**Meat**
- Beef *
- Buffalo *
- Chicken
- Cornish Hens
- Duck
- Goat
- Heart *
- Lamb *
- Liver (Calf) *
- Mutton *
- Partridge
- Pheasant
- Quail
- Rabbit
- Turkey (NB)
- Tuna (NB)
- Veal *
- Venison *

**Fish**
- Abalone
- Anchovy
- Bass (Bluegill)
- Bass (Sea)
- Bass (Striped) *
- Beluga
- Bluefish *
- Carp
- Clam
- Cod *
- Crab
- Crayfish/Crawfish
- Eel/Japanese Eel
- Flounder
- Frog
- Gray Sole
- Grouper
- Haddock
- Hake *
- Halibut *
- Herring/Kippers (fresh) *
- Lobster
- Mackerel *
- Mahimahi
- Monkfish (NB)
- Mussels
- Oyster
- Perch (Ocean)
- Perch (Silver)
- Perch (White) *
- Perch (Yellow) *
- Pickerel
- Pike *
- Porgy
- Red Snapper *
- Sailfish
- Salmon *
- Sardine *
- Scallop
- Shad *
- Shark
- Shrimp
- Smelt (NB)
- Snail (Helix Pomatia/Escargot)
- Snapper *
- Sole *
- Squid
- Sturgeon *
- Swordfish *
- Tilapia
- Tilefish *
- Trout (Rainbow) *
- Trout (Sea)
- Tuna (NB)
- Weakfish
- Whitefish *
- Yellowtail *

**Dairy**
- Almond Milk
- Butter -
- Farmer Cheese -
- Feta Cheese -
- Ghee (Clarified Butter) -
- Mozzarella Cheese -
- Rice Milk (NB)
- Soy Cheese
- Soy Milk

**Egg**
- Egg (chicken) ? -
- Egg White (chicken) ? -
- Egg Yolk (chicken) ? -

**Fruit/Fruit Juice**
- Apple
- Apricot/Apricot Juice
- Banana (NB)
- Blueberry (NB)
- Boysenberry
- Canang Melon
- Casaba Melon
- Cherry (Bing, Sweet, White, etc)
- Cherry/Juice (Black) *
- Christmas Melon
- Cranberry
- 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 Ingred
- 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
## 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 -

## 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
- Spearmint
- 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 *
- Gingko 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 *
- Spearmint
- 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-Cysteine
- L-Taurine
- Magnesium
- Manganese
- Manose
- N-Actyl Glucosamine
- Pancreatic Enzymes
- Pantethine (active B-5)
- Pantothenic Acid (B-5)
- Pycnogonol
- 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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<table>
<thead>
<tr>
<th>Category</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat</strong></td>
<td>Bacon/Ham/Pork&lt;br&gt;Goose</td>
</tr>
<tr>
<td><strong>Fish</strong></td>
<td>Barracuda&lt;br&gt;Catfish&lt;br&gt;Caviar&lt;br&gt;Conch&lt;br&gt;Herring/Kippers (pickled)&lt;br&gt;Lox&lt;br&gt;Octopus</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td>American Cheese&lt;br&gt;Blue Cheese&lt;br&gt;Brie Cheese&lt;br&gt;Buttermilk&lt;br&gt;Camembert Cheese&lt;br&gt;Casein&lt;br&gt;Cheddar Cheese&lt;br&gt;Colby Cheese&lt;br&gt;Cottage Cheese&lt;br&gt;Cream Cheese&lt;br&gt;Edam Cheese&lt;br&gt;Emmental Cheese&lt;br&gt;Goat Cheese&lt;br&gt;Gouda Cheese&lt;br&gt;Gruyere Cheese&lt;br&gt;Half &amp; Half&lt;br&gt;Ice Cream&lt;br&gt;Jarlsberg Cheese&lt;br&gt;Kefir&lt;br&gt;Milk (Cow-Whole/Skim/1%2%)&lt;br&gt;Milk (Goat)&lt;br&gt;Monterey Jack Cheese&lt;br&gt;Munster Cheese&lt;br&gt;Neufchatel Cheese&lt;br&gt;Paneer&lt;br&gt;Parmesan Cheese&lt;br&gt;Provolone Cheese&lt;br&gt;Ricotta Cheese&lt;br&gt;Sherbet&lt;br&gt;Sour Cream (low/non-fat)&lt;br&gt;String Cheese&lt;br&gt;Swiss Cheese&lt;br&gt;Whey&lt;br&gt;Yogurt +</td>
</tr>
<tr>
<td><strong>Vegetable/Veg Juice</strong></td>
<td>Blackberry/Blackberry Juice&lt;br&gt;Cantaloupe&lt;br&gt;Coconut/Coconut Milk&lt;br&gt;Honeydew&lt;br&gt;Orange/Orange Juice&lt;br&gt;Plantain&lt;br&gt;Strawberry&lt;br&gt;Tangerine/Tangerine Juice</td>
</tr>
<tr>
<td><strong>Bean</strong></td>
<td>Copper Bean&lt;br&gt;Kidney Bean&lt;br&gt;Lentil (Domestic)&lt;br&gt;Lentil (Green)&lt;br&gt;Lentil (Red)&lt;br&gt;Navy Bean&lt;br&gt;Tamarind Bean</td>
</tr>
<tr>
<td><strong>Nut/Seed</strong></td>
<td>Brazil Nut&lt;br&gt;Cashew/Cashew Butter&lt;br&gt;Litchi&lt;br&gt;Peanut/Peanut Butter&lt;br&gt;Pistachio&lt;br&gt;Poppy Seed</td>
</tr>
<tr>
<td><strong>Oil</strong></td>
<td>Borage Seed Oil&lt;br&gt;Castor Oil&lt;br&gt;Coconut Oil&lt;br&gt;Corn Oil&lt;br&gt;Cottonseed Oil&lt;br&gt;Evening Primrose Oil&lt;br&gt;Peanut Oil&lt;br&gt;Safflower Oil&lt;br&gt;Wheat Germ Oil</td>
</tr>
<tr>
<td><strong>Herb/Spice</strong></td>
<td>Cinnamon&lt;br&gt;Guarana&lt;br&gt;Mace&lt;br&gt;Nutmeg&lt;br&gt;Pepper (Black/White)&lt;br&gt;Vanilla</td>
</tr>
<tr>
<td><strong>Grain</strong></td>
<td>Corn (White/Yellow/Blue)&lt;br&gt;Cornmeal&lt;br&gt;Cornstarch&lt;br&gt;Couscous (Cracked Wheat)&lt;br&gt;Gluten Flour&lt;br&gt;Graham Flour&lt;br&gt;Popcorn&lt;br&gt;Wheat (Berry)&lt;br&gt;(Bleached Flour)&lt;br&gt;(Wheat Bran/Germ)&lt;br&gt;(Bulghur) (Durum Flour)&lt;br&gt;(Gluten Flour)&lt;br&gt;(Graham Flour)&lt;br&gt;(Refined Unbleached)&lt;br&gt;(Semolina Flour)&lt;br&gt;(White Flour)&lt;br&gt;(Whole Wheat)&lt;br&gt;(Sprouted Commercial Bread)</td>
</tr>
<tr>
<td><strong>Sweetener</strong></td>
<td>Corn Syrup&lt;br&gt;Dextrose&lt;br&gt;Fructose&lt;br&gt;Maltodextrin</td>
</tr>
<tr>
<td><strong>Medicinal Herb</strong></td>
<td>Alfalfa Juice/Tea&lt;br&gt;Blue Cohosh&lt;br&gt;Burdock&lt;br&gt;Chaparral&lt;br&gt;Chrysanthemum&lt;br&gt;Coltsfoot&lt;br&gt;Comfrey&lt;br&gt;Corn Silk&lt;br&gt;Echinacea Tea/Extract&lt;br&gt;Echinacea&lt;br&gt;Gentian&lt;br&gt;Goldenseal&lt;br&gt;Gu gug&lt;br&gt;Kombucha&lt;br&gt;Milk Thistle&lt;br&gt;Psyllium seed&lt;br&gt;Red Clover&lt;br&gt;Rhubarb&lt;br&gt;St. John's Wort&lt;br&gt;Sassafras&lt;br&gt;Senna&lt;br&gt;Shepherd's Purse&lt;br&gt;Strawberry Leaf&lt;br&gt;Yellow Dock</td>
</tr>
<tr>
<td><strong>Drug</strong></td>
<td>Birth Control Pills</td>
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</tbody>
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### Birth Control Pills