



Blood Type “O” Food List

Reference: Eating Right for your Blood Type
by Dr. Peter D’Adamo

Meat & Poultry:

Beneficial	Neutral	Harmful
Beef	Chicken	Bacon
Bu Alo	Cornish	Goose
Heart	Hens	Ham
Lamb	Duck	Pork
Liver	Partridge	

Eggs & Dairy

Beneficial	Neutral	Harmful
None	Butter	American Cheese
	Farmer Chees	Blue
	Feta	Brie
	Goat Cheese	Buttermilk
	Mozzarella	Camembert
	Soy Cheese	Casein
	Soy Milk	Cheddar
		Colby

Miscellaneous Beverages

Beneficial	Neutral	Harmful
Seltzer Water	Beer	Regular And Decaf Co Ee
	Green Tea	Distilled Li-
	Red Wine	quors
	White Wine	Cola
		Diet Sodas
		Black Teas

Seafood:

Beneficial	Neutral	Harmful
Blue Fish	Tuna	Barracuda
Cod	Anchovy	Cat Fish
Hake	Beluga	Caviar
Sole	Bass	Conch
Halibut	Clam	Herring
Herring	Crab	Lox
Mackerel	Cray Fish	Octopus
Pike	Flounder	
Rainbow Trout	Frog	
Red Snapper	Grouper	
Salmon	Squid	
Sardines	Haddock	
Striped Bass	Lobster	
Sword Fish	Mussels	
White Fish	Monk Sh	
Yellow Perch	Ocean Perch	
Yellowtail	Mahi-Mahi	
	Oysters	
	Pickerel	
	Scallop	
	Sea Bass	

Oils & Fat

Beneficial	Neutral	Harmful
Flax Oil	Canola Oil	Corn
Olive Oil	Cod Liver Oil	Peanut
	Sesame Oil	Safflower
		And Cotton-
		seed



Beans & Legumes:

Beneficial	Neutral	Harmful
Adzuki Pinto Black Eyed Peas	Black Beans Broad Fava Garbanzo Green Lima Northern Red Soy Snap String White	Copper Beans Navy Beans Tamarind Domestic Green And Red Lentils

Grains & Pasta:

Beneficial	Neutral	Harmful
None	Barley Our Buckwheat Kasha Artichoke Pasta Quinoa Brown, White And Wild Rice Rye Flour Spelt Flour	Bulgur Couscous Durum Our Gluten Graham And Oat Flours Soba Noodles Semolina Pasta Spinach Pasta Sprouted Whole Wheat Flour White Flour Whole Wheat Flour

Nuts & Seeds:

Beneficial	Neutral	Harmful
Pumpkin Seeds Walnuts	Almonds Almond Butter Chestnuts Filberts Hickory Macadamias Pecans Pine Nuts Sesame Seeds Sun Flower Seeds Tahini Sun Flower Seed Butter	Brazil Nuts Cashew Pistachios Peanuts Peanut Butter Poppy Seeds Litchi

Juices & Fluids

Beneficial	Neutral	Harmful
Black Cherry Pineapple Prune	Apricot Carrot Celery Cranberry Cucumber Grape Grapefruit Papaya Tomato Water Vegetable Juice	Apple Apple Cider Cabbage Orange



Spices:

Beneficial	Neutral	Harmful
Carob	Agar	Capers
Cayenne	Allspice	Cinnamon
Curry	Almond	Cornstarch
Dulse	Anise	Corn Syrup
Kelp	Arrowroot	Nutmeg
Parsley	Basil	Black And
Turmeric	Bay Leaf	White Pepper
	Dill	Vanilla Ex-tract
	Dulse	Apple Cider
	Kelp	Balsamic
	Honey	Red White
	Horseradish	And White
	Salt	Wine Vine-gars
	Nutmeg	
	Oregano	
	Tamari	
	Barley Malt	
	Savory	
	Chives	
	Tapioca	
	Maple Syrup	
	Rice Syrup	
	Soy Sauce	
	Spearmint	
	Sucanat	
	Wintergreen	
	White And	
	Brown Sugar	
	Tarragon	
	Thyme	

Fruits

Beneficial	Neutral	Harmful
Figs	Apples	Black Berries
Plums	Apricots	Coconut
Prunes	Black And	Cantaloupe
	Red Currants	Honeydew
	Cherries	Oranges
	Boysenber-ries	Rhubarb
	Mangoes	Strawberries
	Cranberries	Tangerines
	Star Fruit	
	Elderberries	
	Grapes (Black Red	
	Green	
	Concord)	
	Guava	
	Kiwi	
	Kumquats	
	Lemons	
	Limes	
	Loganberries	
	Papayas	
	Dates	
	Watermelon	
	Pear	
	Nectarine	
	Peaches	
	Pineapple	
	Persimmons	
	Pomegran-ates	
	Raisins	
	Raspberries	
	Strawberries	





Herbal Teas:

Beneficial	Neutral	Harmful
Cayenne	Catnip	Alfalfa
Chickweed	Chamomile	Aloe
Dandelion	Dong Quai	Burdock
Fenugreek	Elder	Echinacea
Ginger	Ginseng	Goldenseal
Hops	Green Tea	Red Clover
Mulberry	Hawthorn	Rhubarb
Parsley	Raspberry	St. John's
Peppermint	Sage	Wort
Rose Hips	Spearmint	Senna
Sarsaparilla	Thyme	Yellow Dock
	Valerian	Strawberry
	Birch	Leaf
	Yarrow	

Vegetables

Beneficial	Neutral	Harmful
Artichokes	Arugula	Avocado
Beet Greens	Asparagus	Chinese
Broccoli	Bamboo	Red And
Chicory	Shorts	White Cab-
Collard	Beets	bage
Greens	Bok Choy	Cauli Ower
Dandelion	Carrots	White And
Greens	Celery	Yellow Corn
Escarol	Zucchini	Eggplant
Garlic	Cilantro	Mushrooms
Horseradish	Cucumber	Mustard
Kale	Dill	Greens
Parsley	Endive	Black
Parsnips	Fennel	Greek And
Sweet Pota-	Yams	Spanish Ol-
toes	Ddleheads	ives
Pumpkin	Ginger	Red And
Seaweed	Tofu	White Pota-
Spinach	Boston Let-	atoes
Swiss Chard	tuce	Alfalfa
Turnips	Iceberg	Sprouts
	Mesclun Let-	Brussels
	tuce	Sprouts
	Tempeh	
	Lima Beans	
	Green Olives	
	Green On-	
	ions	
	Green	
	Yellow &	
	Jalapeno	
	Peppers	
	Radicchio	
	Shallots	
	Snow Peas	
	Mung Beans	
	Radish	
	Sprouts	

Breads & Muffins:

Beneficial	Neutral	Harmful
Essene and Ezekiel Breads	Brown Rice Gluten Free 100% Rye Soy Our Spelt And Wasa Bread Fin Crisp Millet Rice Cakes Rye Crisps	Wheat Bagels Corn Mu Ns Durum Wheat English Muf- fins High Protein Breads Wheat Matzoh Multigrain Bread Oat Bran Bread Pumpnickel Sprouted Wheat Bread Wheat Bran Mu Ns Whole Wheat Bread





Cereals:

Beneficial	Neutral	Harmful
None	Amaranth Barley Spelt Buckwheat Cream Of Rice Kamut Kasha Rice Bran Puffed Millet Puffed Rice	Corn Flakes Cornmeal Cream Of Wheat Grape Nuts Oat Bran Oatmeal Seven Grain Cereal Shredded Wheat Wheat Bran Wheat Germ

