

BLOOD TYPE O	Beneficial	Avoid
Meats	All organic (beef, lamb, buffalo, venison, veal, heart, liver, mutton) only.	Pork, bacon, turtle, quail
Fish	Cod, halibut, mackerael, trout, snapper, sardine, sole, swordfish, white fish, yellow tail, striped bass, bass, perch, pike,	Catfish, caviar, lox, octopus, abalone, lox, Pollack, conch, frog, herring, salmon roe, squid
Eggs	Neutral (no more than 4 eggs per week)	
Dairy	If you must eat dairy it must be organic raw only.	All except goat and sheep products which are neutral.
Oils	Olive, flax, ghee & butter,	Corn, peanut, cottonseed, safflower, canola, evening primrose, soy, coconut
Nuts & Seeds	Walnuts(black/English), pumpkin, flaxseed	Brazil, cashew, peanuts, pistachio, poppy, litchi, chestnut, poppy, sunflower
Beans	Azuki, aduke, pinto	Kidney, navy, lentils, copper, tamarind
Grains	None except sprouted grains found in Essene/manna or Ezekial breads.	All wheat, corn, oats,, barley, farina,
Vegetables	Artichoke(all), broccoli, chicory, collard greens, dandelion, escarole, garlic, kale, leek, romaine lettuce, okra, onion, parsley, horseradish, parsnip, red pepper, sweet potato, pumpkin, seaweed, spinach, swiss chard, turnip	Alfalfa sprouts, Avocado, cabbage, cauliflower, corn, eggplant, mushroom, black olives, potato(all), brussel sprouts, cucumber, mustard greens, rhubarb, yucca
Fruit	Figs, plums, prunes, banana, guava, mango, blueberry, cherry	Avocado, blackberries, coconut, cantaloupe, bitter melon, honeydew, oranges, plantains, rhubarb, kiwi strawberries, tangerine
Fruit Juice	Prune, pineapple, black cherry	Orange, apple, aloe, Blackberry, coconut, tangerine.
Spices	Curry, dulse, kelp, parsley, cayenne, turmeric, carob, Horseradish,	Capers, cinnamon, nutmeg, black pepper, black/white pepper, vanilla, vinegar, aspartame, sucanat, sucrose, corn syrup, maltodextrin, fructose, corn starch, acacia, carrageenan, mace, ketchup, pickles/all, vinegar (all except organic apple cider), Mayo, Worcestershire,