

Type O Food List

OK To Eat

Dairy

Butter
Farmer Cheese
Feta Cheese
Goat Cheese
Mozzarella Cheese
Soy Cheese
Soy Milk

Fruit

Apple
Apricot
Banana
Blueberry
Boysenberry
Canang Melon
Casaba Melon
Cherry
Christmas Melon
Cranberry
Crenshaw Melon
Currants (Black)
Currants (Red)
Date
Date (Red)
Elderberry
* Fig (Dried)
* Fig (Fresh)
Gooseberry
Grape (Black)
Grape (Concord)
Grape (Green)
Grape (Red)
Grapefruit
Guava
Jam From Ok'd Fruits
Jelly From Ok'd Fruits
Kiwi
Kumquat
Lemon
Lime
Loganberry
Mango
Musk Melon
Nectarine
Papaya
Peach
Pear
Pear (Prickly)
Persimmon
Pineapple
* Plum (Dark)
* Plum (Green)
* Plum (Red)
Pomegranate
* Prune

Raisin
Raspberry
Spanish Melon
Starfruit (Carambola)
Watermelon

Herb

Allspice
Anise
Arrowroot
Bay Leaf
Bergamot
Caraway
Cardamom
* Carob
Chives
Chocolate
Clove
Coriander
Creme of Tartar
Cumin
* Curry
Dill
* Dulce
Marjoram
Mint
Mustard Dry
Paprika
* Parsley
* Pepper (Cayenne)
Pepper (Peppercorn)
Pepper (Red Flakes)
Peppermint
Rosemary
Saffron
Sage
Savory
Spearmint
Tamarind
Tarragon
Thyme
* Turmeric
Wintergreen

Vegetable

Agar
* Artichoke (Domestic)
* Artichoke (Jerusalem)
Arugula
Asparagus
Bamboo Shoot
Basil
Beet
* Beet Leaves
* Black Eyed Pea
Bok Choy
* Broccoli

Carrot
Celery
Chervil
* Chickory
* Collard Greens
Cucumber
Daikon Radish
* Dandelion
Endive
* Escarole
Fennel
Fiddlehead Fern
* Garlic
Ginger
* Horseradish
* Kale
* Kelp
* Kohlrabi
* Leek
Lettuce (Bibb)
Lettuce (Boston)
Lettuce (Iceberg)
Lettuce (Mesclun)
* Lettuce (Romaine)
Mushroom (Abalone)
Mushroom (Enoki)
Mushroom (Oyster)
Mushroom (Portobello)
* Okra
Olive (Green)
Onion (Green)
* Onion (Red)
* Onion (Spanish)
* Onion (Yellow)
* Parsnip
Pea (Green)
Pea (Pod)
Pea (Snow)
Pepper (Green)
Pepper (Jalapeno)
* Pepper (Red)
Pepper (Yellow)
Pimento
* Potato (Sweet)
* Pumpkin
Radicchio
Radish
Radish Sprouts
Rappini
Rutabaga
Scallion
* Seaweed
Shallots
* Spinach
Squash All Types
String Bean

Type O Food List

OK To Eat

* Swiss Chard
Tomato
* Turnip
Water Chestnut
Watercress
Yam
Zucchini

Bread

Brown Rice Bread
* Essene Bread
* Ezekiel Bread
Gluten Free Bread
Ideal Flat Bread
Rye 100% Bread
Soy Flour Bread
Spelt Bread

Cereal

Cream of Rice
Kasha
Rice (Puffed)
Rice Bran

Flour

Barley Flour
Rice Flour
Rye Flour
Spelt Flour

Grain

Amaranth
Barley
Buckwheat
Kamut
Millet
Quinoa
Rice (Basmati)
Rice (Brown)
Rice (White)
Rice (Wild)
Spelt
Tapioca

Muffin/Cracker

Fin Crisp
Rice Cake
Rye Crisp
Rye Vita
Wasa Bread

Pasta

Artichoke Pasta

Sweetener

Barley Malt
Brown Rice Syrup
Honey
Maple Syrup

Molasses
Rice Syrup
Sucanat
Sugar (Brown)
Sugar (White)

Bean

* Adzuki Beans
Black Bean
Broad Bean
Cannellini Bean
Fava Bean
Garbanzo Bean
Green Bean
Jicama Bean
Lima Bean
Mung Beans (Sprouts)
Northern Bean
* Pinto Bean
Red Bean
Snap Bean
Soy Bean
Tempeh
Tofu
White Bean

Nut/Seed

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

Oil

Canola Oil
Cod Liver Oil
* Flaxseed (Linseed) Oil
* Olive Oil
Sesame Oil

Fish

Abalone
Anchovy
Bass (Bluegill)
Bass (Sea)
* Bass (Striped)
Beluga
* Bluefish
Carp

Clam
* Cod
Crab
Crayfish
Eel
Flounder
Frog
Gray Sole
Grouper
Haddock
* Hake
* Halibut
* Herring (fresh)
Lobster
* Mackerel
Mahimahi
Monkfish
Mussels
Oyster
Perch (Ocean)
Perch (Silver)
* Perch (White)
* Perch (Yellow)
Pickerel
* Pike
Porgy
* Red Snapper
Sailfish
* Salmon
* Sardine
Scallop
* Shad
Shark
Shrimp
Smelt
Snail
* Snapper
* Sole
Squid
* Sturgeon
* Swordfish
* Tilefish
* Trout (Rainbow)
Trout (Sea)
Tuna
Weakfish
* Whitefish
* Yellowtail

Meat

* Beef
* Buffalo
Chicken
Cornish Hens
Duck
* Heart
* Lamb

Type O Food List

OK To Eat

* Liver	Valerian Herbal Tea
* Mutton	Vervain Herbal Tea
Partridge	White Birch Herbal Tea
Pheasant	White Oak Bark Herbal Tea
Quail	Wine (Red)
Rabbit	Wine (White)
Turkey	Yarrow Herbal Tea
Turtle	

- * Veal
- * Venison

Beverage

- Apricot Juice
- Beer
- Carrot Juice
- Catnip Herbal Tea
- * Cayenne Herbal Tea
- Celery Juice
- Chamomile Herbal Tea
- * Cherry Juice
- * Chickweed Herbal Tea
- Cranberry Juice
- Cucumber Juice
- * Dandelion Herbal Tea
- Dong Quai Herbal Tea
- Elder Herbal Tea
- * Fenugreek Herbal Tea
- * Ginger Herbal Tea
- Ginseng Herbal Tea
- Grape Juice
- Grapefruit Juice
- Green Herbal Tea
- Hawthorn Herbal Tea
- * Hops Herbal Tea
- Horehound Herbal Tea
- Licorice Herbal Tea
- * Linden Herbal Tea
- * Mulberry Herbal Tea
- Mullein Herbal Tea
- Papaya Juice
- * Parsley Herbal Tea
- * Peppermint Herbal Tea
- * Pineapple Juice
- * Prune Juice
- Raspberry Leaf Herbal Tea
- * Rose Hips Herbal Tea
- Sage Herbal Tea
- * Sarsaparilla Herbal Tea
- * Seltzer Water
- Skullcap Herbal Tea
- * Slippery Elm Herbal Tea
- * Soda (Club)
- Spearmint Herbal Tea
- Tea (Green)
- Thyme Herbal Tea
- Tomato Juice
- Tomato, Water & Lemon

Condiment

- Almond Extract
- Apple Butter
- Gelatin Plain
- Mayonnaise
- Miso
- Mustard
- Salad Dress Approved Ing
- Sea Salt
- Soy Sauce
- Tamari
- Worcestershire Sauce

Type O Food List

Avoid

Dairy

American Cheese
Blue Cheese
Brie Cheese
Buttermilk
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal Cheese
Gouda Cheese
Gruyere Cheese
Ice Cream
Jarlsberg Cheese
Kefir
Milk (Cow-Skim or 2%)
Milk (Cow-Whole)
Milk (Goat)
Monterey Jack Cheese
Munster Cheese
Neufchatel Cheese
Parmesan Cheese
Provolone Cheese
Ricotta Cheese
String Cheese
Swiss Cheese
Whey
Yogurt

Fruit

Avocado
Blackberry
Cantaloupe
Coconut
Honeydew
Orange
Plantain
Strawberry
Tangerine

Herb

Cinnamon
Nutmeg
Pepper (Black Ground)
Pepper (White)
Vanilla

Vegetable

Alfalfa Sprouts
Brussel Sprout
Cabbage (Chinese)
Cabbage (Red)
Cabbage (White)
Caper

Cauliflower
Eggplant
Mushroom (Domestic)
Mushroom (Shiitake)
Mustard Greens
Olive (Black)
Olive (Greek)
Olive (Spanish)
Pickle (Dill)
Pickle (Kosher)
Pickle (Sour)
Pickle (Sweet)
Potato (Red)
Potato (White)
Rhubarb

Bread

Bagel (Wheat)
High Protein Bread
Multi Grain Bread
Pumpnickel Bread
Sprouted Wheat Bread
Wheat (Duram)
Wheat (Whole) Bread

Cereal

Cornflakes
Cornmeal
Couscous
Cream of Wheat
Familia
Farina
Grape Nuts
Oat Bran
Oatmeal
Seven Grain
Shredded Wheat
Wheat Bran
Wheat Germ

Flour

Gluten Flour
Graham Flour
Oat Flour
Wheat (Bulgar) Flour
Wheat (Duram) Flour
Wheat (Sprouted) Flour
Wheat (White/Bleached) Flour
Wheat (Whole) Flour

Grain

Corn (White)
Corn (Yellow)
Oat

Muffin/Cracker

Corn Muffin
English Muffin
Oat Bran Muffin

Wheat Bran Muffin
Wheat Matzos

Pasta

Semolina Pasta
Soba Noodles
Spinach Pasta

Sweetener

Corn Syrup

Bean

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

Nut/Seed

Brazil Nut
Cashew
Litchi
Peanut
Peanut Butter
Pistachio
Poppy Seed

Oil

Corn Oil
Cottonseed Oil
Peanut Oil
Safflower Oil

Fish

Barracuda
Catfish
Caviar
Conch
Herring (pickled)
Lox
Octopus

Meat

Bacon
Goose
Ham
Pork

Beverage

Alfalfa Juice
Aloe Herbal Tea
Apple Cider
Apple Juice
Burdock Herbal Tea
Cabbage Juice
Coffee (Decaf)
Coffee (Regular)
Coltsfoot Herbal Tea

Type O Food List

Avoid

Corn Silk Herbal Tea
Echinacea Herbal Tea
Gentian Herbal Tea
Goldenseal Herbal Tea
Liquor (Distilled)
Orange Juice
Red Clover Herbal Tea
Rhubarb Herbal Tea
Saint Johns Wort Herbal Tea
Senna Herbal Tea
Shepherd's Purse Herbal Tea
Soda (Cola)
Soda (Diet)
Soda (Other)
Strawberry Leaf Herbal Tea
Tea (Black Decaf)
Tea (Black Regular)
Yellow Dock Herbal Tea

Condiment

Corn Starch
Ketchup
Pickle Relish
Vinegar (Balsamic)
Vinegar (Cider)
Vinegar (Red Wine)
Vinegar (White)
