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| **O Blood type eating guide** | BENEFICIAL  \*=good for gut; ^=good for weight loss; **bold**=good for both | AVOID  *Italics*=really bad |
| MEATS | **Beef**, **buffalo/bison**, beef heart\*/liver\*, **lamb/mutton**, calf liver\*, beef tongue, sweetbreads\*, **veal**, venison\*, marrow soup, moose\* | *Pork/bacon*, duck liver, goose liver, quail, turtle, *ham* |
| SEAFOOD | Bass\* (bluegill, sea, striped, lake), **cod, halibut**, Spanish mackerel, perch\* (all), pike\*, **red snapper**, shad\*, sole\*, sturgeon\*, swordfish\*, tilefish\*, **trout (wild rainbow**), yellowtail\* | *Abalone/sea ear/mutton fish*, barracuda, catfish, conch, frog, octopus, muskellunge, Atlantic pollack, squid/calamari |
| DAIRY | Pecorino\*, Romanian urda\* Neutral = butter, ghee, farmer cheese, goat cheese, mozzarella, feta | Cheeses: *American,* blue, brie, *camembert, cheddar, Colby, cottage, cream, edam, emmental/Swiss, gorgonzola,* gouda, *gruyere,*Jarlsberg, *manchego, Monterey jack, muenster, Neufchatel, paneer***,** parmesan**,** *provolone, quark, ricotta*, romano, *Roquefort, stilton, string*, Swiss.  *Casein, half-and-half***,** ice cream,*kefir, cow milk (skim/2%/whole), goat milk,*sherbet**,** *sour cream, whey protein, yogurt* |
| EGGS | NONE. Neutral = chicken, duck | Goose, quail |
| OILS/FATS | **Flax**, camelina\*, **linseed**, olive\*, rice bran | Avocado, castor, coconut, *corn,* cottonseed, evening primrose, peanut, palm, safflower, soy, sunflower, wheat germ; lard, margarine |
| SEEDS/NUTS | Carob, Chinese chestnut\*, **flax**, hemp, pumpkin\*, **walnuts** | Beechnut, Brazil, cashew/butter, European chestnut, lychee (litchi), peanut/butter/flour, poppy, sunflower/butter, pistachio |
| BEANS/LEGUMES | Adzuki, black eyed peas | *Copper, kidney, lentils (all),* sprouted lentils*, navy, pinto,* sprouted pinto, *soybean pasta,* tamarind |
| GRAINS/CEREALS | Essene/manna bread, artichoke flour/pasta, larch fiber, flaxseed bread containing allowable grains\*.  Neutral: amaranth\*, black bean flour, buckwheat/kasha/soba\*, rice (cream of, flour brown/white, bran\*, brown, basmati, cakes, wild\*), fonio\*, garbanzo bean/flour, Job’s tears\*, lima bean flour, malanga/tannia, millet\*, oat\* (meal, flour, bran), quinoa\*, rye\*/flour\*, sago palm, soybean flour, spelt, tapioca/manioc/cassava, taro/Tahitian poi/dasheen, teff\*, whole grain kamut | *Barley, corn (all),* wheat (cream of, puffed, shredded, *bran,**germ, cracked/bulgar, durum, semolina, couscous, whole grain,* sprouted white, gluten,), emmer, *faro*, familia, farina, graham flour, Grape Nuts, grits, other forms of kamut, *dahl/lentil flour, mastic gum*, papadum (Indian flat bread), 7-grain, sorghum |
| VEGETABLES | Artichoke, **beet greens**, broccoflower\*, **broccoli,** canistel\*, chicory^, **collards,** dandelion, escarole^, fenugreek, ginger, grape leaves\*, Jerusalem artichokes, horseradish\*, **kale**, kelp, kohlrabi, Romaine, okra, onion, parsnip\*, parsley, pumpkin\*, sea vegetables (Irish moss, **kelp, kombu, nori, bladderwrack**, wakame), sweet potato, **spinach**, **Swiss chard,** turnip/**greens** | Alfalfa, *aloe, black olives, capers, cauliflower, corn/popcorn, cucumber, leeks, mushroom (shiitake, white, silver dollar),* mustard greens, pickles (all), *potatoes (blue, red, yellow, white), quorn***,** rhubarb, spirulina, taro, yucca |
| FRUITS | Banana\*, blueberry, cherry, **durian**, fig\*, guava, mamey apple/sapote\*, mango\*, plum^, prune^ | Asian pear, avocado, bitter melon, *blackberry,* cantaloupe, coconut, *honeydew*, kiwi, *orange, plantain, tangerine* |
| BEVERAGES | Juices: Black cherry, blueberry, cherry, guava, mango, pineapple, prune, vegetable juice from highly beneficial veggies  Tea/tisane: cayenne, chickweed, dandelion, fenugreek, ginger, green (kukicha, bancha\*, genmaicha), hops, linden, mulberry, parsley, peppermint, rosehips, sarsaparilla, slippery elm  Seltzer water, club soda | Juices: *blackberry, tangerine, cucumber, orange*  Tea/tisanes: black tea (all forms); alfalfa, aloe, burdock, coltsfoot, corn silk, echinacea, gentian, goldenseal, red clover, rhubarb tea, St John’s wort, senna, shepherd’s purse, strawberry leaf, yellow dock  *Beer,* coconut “milk”, coffee, *distilled liquor*, soda/pop, white wine |
| HERBS/SPICES | Carob, curry^, dulse^, garlic, ginger, horseradish, kelp, parsley\*, pepper (red flakes\*, cayenne), turmeric^ | Guarana, mace, nutmeg, *black pepper,*white pepper |
| CONDIMENTS | NONE.  Neutral: apple cider vinegar, mayonnaise, miso\*, mustard (wheat/vinegar free\*), soy sauce/tamari (wheat free), umeboshi plum vinegar, baker’s yeast\*, nutritional yeast\* | Acacia/gum Arabic, *ketchup*, mayonnaise (tofu/soy-based), mustards with vinegar and/or wheat, *pickle relish, vinegars (all types), Worcestershire sauce* |
| SWEETENERS | NONE. Neutral = agave syrup\*, apple butter, brown rice syrup, carob syrup, fructose, honey, jam/jelly from acceptable fruit, maple syrup, molasses, blackstrap molasses, rice syrup, stevia, sugar (brown, white) | Chemical sugar substitutes (aspartame, sucralose, saccharin, acesulfame-k), corn syrup*, dextrose*, fructose, invert sugar, *maltodextrin*, sucanat, sugar, *high fructose corn syrup*, high maltose corn syrup, sucrose |
| ADDITIVES | NONE.  Neutral = agar, apple pectin, baking soda, fruit pectin, plain gelatin, lecithin, vegetable glycerin | *Carrageenan,* corn starch, guar gum, MSG, *methylcellulose, polysorbate-80*, sodium carboxymethylcellulose, tragacanth gum |