

This list may not be reproduced for commercial purposes or used as part of a fee based consultation

Cranberry Juice
Crenshaw Melon
Currants (Black/Red)
Date/Date (Red)
Elderberry (Dark Blue/Purple)
Fig (Fresh/Dried) *
Gooseberry
Grape
(Black/Concord/Green/Red/Juice)
Grapefruit/Grapefruit Juice
Guava (NB)
Jam/Jelly OK'd Ingrid
Kiwi
Kumquat
Lemon/Lemon Juice
Lime/Lime Juice
Loganberry
Mango/Mango Juice (NB)
Mulberry
Musk Melon
Nectarine/Nectarine Juice
Papaya
Papaya Juice
Peach
Pear/Pear Juice
Persimmon
Pineapple
Pineapple Juice *
Plum (Dark/Green/Red) *
Pomegranate
Prickly Pear
Prune/Prune Juice *
Raisin
Raspberry
Spanish Melon
Starfruit (Carambola)
Watermelon

Type O Food List 2/4

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Vegetable/Veg Juice

Agar
Artichoke
(Domestic/Globe/Jerusalem) *
Arugula
Asparagus
Bamboo Shoot
Beet
Beet Greens *
Beet/Beet Greens Juice
Bok Choy
Broccoli *
Carrot
Carrot Juice
Celery
Celery Juice
Chervil
Chicory *
Collard Greens *
Cucumber/Cucumber Juice
Daikon Radish
Dandelion *
Endive
Escarole *
Fennel
Fiddlehead Fern
Garlic *
Ginger
Horseradish *
Jicama -
Kale *
Kelp *
Kohlrabi *
Leek *
Lettuce
(Bibb/Boston/Iceberg/Mesclun)
Lettuce (Romaine) *
Mushroom (Abalone)
Mushroom (Oyster/Enoki/Portobello)
Okra *
Olive (Green)
Onion (Green)
Onion (Red/Spanish/Yellow) *
Parsnip *
Pea (Green/Pod/Snow)
Pepper (Green/Yellow/Jalapeno)
Pepper (Red/Cayenne) *
Pimento
Potato (Sweet) *
Pumpkin *
Radicchio
Radish
Radish Sprouts
Rappini

Rutabaga
Scallion
Seaweed *
Shallots
Spinach/Spinach Juice *
Squash (Summer/Winter)
String Bean
Swiss Chard *
Tomato/Tomato Juice
Turnip *
Water Chestnut
Watercress
Yam
Yucca
Zucchini

Grain

Amaranth -
Artichoke Pasta (Pure) -
Barley -
Buckwheat/Kasha (NB)
Essene Bread (Manna Bread) *
Ezekiel Bread *
Gluten Free Bread -
Kamut -
Millet -
Oat Flour (AN)
Oat/Oat Bran/Oatmeal (AN)
Quinoa -
Rice (Cream of) (NB)
Rice (Puffed) (NB)
Rice (White/Brown/Basmati) (NB)
Rice (Wild) -
Rice Bran (NB)
Rice Bread (NB)
Rice Cake/Flour (NB)
Rye Flour -
Rye/100% Rye Bread -
Soba Noodles (100% Buckwheat) -
Soy Flour Bread
Spelt -
Spelt Flour/Products -
Tapioca -
Teff -

Bean/Legume

Adzuki Beans *
Black Bean -
Black Eyed Pea *
Broad Bean -
Cannellini Bean -
Fava Bean -
Garbanzo Bean -
Green Bean -

Lima Bean -
Mung Beans (Sprouts) -
Northern Bean -
Pinto Bean *
Red Bean -
Snap Bean -
Soy Bean -
Tempeh (Fermented Soy) -
Tofu -
White Bean -

Nut/Seed

Almond (NB)
Almond Butter (NB)
Chestnut
Filbert (Hazelnut)
Flax Seed *
Hickory
Macadamia
Pecan/Pecan Butter
Pine Nut (Pignola)
Pumpkin Seed *
Sesame Butter/Tahini
Sesame Seed
Sunflower Seed
Walnut (Black/English) *

Oil

Black Currant Seed Oil
Canola Oil
Cod Liver Oil
Flax Seed (Linseed) Oil *
Olive Oil *
Sesame Oil
Walnut Oil

Herb/Spice

Allspice
Anise
Arrowroot
Basil
Bay Leaf
Bergamot
Caraway
Cardamom
Carob *
Chives
Clove
Coriander
Cream of Tartar
Cumin
Curry *

Type O Food List 3/4

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Herb/Spice

Dill
Dulse *
Licorice
Marjoram
Mint
Mustard Dry
Paprika
Parsley *
Pepper
(Peppercorn/Red Flakes)
Peppermint
Rosemary
Saffron
Sage
Savory
Spearment
Tamarind
Tarragon
Thyme
Turmeric *
Wintergreen

Beverage

Beer
Seltzer Water *
Soda (Club) *
Tea (Green)
Wine (Red)
Wine (White)

Condiment

Almond Extract
Chocolate
Gelatin Plain
Mayonnaise
Miso
Mustard
Salad Dressing OK'd Ingredients
Sea Salt
Soy Sauce
Tamari
Worcestershire Sauce
Yeast (Brewers)

Sweetener

Barley Malt
Honey
Maple Syrup
Molasses
Rice Syrup
Sucanat
Sugar (Brown/White)

Medicinal Herb

ARA-6 (larch arabinogalactan)
Black Cohosh
Bladderwrack
Bromelain
Catnip
Cayenne *
Chamomile
Chaste Berry
Chickweed *
Coleus forskolin
Collinsonia Canadensis
(Stone Root)
Dandelion *
De-glycyrrhizinated Licorice (DGL)
Dessicated Thyroid
Dong Quai
Elder
Fenugreek *
Feverfew
Fucus vesiculosus
Ginger *
Ginkgo biloba
Ginseng
Goldenseal (Gargle)
Hawthorne
Hops *
Horehound
Kava
Licorice
Linden *
Maitake Mushroom
Mulberry *
Mullein
Oregon Grape (Gargle)
Parsley *
Peppermint *
Quercetin
Raspberry Leaf
Rooibos *
Rose Hips *
Sage
Sarsaparilla *
Skullcap
Slippery Elm *
Spearment
Stinging Nettle Root
Thyme
Valerian Tea/Extract
Valerian Root
Vervain
Western Larch
White Birch
White Oak Bark
Witch Hazel
Yarrow

Supplement

Arabinogalactan
B-Vitamins
Calcium
CoQ10
Curcumin (Turmeric Extract)
Floradix Liquid
Glucosamine Sulfate
Iodine
L-Carnitine
(Non-meat eating O's only)
L-Cystein
L-Taurine
Magnesium
Manganese
Manose
N-Actyl Glucosamine
Pancreatic Enzymes
Pantethine (active B-5)
Pantothenic Acid (B-5)
Pycnogenol
Tyrosine
Vitamin C
Vitamin K

Exercise

Strenuous Exercise

(*) Food is beneficial

(-) Food should be eaten no more than occasionally

(AN) Food is avoid/neutral

(?) Food rating is of low confidence

(NB) Food is neutral/beneficial

(+) These may be ingested rarely

AVOID - Type O 4/4

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Meat

Bacon/Ham/Pork
Goose

Fish

Barracuda
Catfish
Caviar
Conch
Herring/Kippers (pickled)
Lox
Octopus

Dairy

American Cheese
Blue Cheese
Brie Cheese
Buttermilk
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal Cheese
Goat Cheese
Gouda Cheese
Gruyere Cheese
Half & Half
Ice Cream
Jarlsberg Cheese
Kefir
Milk (Cow-Whole/Skim/1%/2%)
Milk (Goat)
Monterey Jack Cheese
Munster Cheese
Neufchatel Cheese
Paneer
Parmesan Cheese
Provolone Cheese
Ricotta Cheese
Sherbet
Sour Cream (low/non-fat)
String Cheese
Swiss Cheese
Whey
Yogurt +

Fruit/Fruit Juice

Apple Cider/Apple Juice
Avocado

Blackberry/Blackberry
Juice

Cantaloupe
Coconut/Coconut Milk
Honeydew
Orange/Orange Juice
Plantain
Strawberry
Tangerine/Tangerine Juice

Vegetable/Veg Juice

Acacia (Arabic Gum)
Alfalfa Sprouts
Aloe/Aloe Tea/Aloe Juice
Brussel Sprout
Cabbage
(Chinese/Red/White)
Cabbage Juice
Caper
Cauliflower
Eggplant
Mushroom (Domestic)
Mushroom (Shiitake)
Mustard Greens
Olive (Black)
Olive (Greek/Spanish)
Pickle
(Dill/Kosher/Sour/Sweet/R
elish)
Potato
(White/Red/Blue/Yellow)
Rhubarb
Sauerkraut
Spirulina/Spirulina Juice

Grain

Corn (White/Yellow/Blue)
Cornmeal
Cornstarch
Couscous (Cracked Wheat)
Gluten Flour
Graham Flour
Popcorn
Wheat (Berry)
(Bleached Flour)
(Wheat Bran/Germ)
(Bulghur) (Durum Flour)
(Gluten Flour)
(Graham Flour)
(Refined Unbleached)
(Semolina Flour)
(White Flour)
(Whole Wheat)
(Sprouted Commercial
Bread)

Bean

Copper Bean
Kidney Bean
Lentil (Domestic)
Lentil (Green)
Lentil (Red)
Navy Bean
Tamarind Bean

Nut/Seed

Brazil Nut
Cashew/Cashew Butter
Litchi
Peanut/Peanut Butter
Pistachio
Poppy Seed

Oil

Borage Seed Oil
Castor Oil
Coconut Oil
Corn Oil
Cottonseed Oil
Evening Primrose Oil
Peanut Oil
Safflower Oil
Wheat Germ Oil

Herb/Spice

Cinnamon
Guarana
Mace
Nutmeg
Pepper (Black/White)
Vanilla

Beverage

Coffee (Regular/Decaf)
Liquor (Distilled)
Soda (Misc/Diet/Cola)
Tea (Black Regular/Decaf)

Condiment

Guar Gum
Ketchup
MSG
Vinegar
(Balsamic/Cider/Red
Wine/White)

Sweetener

Corn Syrup
Dextrose
Fructose
Maltodextrin

Medicinal Herb

Alfalfa Juice/Tea
Blue Cohosh
Burdock
Chaparral
Chrysanthemum
Coltsfoot
Comfrey
Corn Silk
Echinacea Tea/Extract
Echinacea
Gentian
Goldenseal
Guggul
Kombucha
Milk Thistle
Psyllium seed
Red Clover
Rhubarb
St. John's Wort
Sassafras
Senna
Shepherd's Purse
Strawberry Leaf
Yellow Dock

Supplement

Blue Green Algae
Chondroitin Sulphate
Chromium Picholinate
Colostrum (Bovine)
Creatine
Fish Oils
L-Carnitine
Lacto-Albumin Protein
MSM
Royal Jelly
Thymus (Glandular)
Vitamin A
Vitamin E
Whey Protein Supplement
Zinc

Drug

Birth Control Pills

