

Blood Type “O” Food List

Ref. by Dr. Peter D’Adamo, *Eating Right for your Blood Type*



| MEATS & POULTRY | SEAFOODS | EGGS & DAIRY |
|--|---|--|
| <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Beef: regular ground • Buffalo • Heart • Lamb • Liver • Mutton • Veal • Venison <p>Neutral</p> <ul style="list-style-type: none"> • Chicken • Cornish Hens • Duck • Partridge • Pheasant • Quail • Rabbit • Turkey <p>Avoid</p> <ul style="list-style-type: none"> • Bacon • Goose • Ham • Pork | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • 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 <p>Neutral</p> <ul style="list-style-type: none"> • 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 <p>Avoid</p> <ul style="list-style-type: none"> • Barracuda • Catfish • Caviar • Conch • Herring (pickled) • Lox (smoked salmon) • Octopus | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • NONE <p>Neutral</p> <ul style="list-style-type: none"> • Butter • Farmer • Feta • Goat Cheese • Mozzarella • Soy Cheese • Soy Milk <p>Avoid</p> <ul style="list-style-type: none"> • American • Blue Cheese • Brie • Buttermilk • Camembert • Casein • Cheddar • Colby • Cottage • Cream Cheese • Edam • Emmenthal • Goat Milk • Gouda • Gruyere • Ice Cream • Jarisburg • Kefir • Monterey Jack • Munster • Neufchatel • Parmesan • Prolovone • Ricotta • Skim or 2% Milk • String Cheese • Swiss • Whey • Whole Milk • Yogurt (all varieties) |

Blood Type “O” Food List [Pg. 2]

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| OILS & FATS | NUTS & SEEDS | BEANS & LEGUMES | CEREALS |
|---|---|---|---|
| <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Linseed (flaxseed oil) • Olive Oil <p>Neutral</p> <ul style="list-style-type: none"> • Canola Oil • Cod Liver Oil • Sesame Oil <p>Avoid</p> <ul style="list-style-type: none"> • Corn Oil • Cottonseed Oil • Peanut Oil • Safflower Oil | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Pumpkin Seeds • Walnuts <p>Neutral</p> <ul style="list-style-type: none"> • Almonds • Almond Butter • Chestnuts • Filberts • Hickory • Macadamia • Pecans • Pignola (pine) • Sesame Butter (tahini) • Sesame Seeds • Sunflower Butter • Sunflower Seeds <p>Avoid</p> <ul style="list-style-type: none"> • Brazil • Cashew • Litchi • Peanuts • Peanut Butter • Pistachios • Poppy Seeds | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Aduke • Azuki • Pinto • Black-eyed <p>Neutral</p> <ul style="list-style-type: none"> • Beans: black, broad, cennellini, fava, garbanzo, green, jicama, lima, northern, red, red soy, snap, string, white • Peas: green, pods <p>Avoid</p> <ul style="list-style-type: none"> • Beans: copper, kidney, navy, tamarind • Lentils: domestic, green, red | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • NONE <p>Neutral</p> <ul style="list-style-type: none"> • Amaranth • Barley • Buckwheat • Cream of Rice • Kamut • Kasha • Millet: puffed • Rice Bran • Rice: puffed • Spelt <p>Avoid</p> <ul style="list-style-type: none"> • Cornflakes • Cornmeal • Cream of Wheat • Familia • Farina • Grape Nuts • Oat Bran • Oatmeal • Seven-grain • Shredded Wheat • Wheat Bran • Wheat Germ |

Blood Type “O” Food List [Pg. 3]

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| BREADS & MUFFINS | GRAINS & PASTAS | VEGETABLES |
|---|--|--|
| <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Essene Bread • Ezekiel Bread <p>Neutral</p> <ul style="list-style-type: none"> • 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>Avoid</p> <ul style="list-style-type: none"> • Bagels: wheat • Corn Muffins • Durum Wheat • English Muffins • High-protein Bread • Matzos: wheat • Multi-grain Bread • Oat Bran Muffins • Pumpnickel • Sprouted Wheat Bread • Whole Wheat Bread | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • NONE <p>Neutral</p> <ul style="list-style-type: none"> • Barley Flour • Buckwheat • Kasha • Pasta: artichoke • Quinoa • Rice: basmati, wild, brown, white • Rice Flour • Rye Flour • Spelt Flour <p>Avoid</p> <ul style="list-style-type: none"> • 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 What Flour | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Artichoke: domestic, Jersulem • 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>Neutral</p> <ul style="list-style-type: none"> • Arugula • Asparagus • Bamboo Shoots • Beets • Bok Choy • Caraway • Carrots • Celery • Chervil • Coriander • Cucumber • Daikon • Dill • Endive • Fennel • Fiddlehead Ferns • Ginger • Lettuce: bibb, Boston, iceberg, mescium • 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>Avoid</p> <ul style="list-style-type: none"> • 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 |

Blood Type “O” Food List [Pg. 4]

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| FRUITS | JUICES & FLUIDS | CONDIMENTS |
|--|--|---|
| <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Figs: dried, fresh • Plums: dark, green, red • Prunes <p>Neutral</p> <ul style="list-style-type: none"> • Apples • Apricots • Bananas • Blueberries • Boysenberries • Cherries • Cranberries • Currants: black, red • Dates: red • Elderberries • Goosberries • Grapefruit • Grapes: red, concord, black, green • Guava • Kiwi • Kumquat • Lemons • Limes • Loganberries • Mangoes • Melons: canang, casaba, crenshaw, Christmas, musk, Spanish, watermelon • Nectarines • Papayas • Peaches • Pears • Persimmons • Pineapples • Pomegranates • Prickly Pear • Raisins • Raspberries • Star Fruit (carambola) <p>Avoid</p> <ul style="list-style-type: none"> • Blackberries • Coconuts • Melons: cantaloupe, honeydew • Oranges • Plantains • Rhubarb • Strawberries • Tangerines | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Black Cherry • Pineapple • Prune <p>Neutral</p> <ul style="list-style-type: none"> • Apricot • Carrot • Celery • Cranberry • Cucumber • Grape • Grapefruit • Papaya • Tomato Water (with lemon) • Vegetable Juice (corresponding with highlighted vegetables) <p>Avoid</p> <ul style="list-style-type: none"> • Apple • Apple Cider • Cabbage • Orange | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • NONE <p>Neutral</p> <ul style="list-style-type: none"> • Apple Butter • Jam (from acceptable fruits) • Jelly (from acceptable fruits) • Mayonnaise • Mustard • Salad dressing (low-fat from acceptable ingredients) • Worcestershire Sauce <p>Avoid</p> <ul style="list-style-type: none"> • Keptchup • Pickles: dill, kosher, sweet, sour • Relish |

Blood Type “O” Food List [Pg. 5]

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| SPICES | HERBAL TEAS | MISC BEVERAGES |
|---|---|---|
| <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Carob • Curry • Dulse • Kelp (bladder wrack) • Parsley • Pepper: cayenne • Turmeric <p>Neutral</p> <ul style="list-style-type: none"> • 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 • Pimiento • Rice Syrup • Rosemary • Saffron • Sage • Salt • Savory • Soy Sauce • Spearmint • Sacanat • Sugar: brown, white • Tamari • Tamarind • Tapioca • Tarragon • Thyme • Wintergreen <p>Avoid</p> <ul style="list-style-type: none"> • Capers • Cinnamon • Cornstarch • Corn Syrup • Nutmeg • Pepper: black ground, white • Vanilla • Vinegar: apple cider, balsamic, red wine, white | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • Cayenne • Chickweed • Dandelion • Fenugreek • Ginger • Hops • Linden • Mulberry • Parsley • Peppermint • Rose Hips • Sarsaparilla • Slippery Elm <p>Neutral</p> <ul style="list-style-type: none"> • Catnip • Chamomile • Don Quai • Elder • Ginseng • Green Tea • Hawthorn • Horehound • Licorice Root • Mullein • Raspberry Leaf • Sage • Skullcap • Spearmint • Thyme • Valerian • Vervain • White Birch Bark • White Oak • Yarrow <p>Avoid</p> <ul style="list-style-type: none"> • Alfalfa • Aloe • Burdock • Coltsfoot • Cornsilk • Echinacea • Gentian • Goldenseal • Red Clover • Rhubarb • Saint-John’s Wort • Senna • Shepherd’s Purse • Strawberry Leaf • Yellow Dock | <p>Highly Beneficial</p> <ul style="list-style-type: none"> • NONE <p>Neutral</p> <ul style="list-style-type: none"> • Beer • Green tea • Wine: red, white <p>Avoid</p> <ul style="list-style-type: none"> • Coffee: regular, decaf • Liquor: distilled • Soda: cola, diet, other • Tea, black: regular, decaf |