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| Types of Foods | Recommended Foods | Foods to Avoid |
| **Lean Meats** | Fish, poultry, venison | Excessively fatty meats such as beef |
| **Oil** | Olive and flaxseed oil | Corn, peanut and safflower oil |
| **Grains and Dairy** | Small amounts of rice, millet, buckwheat or rye | Dairy, corn and gluten-based products  Eggs (those of African ancestry) |
| **Legumes** | Berries, plums, pears, bananas, carrots, cucumbers and celery | Corn, potatoes, Brussels sprouts, cabbage, cauliflower, eggplant, shiitake mushrooms, soybeans, avocados, coconut, kidney beans, Brazil nuts, lentils, cashews, oranges |
| **Drinks** | Wine, Seltzer water and green tea | Caffeinated products such as coffee or black tea |

**Type O Blood Type Diet**