**Type O Blood Diet**

**MAIN FOODS**

**Protein**

Beef, Ground Beef, Buffalo, Heart, Lamb, Liver, Mutton, Veal, Venison, Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped Bass, Sturgeon, Swordfish, Tilefish, White Perch, Whitefish, Yellow Perch, Yellowtail,CORNISH HENS, DUCK, PARTRIDGE, PHEASANT, RABBIT, TURKEY, QUAIL, ABALONE, ALBACORE (TUNA), ANCHOVY, BELUGA, BLUEGILL BASS, CARP, CLAM, CRAB, CRAYFISH, EEL, FLOUNDER, FROG, GRAY SOLE, GROUPER, HADDOCK, LOBSTER, MAHI MAHI, MONKFISH, MUSSELS, OCEAN PERCH, OYSTERS, PICKEREL, PORGY, SAILFISH, SCALLOP, SEA BASS, SEA TROUT, SHARK, SHRIMP, SILVER PERCH, SMELT, SNAIL, SQUID (CALAMARI), TURTLE, WEAKFISH

**Fruits**

Dark, Green and Red Plums, Dried and Fresh Figs, Prunes, Canang, Casaba, Crenshaw, Christmas, Musk, Spanish and Watermelon, KIWI, KUMQUAT, LEMONS, LIMES, PINEAPPLES, POMEGRANATES, GRAPEFRUIT, TOMATO, CRANBERRIES, APPLES, APRICOTS, BLUEBERRIES, BOYSENBERRIES, CHERRIES, ELDERBERRIES, GOOSEBERRIES, BLACK GRAPES, CONCORD GRAPES, GREEN GRAPES, RED GRAPES, RED CURRANTS, GUAVA, LOGANBERRIES, MANGOES, NECTARINES, PAPAYAS, PEACHES, PRICKLY PEARS, RASPBERRIES, STARFRUIT (CARAMBOLA), PEARS, CANANG, CASABA, CRENSHAW, CHRISTMAS, MUSK, SPANISH, WATERMELON, BANANAS, BLACK CURRANTS, RED DATES, PERSIMMONS, RAISINS

**Veggies**

Beet Leaves, Broccoli, Chickory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Romaine Lettuce, Okra, Red Onions, Spanish Onions, Yellow Onions, Parsley, Red Peppers, Seaweed, Spinach, Swiss Chard, Domestic Artichoke, Pumpkin, Turnips, ARUGULA, ASPARAGUS, BAMBOO SHOOTS, BOK CHOY, CARAWAY, CELERY, CHERVIL, CORIANDER, CUCUMBER, DAIKON, DILL, ENDIVE, FENNEL, FIDDLEHEAD FERNS, GINGER, BIBB LETTUCE, BOSTON LETTUCE, ICEBERG LETTUCE, MESCLUN LETTUCE, ABALONE MUSHROOMS, ENOKI MUSHROOMS, PORTOBELLO MUSHROOMS, TREE OYSTER MUSHROOMS, GREEN ONIONS, GREEN PEPPERS, JALAPENO PEPPERS, YELLOW PEPPERS, RADICCHIO, GREEN BEANS, SNAP BEANS, STRING BEANS, RADISHES, RAPPINI, SCALLION, SHALLOTS, MUNG SPROUTS, RADISH SPROUTS, TEMPEH, WATERCRESS, GREEN PEAS, PEA PODS, SNOW PEAS, BEETS, CARROTS, RUTABAGA, WATER CHESTNUT, JICAMA BEANS, ALL TYPES SQUASH, ZUCCHINI

SECONDARY FOODS

Chicken\*

Beans/Lentils:

Aduke Beans, Azuki Beans, Pinto Beans, Black-eyed Peas, BLACK BEANS, BROAD BEANS, CANNELLINI BEANS, FAVA BEANS, GARBANZO BEANS, LIMA BEANS, NORTHERN BEANS, RED BEANS, RED SOY BEANS, WHITE BEANS,

Fats :

Pumpkin Seeds, Walnuts, ALMONDS, ALMOND BUTTER, FILBERT, HICKORY, MACADAMIA, CHESTNUTS, PECANS, PIGNOLA (PINE), SESAME BUTTER (TAHINI), SESAME SEEDS, SUNFLOWER BUTTER, SUNFLOWER SEEDS, GREEN OLIVES

Drinks & Teas

Club Soda, Seltzer Water, Cayenne, Chickweed, Dandelion, Fenugreek, Ginger, Hops, Linden, Mulberry, Parsley, Peppermint, Rose Hips, Sarsaparilla, Slippery Elm, CATNIP, CHAMOMILE, DONG QUAI, ELDER, GINSENG, GREEN TEA, HAWTHORN, HOREHOUND, LICORICE ROOT, MULLEIN, RASPBERRY LEAF, SAGE, SKULLCAP, SPEARMINT, THYME, VALERIAN, VERVAIN, WHITE BIRCH, WHITE OAK BARK, YARROW, BEER, GREEN TEA, RED WINE, WHITE WINE

Spices

 Carob, Curry, Dulse, Kelp, Parsley, Cayenne Pepper, Turmeric, AGAR, ALLSPICE, ALMOND EXTRACT, ANISE, ARROWROOT, BARLEY MALT, BASIL, BAY LEAF, BERGAMOT, BROWN RICE SYRUP, CARDAMOM, CHERVIL, CHIVES, CHOCOLATE, CLOVE, CORIANDER, CREAM OF TARTAR, CUMIN, DILL, GARLIC, PLAIN GELATIN, HONEY, HORSERADISH, MAPLE SYRUP, MARJORAM, MINT, MISO, MOLASSES, DRY MUSTARD, PAPRIKA, PEPPERCORN PEPPER, RED PEPPER FLAKES, PEPPERMINT, PIMIENTO, RICE SYRUP, ROSEMARY, SAFFRON, SAGE, SALT, SAVORY, SOY SAUCE, SPEARMINT, SUCANAT, WHITE SUGAR, BROWN SUGAR, TAMARI, TAMARIND, TAPIOCA, TARRAGON, THYME, WINTERGREEN

Condiments

APPLE BUTTER, JAM/JELLY (FROM ACCEPTABLE FRUITS), MUSTARD, MAYONNAISE, SALAD DRESSING, WORCESTERSHIRE SAUCE

AVOID

Spices: capers, cinnamon, cornstarch, corn syrup, nutmeg, black & white pepper, vanilla, all vinegar,

Drinks/Teas: coffee (reg and decaf), Distilled Liquor, Cola Soda, Diet Soda, Other Sodas, Black Tea (reg and decaf), Alfalfa, Aloe, Burdock, Coltsfoot, Corn Silk, Echinacea, Gentian, Goldenseal, Red Clover, Rhubarb, St. John’s Wort, Senna, Shepherd’s Purse, Strawberry Leaf, Yellow Dock

Condiments: Ketchup, Dill Pickles, Kosher Pickles, Sweet Pickles, Sour Pickles, Relish

Processed foods (if you have to ask, it’s processed)

Vegetable and industrial seed oils

No-No list

Candy and sugar, even the “healthy” sweeteners

Wheat, oats, barley and natural or cereal grains

Foods that make you bloated

Alcohol - If a glass of wine or beer a day helps you unwind and feel better, then do it. This is not a diet, it is a nutrition program that you can mold to meet your needs. Moderation is king. Just know that alcohol affects your digestive juices immensely, especially if you already have poor digestion.