

Blood Group O – The Eat Right Diet by Dr. Peter D'Adamo or Healthy Happy Eating by Sue Visser.

<http://www.dadamo.com/typebase4/typeindexer.htm>

Food Type	Beneficial Food	Neutral Food	Foods to Avoid
Meat, Poultry, Game	Beef; Kidney; Lamb; Liver - (calf; chicken; pig); Mutton; Ox-tail; Sweetbreads; Tripe; Veal; Venison	Chicken; Duck; Pheasant; Quail; Rabbit; Turkey	Bacon; Goose; Ham; Pork
Seafood	Cod; Hake; Mackerel; Red Snapper; Rainbow Trout; Salmon; Sardine; Snapper; Sole; Striped Bass; Swordfish	Abalone; Tuna; Anchovy; Carp; Clam; Crab; Crayfish; Eels; Frogs legs; Haddock; Herring; Lobster; Mussels; Oysters; Prawns; Sea Bass; Sea Trout; Shark; Snails; Squid	Barracuda; Catfish; Caviar; Pickled Herring; Octopus; Smoked salmon
Dairy Products, Eggs		Butter; Feta cheese; Goats cheese; Mozzarella cheese; Soya cheese; Soya milk	Blue cheese; Brie; Buttermilk; Camembert; Cheddar cheese; Cottage cheese; Edam cheese; Ementhal cheese; Goats milk; Gouda cheese; High/low fat soft cheese; Ice cream; Milk-skimmed; Munster cheese; Parmesan cheese; Provolone cheese; Ricotta cheese; Whey; Yoghurt - (frozen, Greek style, with fruit)
Oils, Fats	Linseed (flaxseed oil); Olive oil	Canola oil; Cod liver oil; Sesame oil	Corn oil; Cotton seed oil; Ground nut oil; Safflower oil
Nuts, Seeds	Pumpkin seeds; Walnuts	Almonds; Almond butter; Chestnuts; Hazel nuts; Hickory nuts; Macadamia nuts; Pecan nuts; Pine nuts; Sesame seeds; Sesame butter; Sunflower margarine; Sunflower seeds; Tahini (sesame seed paste)	Brazil nuts; Cashew nuts; Peanuts; Peanut butter; Pistachio nuts; Poppy seeds
Beans, Pulses	Black eyed beans; Pinto beans	Broad beans; Canelli beans; Chick peas; Green beans; Lima beans; Green peas; Sugar snap beans and peas	Kidney beans; Lentils - (brown, green, red); Soya beans
Cereals		Barley; Buckwheat; Cream of rice; Millet - (puffed); Oat bran; Oat meal; Rice bran; Rice - (puffed); Spelt	Cornflakes; Corn meal; Cream of wheat; Granola; Grape nuts; Wheat bran; Wheat germ; Shredded wheat
Breads, Crisp breads, Muffins	Sprouted wheat essence bread	Brown rice bread; Gluten-free bread; Millet bread; Rice cakes; 100% Rye bread; Rye crisps; Soya flour bread; Spelt bread; Ryvita crisp bread; Wasa bread	Bagels; Corn muffins; Corn bread; Durum wheat bread; English muffins; Matzos; Multi-grain bread; Oat bran muffins; Polenta; Pumpernickel bread; Wheat bran muffins; Whole wheat bread
Grains, Pastas		Buckwheat flour; Barley flour; Rye flour; Rice flour; Spelt flour; Rice vermicelli; Rice - (basmati, brown, white); Buckwheat noodles; Tapioca; Wild rice	Couscous; Durum wheat flour; Gluten flour; Oat flour; Plain flour; Self raising flour; Semolina pasta; Spinach pasta; Sprouted wheat flour; Whole-wheat flour
Vegetables, Herbs	Beetroot leaves; Broccoli; Endive; Garlic; Globe artichokes; Horseradish; Kale; Kohlrabi; Leeks; Onions - (red, Spanish, yellow); Parsley; Parsnips; Pumpkin; Seaweeds; Spinach; Sweet potatoes; Swiss chard; Tapioca; Turnips	Asparagus; Bamboo shoots; Beetroot; Broad beans; Carrots; Celery; Chervil; Chicory; Chili peppers - (Jalapeno); Coriander; Baby marrow; Cucumber; Dill; Fennel; Ginger; Green olives; Lettuce - (butter, cos, iceberg); Mange touts; Mung beans sprouts; Mushrooms - (abalone, chantarelles, enoki, porcini, Portobello, tree oyster); Peppers - (green, yellow); Radish sprouts; Radishes; Rocket; Spring onions; Squash - (all types); Tofu; Tomatoes; Watercress;	Alfalfa sprouts; Avocado; Aubergine; Cabbage - (Chinese, red, white); Cauliflower; Mushrooms - cultivated - (shitake); Mustard greens; Olives - (black, Greek, Spanish); Potatoes; Sweet corn
Fruits	Figs - (fresh, dried); Plums - (green, purple, red); Prunes	Apples; Apricots; Bananas; Black currants; Blueberry; Poison berry; Cherry; Cranberry; Currants; Red dates; Elderberries; Gooseberries; Grapefruit; Grapes - (green, purple, red); Guava; Kiwi; Kumquats; Lemons; Limes; Litchis; Mangoes; Melons; Nectarines; Papayas; Peaches; Pears; Pineapples; Pomegranates; Prickly pears; Raisins; Raspberries; Watermelon	Black currants; Coconuts; Melon - (cantaloupe and honey dew); Oranges; Plantains; Rhubarb; Strawberries; Tangerines;
Juices, Other Fluids	Black cherry juice; Pineapple juice; Prune juice	Apricot juice; Carrot juice; Celery juice; Cucumber juice; Cranberry juice; Grape juice; Grapefruit juice; Papaw juice; Tomato water (with lemon); Other vegetable juices - corresponding with highly beneficial vegetables	Apple cider; Apple juice; Cabbage juice; Orange juice
Spices, Herbs, Flavouring	Carob; Cayenne pepper; Curry powder; Seaweeds; Turmeric	Allspice; Almond essence; Anise; Arrow root; Basil; Bay leaf; Brown rice syrup; Capers; Caraway; Cardamom; Chervil; Chives; Chocolate; Cloves; Coriander; Corn syrup; Cream of tartar; Cumin; Dill; Garlic; Gelatine - (plain); Honey; Horseradish; Maple syrup; Marjoram; Mint; Miso; Molasses; Mustard-dry; Paprika; Pepper - (peppercorns, red pepper flakes); Peppermint; Pimento; Rice syrup; Rosemary; Saffron; Sage; Salt; Soy sauce; Spearmint; Sugar - (brown, white); Tamarind; Tarragon; Thyme	Cinnamon; Corn flour; Nutmeg; Pepper - (ground black and white); Vanilla - (essence, pod); Vinegars - (Balsamic, cider, distilled white, herb, malt, red and white wine)
Condiments		Jam - from acceptable fruits; Jelly - from acceptable fruits; Mustard; Salad dressing - (low fat from acceptable fruit); Worcestershire sauce	Tomato sauce; Mayonnaise; Pickles - (dill, kosher, sweet, sour); Relish
Beverages	Cayenne; Chickweed; Dandelion; Ginger; Hops; Parsley; Peppermint; Rosehips; Soda water; Seltzer water	Catnip; Camomile; Chinese angelica; Elderflower; Ginseng; Green tea; Hawthorn; Sage; Spearmint; Thyme; Valerian; Vervain; Lager; Wine - (red, rose, white)	Alfalfa; Aloe; Echinacea; Gentian; Senna; St John's Wort; Strawberry leaf; Coffee - (decaf, regular); Distilled spirits; Soda - (cola, diet, others); Tea - (black, decaf, regular)