# Type O Food List

## Dairy
- Butter
- Farmer Cheese
- Feta Cheese
- Goat Cheese
- Mozzarella Cheese
- Soy Cheese
- Soy Milk

## Fruit
- Apple
- Apricot
- Banana
- Blueberry
- Boysenberry
- Cananga 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

## 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

*Food is Beneficial*
### 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  

#### 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  

* Food is Beneficial
<table>
<thead>
<tr>
<th>Type O Food List</th>
<th>OK To Eat</th>
</tr>
</thead>
</table>

* Liver
* Mutton
  Partridge
  Pheasant
  Quail
  Rabbit
  Turkey
  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

| Valerian Herbal Tea |
| Vervain Herbal Tea |
| White Birch Herbal Tea |
| White Oak Bark Herbal Tea |
| Wine (Red) |
| Wine (White) |
| Yarrow Herbal Tea |

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

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*Food is Beneficial*
## Type O Food List

### 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
- Honeymelon
- 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

### Bread
- Bagel (Wheat)
- High Protein Bread
- Multi Grain Bread
- Pumpernickel Bread
- Sprouted Wheat Bread
- Wheat (Durum)
- Wheat (Whole)

### Cereal
- Cornflakes
- Oatmeal
- Rice
- Wheat Bran
- Wheat Germ

### Flour
- Gluten Flour
- Graham Flour
- Oat Flour
- Wheat (Bulgur) Flour
- Wheat (Durum) 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

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### Type O Food List

- 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)