabbit
Turkey
Quail

Seafood

Abalone
Anchovy
Calamari
Clam
Crab
Crayfish
Eel
Flounder
Frog
Haddock
Lobster
Mussels
Ocean Trout
Oysters
Perch
Prawns
Scallop
Shark
Snail
Tuna
Turtle

Dairy

Butter
Feta
Goat Cheese
Mozzarella
Soy Cheese
Soy Milk

Oils & Fats

Canola Oil
Cod Liver Oil
Sesame Oil

Nuts & Seeds

Almonds
Almond Butter
Chestnuts
Hazlenuts
Macadamia
Pecans
Pine
Sesame seeds
Sunflower Seeds
Tahini (Sesame Butter)

Beans and Legumes

Beans, black
Beans, broad
Beans, cannellini
Beans, garbanzo
Beans, green
Beans, lima
Beans, red
Beans, red soy
Beans, snap
Beans, string
Beans, white
Peas, treen
Peas, pod

Cereals

Amaranth
Barley
Buckwheat
Creamed Rice
Kamut
Millet, puffed
Rice Bran
Rice, puffed
Spelt

Breads and Muffins

Brown rice bread
Gluten-free bread
Millet
Rice cakes
100% rye bread
Rye Vitas
Soy flour bread
Spelt bread (100%)

Grains & Pasta

Barley Flour
Buckwheat
Kasha
Quinoa
Rice, basmati, brown, white
and wild.
Rice flour
Rye flour
Spelt flour

Fruits

All fruits not on avoid list

Apples
Dates
Grapes
Guava
Kiwi
Limes
Nectarines
Peaches
Pears
Raspberries

Vegetables

Asparagus
Bamboo shoots
Beets
Bok Choy
Carrots
Celery
Coriander
Cucumber
Dill
Endive
Fennel
Ginger
Lettuce
Mushrooms except domestic
and shiitake
Olives, green
Peppers
Radishes
Shallots
Tempeh
Tofu
Tomato
Zucchini

Juices & Fluids

Apricot juice
Carrot juice
Celery juice
Cucumber juice
Cranberry juice
Grape juice
Grapefruit juice
Papaya juice
Tomato water (with lemon)
Other vegetable juices (using
vegies from beneficial and
neutral list)

Spices

Agar
Allspice
Almond extract
Anise
Arrowroot
Barley malt
Basil
Bayleaf
Bergamot
Capers
Cardamon
Chervil
Chives
Chocolate
Cloves
Coriander
Cream of tartar
Cumin
Dill
Garlic
Horseradish
Marjoram
Mint
Miso
Molasses
Mustard (fry)
Paprika
Pepper – peppercorns, red
pepper flakes
Peppermint
Pimiento
Rapadura
Rosemary
Saffron
Sage
Salt
Spearmint
Sugar - brown, white
Tamari
Tamarind
Tarragon Thyme

Condiments

Honey
Maple Syrup
Jam (fruits from beneficial or
neutral)
Jelly (fruits from beneficial or
neutral lists)
Mustard
Salad dressing (low fat from
beneficial and neutral lists)

Herbal Teas

Catnip
Camomile
Elderflower
Ginseng
Green Tea
Hawthorn
Liquorice root
Raspberry leaf
Sage
Scullcap
Spearmint
Thyme
Valerian
Yarrow

Miscellaneous beverages

Lager
Wine, white

Meats & Poultry

Bacon
Goose
Ham
Pork

Seafood

Barracuda
Catfish
Caviar
Herring (pickled)
Octopus
Smoked Salmon

Dairy

Blue cheese
Brie
Buttermilk
Camembert
Cheddar
Cream cheese
Edam
Goat milk
Gouda
Gruyere
Ice cream
Jarlsburg
Kefir
Parmesan
Ricotta
Skim or 2% fat milk
Whey
Whole milk
Yoghurt, all varieties

Oils & Fats

Corn Oil
Peanut Oil
Cottonseed Oil
Safflower Oil

Nuts & Seeds

Brazil
Cashew
Peanut Butter
Peanuts
Pistachios
Poppy Seeds

Beans & Legumes

Beans, kidney'

Beans, navy
Beans, tamarind
Lentils, domestic, green and red

Cereals

Corn based cereals
Oat cereals (eg. Rolled oats and oat porridge)
Mixed grain cereals
Wheat Cereals eg. Weet-bix, wheat germ, wheat bran etc.

Breads & Muffins

Bagels, wheat
Muffins, wheat, oat or corn
Pumpernickel
Sprouted wheat bread
White, Wholemeal and Multi-grain wheat breads

Grains & Pasta

Couscous flour
Oat flour
Pasta, wheat, semolina and spinach
Sprouted wheat flour
Wheat flours eg. Plain, Self raising etc

Vegetables

Avocado
Cabbage
Caulifouwer
Corn
Eggplant
Mushroom, domestic, shiitake
Mustard greens
Olives, black, greek, Spanish
Potatoes, red and white
Sprouts, alfalfa
Sprouts, Brussels

Fruit

Blackberries
Coconuts
Lychees

Melon, honeydew
Oranges, Plantains
Rhubarb
Rockmelon, Strawberries
Tangerines

Juices

Apple
Apple Cider
Cabbage
Orange

Spices

Capers
Cinnamon
Cornstarch
Corn syrup
Nutmeg
Pepper, black ground
Pepper, white
Vanilla
Vinegar, most

Condiments

Pickles
Relish
Tomato sauce

Herbal Teas

Alfalfa
Aloe
Echinacea
Goldenseal
Saint John's Wort
Strawberry leaf
Red clover
Rhubarb

Miscellaneous Beverages

Coffee, regular
Liquor, distilled
Sof drinks, cola etc
Tea, regular and decaf