

ABO BLOOD TYPE DIET

TYPE O: BENEFICIAL FOODS

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

SEAFOOD	
Cod	Salmon
Hake	Sardine
Hailbut	Snapper
Herring	Sole
Mackerel	White perch
Pike	Whitefish
Rainbow trout	Yellow perch
Red snapper	

OILS / FATS	
Linseed (flaxseed) oil	Olive oil

NUTS / SEEDS	
Pumpkin seeds	

BEANS / LEGUMES

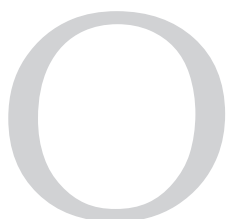
Beans, aduke	Peas, black-eyed
Beans, pinto	

BREADS / CAKES

Essene bread	
--------------	--

VEGETABLES

Artichoke, domestic	Lettuce, Romaine
Artichoke, Jerusalem	Okra
Beet leaves	Onions
Broccoli	Parsley
Chicory	Parsnips
Collard greens	Pepper, red
Dandelion	Pumpkin
Escarole	Seaweed
Garlic	Silver beet
Horseradish	Spinach
Kale	Sweet Potatoes
Kohlrabi	Turnips
Leek	

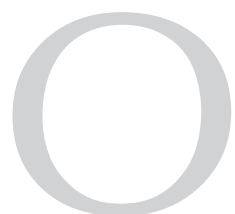


TYPE O: BENEFICIAL FOODS

FRUIT	
Figs	Prunes
Plums	

JUICES	
Black cherry	Prunes
Pineapple	

SPICES	
Carob	Parsley
Curry	Pepper, cayenne
Dulse	Turmeric
Kelp (bladderwrack)	



TYPE O: FOODS TO AVOID

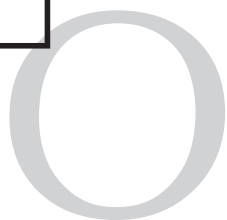
MEATS / POULTRY	
Bacon	Ham
Goose	Pork

SEAFOOD	
Caviar	Octopus
Herring, pickled	Smoked salmon

DAIRY	
All cheeses	Ice cream
Buttermilk	Whey
Cream cheese	Whole milk
Goat's milk	Yoghurt

OILS / FATS	
Corn oil	Peanut oil
Cottonseed oil	Safflower oil

NUTS / SEEDS	
Brazil	Peanut
Cashew	Pistachio
Chestnut	Poppy seeds
Peanut butter	Sunflower



TYPE O: FOODS TO AVOID (CONTINUED)

BEANS / LEGUMES	
Beans, kidney	Lentils
Beans, navy	

CEREALS	
Cornflakes	Oatmeal
Cornmeal	Wheat bran
Cream of wheat	Wheat germ
Mixed grain	Wheat, shredded
Oat bran	

BREADS / CAKES	
Bagels, wheat	Oat bran muffins
Corn muffins	Pumpernickel
Durum wheat	Sprouted wheat bread
English muffins	Wheat bran muffins
High-protein bread	Whole wheat bread
Multigrain bread	

GRAINS / PASTA	
Bulgur wheat flour	Pasta, semolina
Couscous	Pasta, spinach
Durum wheat flour	Sprouted wheat flour
Gluten flour	White flour
Noodles, soba	Whole wheat flour
Oat flour	

VEGETABLES

Avocado	Mushroom, domestic
Brussels sprouts	Mushroom, shiitake
Cabbage	Mustard greens
Cauliflower	Olives
Cucumber	Potatoes
Corn	Sprouts, alfalfa
Eggplant	

FRUIT

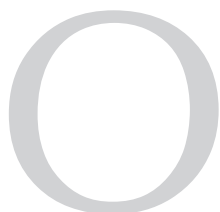
Blackberries	Oranges
Coconut	Rhubarb
Kiwi	Rockmelon
Lychees	Strawberries
Melon, honeydew	Tangerines

JUICES

Apple	Orange
Cabbage	

SPICES

Capers	Nutmeg
Cinnamon	Pepper
Cornflour	Vanilla
Corn syrup	



CONDIMENTS

Pickles	Tomato sauce
Relish	Vinegar

HERBAL TEAS

Alfalfa	Red clover
Aloe	Rhubarb
Burdock	St. John's Wort
Corn silk	Senna
Echinacea	Shepard's purse
Gentian	Strawberry leaf
Golden seal	Yellow dock

MISCELLANEOUS BEVERAGES

Alcoholic spirits	Soft drink
Apple cider	Tea, black decaffeinated
Coffee, regular	Tea, black regular

