

## Suggestion Foods Types for a Person with Type O Positive

Note: Each Blood Type can have different suggestions

### MEAT

#### BACON / PORK PRODUCTS

BEEF  
BUFFALO  
CHICKEN  
CORNISH HEN  
DUCK  
GOAT  
GOOSE  
GROUSE  
GUINEA HEN  
HEART (BEEF)  
HORSE  
LAMB / NZ  
LIVER (CALF)  
MUTTON  
OSTRICH  
PARTRIDGE  
PHEASANT  
QUAIL  
RABBIT  
SQUAB (PIGEON)  
SQUIRREL  
SWEETBREADS  
TURKEY  
TURTLE  
VEAL  
VENISON

#### EGGS AND ROES

CAVIAR/ BLACK OR RED  
CHICKEN EGG/ YOLK  
CHICKEN EGG/ WHITE  
CHICKEN EGG/ WHOLE  
DUCK EGG/ WHOLE  
GOOSE EGG/ WHOLE  
QUAIL EGG/ WHOLE  
SALMON/ ROE

#### FISH

ABALONE  
ANCHOVY/ EUROPEAN  
BARRACUDA  
BASS / BLUEGILL OR BLACK SEA  
BASS / SEA  
BASS / STRIPED  
BELUGA  
BLUEFISH  
BULLHEAD  
BUTTERFISH  
CARP  
CATFISH  
CHUB  
CLAM / MIXED SPECIES  
COD / ATLANTIC  
CONCH  
CRAB/ BLUE  
CROAKER/ ATLANTIC  
CUSK  
DRUM/ FRESHWATER  
EEL/ MIXED SPECIES  
FLOUNDER SPECIES  
FROG  
GRAY (DOVER) SOLE SPECIES  
GROUPER/ MIXED SPECIES  
HADDOCK  
HAKE

### VEGETABLE

AGAR  
ALFALFA SEEDS/ SPROUTED  
ALOE  
ARTICHOKES / ARTICHOKE FLOUR  
ARTICHOKE/ JERUSALEM  
ARUGULA  
ASPARAGUS  
ASPARAGUS PEA  
BAMBOO SHOOTS  
BEET  
BEET GREENS  
BOK CHOY CABBAGE  
BROCCOLI / BROCCOLI SPROUTS  
BRUSSELS SPROUTS  
CABBAGE / COMMON  
CABBAGE JUICE  
CAPERS  
CARROT  
CARROT JUICE  
CAULIFLOWER  
CELERIAC  
CELERY / CELERY JUICE  
CHICORY ROOTS  
COLLARD GREENS  
CUCUMBER  
CUCUMBER JUICE  
DAIKON RADISH  
DANDELION GREENS  
EGGPLANT  
ENDIVE  
ESCAROLE  
FENNEL/ BULB  
FIDDLEHEAD FERNS  
GARLIC  
GINGER ROOT  
HORSERADISH/ PREPARED  
KALE  
KELP  
KOHLRABI  
LEEKs  
LETTUCE / ALL OTHER TYPES  
LETTUCE / ROMAINE  
MUSHROOM/ BLACK TRUMPET  
MUSHROOM/ 'COMMON'/ SILVER DOLLAR  
MUSHROOM/ PORTABELLO  
MUSHROOM/ ENOKI  
MUSHROOM/ OYSTER  
MUSHROOM/ MAITAKE  
MUSHROOM/ SHIITAKE  
MUSHROOM/ STRAW  
MUSTARD GREENS  
OLIVES / BLACK  
OLIVES / GREEN/ KALAMATA  
OLIVES / GREEK/ SPANISH  
OKRA  
ONIONS/ RAW  
OYSTER PLANT (SALSIFY)  
PARSNIPS  
PEA / GREEN/ YELLOW  
PEPPERS/ GREEN AND YELLOW/ ALL VARIETIES  
PEPPERS/ RED/ ALL VARIETIES  
PICKLE/ BRINE  
PICKLE/ VINEGAR  
PIMENTO  
POI  
POTATO /SWEET  
POTATOES /WHITE/ RED  
PUMPKIN  
RADICCHIO  
RADISH  
RADISH SPROUTS  
RAPPINI (BROCCOLI RABE)  
RHUBARB  
RUTABAGAS  
SAUERKRAUT  
SCALLIONS  
SEAWEED

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Last Update Feb 2018

Page 1 of 4

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HALF MOON FISH  
 HALIBUT / GREENLAND  
 HARVEST FISH  
 HERRING/ ATLANTIC  
 LOBSTER/ NORTHERN  
 MACKEREL/ ATLANTIC  
 MAHI MAHI  
 MONKFISH  
 MULLET  
 MUSKELLUNGE  
 MUSSEL/ BLUE  
 OCTOPUS/ COMMON  
 OPALEYE  
 ORANGE ROUGHY  
 OYSTER / EASTERN/ WILD  
 PARROT FISH  
 PERCH/ OCEAN (ROCKFISH)  
 PERCH/ SILVER  
 PERCH/ WHITE  
 PERCH/ YELLOW  
 PICKEREL  
 PIKE/ WALLEYE  
 POLLOCK/ ATLANTIC  
 POMPANO/ FLORIDA  
 PORGY  
 RED SNAPPER  
 ROSEFISH  
 SAILFISH  
 SALMON / ATLANTIC/ PACIFIC/ WILD  
 SARDINE/ ATLANTIC/ CANNED IN OIL  
 SCALLOP/ MIXED SPECIES  
 SCROD  
 SCUP  
 SHAD/ AMERICAN  
 SHARK/ MIXED SPECIES  
 SHRIMP/ MIXED SPECIES  
 SMELT  
 SNAIL  
 SOLE/ OTHER SPECIES  
 SQUID (CALAMARI)  
 STURGEON/ MIXED SPECIES  
 SUCKER/ WHITE  
 SUNFISH  
 SWORDFISH  
 TILAPIA  
 TILEFISH  
 TROUT/ BROOK  
 TROUT/ RAINBOW  
 TROUT/ SEA  
 TUNA/ FRESH/ BLUE FIN  
 WEAKFISH  
 WHITEFISH/ MIXED SPECIES  
 WHITING/ MIXED SPECIES  
 YELLOWTAIL/ MIXED SPECIES

### DAIRY

AMERICAN CHEESE/ PROCESS  
 BLUE CHEESE  
 BRIE CHEESE  
 BUTTER/ WITHOUT SALT  
 BUTTERMILK/ LOWFAT  
 CAMEMBERT CHEESE  
 CASEIN (SODIUM CASEINATE)  
 CHEDDAR CHEESE  
 COLBY CHEESE  
 COTTAGE CHEESE  
 CREAM CHEESE  
 EDAM CHEESE  
 EMMENTAL CHEESE  
 FARMER CHEESE  
 FETA CHEESE  
 GOAT CHEESE  
 GHEE/ CLARIFIED BUTTER  
 GOUDA CHEESE  
 GRUYERE CHEESE  
 HALF AND HALF  
 JARLSBERG CHEESE  
 KEFIR  
 MILK/ COW/ NONFAT

SHALLOTS  
 SPINACH  
 SQUASH/ SUMMER/ WINTER / ALL VARIETIES  
 SWISS CHARD  
 TARO/ TAHITIAN  
 TOMATOES/ TOMATO JUICE  
 TURNIPS  
 WATER CHESTNUTS/ CHINESE  
 WATER CRESS/ GARDEN  
 YAM/ RAW  
 YUCCA  
 ZUCCHINI

### FRUIT/ FRUIT JUICE

APPLES/ APPLE JUICE  
 APRICOTS/ APRICOT JUICE  
 ASIAN PEAR  
 AVOCADO  
 BANANAS  
 BITTER MELON  
 BLACKBERRIES  
 BLUEBERRIES  
 BOYSENBERRIES  
 BREADFRUIT  
 CANANG (JUAN CANARY) MELON  
 CANTALOUPE  
 CASABA MELON  
 CHERRIES  
 CHERRY JUICE  
 CHRISTMAS MELON  
 COCONUT MEAT  
 COCONUT MILK  
 CRANBERRIES  
 CRANBERRY JUICE  
 CRENSHAW (CRANSHAW) MELON  
 CURRANTS/ RED & BLACK  
 DATES/ DOMESTIC  
 DEWBERRIES  
 ELDERBERRIES  
 FIGS/ DRIED  
 GOOSEBERRIES  
 GRAPE/ AMERICAN TYPE (SLIP SKIN)  
 GRAPEFRUIT / RED & WHITE  
 GRAPEFRUIT JUICE  
 GUAVA/ GUAVA JUICE  
 HONEYDEW MELON  
 KIWI FRUIT (CHINESE GOOSEBERRIES)  
 KUMQUATS  
 LEMONS/ LEMON JUICE  
 LIMES/ LIME JUICE  
 LOGANBERRIES  
 MANGOS / MANGO JUICE  
 MULBERRIES  
 MUSK MELON  
 NECTARINES/ NECTARINE JUICE  
 ORANGES/ ORANGE JUICE  
 PAPAYAS  
 PEACHES  
 PEARS/ PEAR JUICE  
 PERSIAN MELON  
 PERSIMMONS/ NATIVE  
 PINEAPPLE  
 PINEAPPLE JUICE  
 PLANTAINS  
 PLUMS  
 POMEGRANATES  
 PRICKLY PEARS  
 PRUNES/ PRUNE JUICE  
 QUINCES  
 RAISINS  
 RASPBERRIES  
 SAGO PALM  
 SPANISH MELON  
 STARFRUIT/ CARAMBOLA  
 STRAWBERRIES  
 TANGERINES/ TANGERINE JUICE  
 WATER / LEMON ADDED  
 WATERMELON  
 YOUNGBERRY

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Page 2 of 4

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MILK/ COW/ WHOLE  
MILK/ GOAT  
MONTEREY JACK CHEESE  
MOZZARELLA CHEESE / WHOLE MILK  
MUNSTER CHEESE  
NEUFCHATEL CHEESE  
PANEER  
PARMESAN CHEESE  
PROVOLONE CHEESE  
QUARK CHEESE  
RICOTTA CHEESE  
SOUR CREAM  
STRING CHEESE  
SWISS CHEESE  
WHEY/ SWEET/ DRIED  
YOGURT/ WHOLE MILK

### NUT/SEED

ALMOND/ ALMOND BUTTER  
ALMOND CHEESE  
ALMOND MILK  
BEECHNUT  
BRAZILNUTS / DRIED/ UNBLANCHED  
BUTTERNUTS  
CASHEWS  
CHESTNUTS  
FILBERTS (HAZELNUT)  
FLAX SEED  
HICKORYNUTS/ DRIED  
LITCHIS/ RAW  
MACADAMIA NUTS/ DRY ROASTED  
PECANS/ PECAN BUTTER  
PINE NUTS/ PIGNOLIA/ DRIED  
PISTACHIO NUTS/ DRY ROASTED  
POPPY SEED  
PUMPKIN SEED/ BUTTER  
SESAME BUTTER/ TAHINI  
SESAME SEEDS/ WHOLE/ DRIED  
SAFFLOWER SEED KERNELS/ DRIED  
SUNFLOWER SEED KERNELS/ BUTTER  
WALNUT / BLACK  
WALNUT / ENGLISH

### BEAN/LEGUME

ADZUKI BEAN  
BLACK BEAN  
BLACK EYED PEA  
CANNELLINI BEAN  
COPPER/ CRANBERRY/ ROMAN BEAN  
FAVA BEAN  
GARBANZO (CHICKPEA)  
GREEN/STRING BEAN  
JICAMA (YAM BEAN)  
KIDNEY BEAN/ RED  
LENTILS/ DOMESTIC  
LENTILS/ GREEN  
LENTILS/ RED  
LIMA BEAN LARGE  
MUNG BEAN/ SPROUTS  
NAVY BEAN  
NORTHERN BEAN  
PEANUT/PEANUT BUTTER  
PINTO BEAN  
SNAP/STRING BEAN/ YELLOW  
SOY BEAN/ SOY NUT BUTTER  
SOY CHEESE  
SOY FLAKES  
SOY GRANULES  
SOY MILK/ FLUID  
TAMARINDS  
TEMPEH  
TOFU  
WHITE BEAN

### BEVERAGE

BEER/ REGULAR  
COFFEE / BREWED/ PREPARED WITH WATER  
GREEN TEA/ PREPARED WITH WATER  
LIQUOR (DISTILLED)  
SELTZER WATER  
SODA/ CARBONATED WATER  
SODA/ CLUB  
TEA/ BREWED/ PREPARED WITH WATER  
WINE/ TABLE/ RED  
WINE/ TABLE/ WHITE

### CONDIMENT

APPLE / PECTIN  
CARRAGEENAN  
GELATIN  
GUAR GUM  
LECITHIN  
MISO  
MSG  
MUSTARD/ WHEAT FREE, VINEGAR FREE  
MUSTARD/ WITH VINEGAR/ WHEAT FREE  
MUSTARD/ WITH WHEAT AND VINEGAR  
MUSTARD/ WITH WHEAT/ VINEGAR FREE  
PICKLES/ DILL RELISH  
SOY SAUCE MADE FROM SOY  
TAMARI  
VINEGAR/ CIDER  
VINEGAR/ OTHER  
YEAST/ BAKERS  
YEAST/ BREWERS  
SEA SALT / TABLE

### SWEETENER

ALMOND EXTRACT  
ASPARTAME  
BARLEY MALT FLOUR  
CORN SYRUP  
DEXTROSE  
FRUCTOSE  
HONEY  
INVERT SUGAR  
MALTODEXTRIN  
MAPLE SYRUP  
RICE SYRUP  
STEVIA  
SUCANAT  
SUGAR  
MOLASSES  
MOLASSES/ BLACKSTRAP

### HERB/SPICE

ACACIA (GUM ARABIC)  
ALLSPICE  
ANISE SEED  
ARROWROOT FLOUR  
BASIL  
BAY LEAF  
BERGAMOT  
CARAWAY SEED  
CARDAMOM  
CAROB FLOUR  
CHERVIL  
CHILI POWDER  
CHIVES  
CHOCOLATE  
CILANTRO  
CINNAMON

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Page 3 of 4

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### OIL

ALMOND OIL  
AVOCADO OIL  
BLACK CURRANT SEED OIL  
BORAGE SEED OIL  
CANOLA OIL  
COCONUT OIL  
COD LIVER OIL  
CORN OIL  
COTTONSEED OIL  
EVENING PRIMROSE OIL  
FLAX SEED OIL  
OLIVE OIL  
PEANUT OIL/ SALAD OR COOKING  
SAFFLOWER OIL  
SESAME OIL  
SOY OIL  
SUNFLOWER OIL  
WALNUT OIL  
WHEAT GERM OIL

### GRAIN

AMARANTH  
BARLEY  
BUCKWHEAT/ KASHA  
CORN  
CORN/ MEAL/ WHOLE-GRAIN/ YELLOW  
CORN/ POPCORN/ AIR-POPPED  
COUSCOUS/ COOKED  
ESSENE (MANNA) BREAD  
EZEKIEL BREAD  
GLUTEN FLOUR  
GLUTEN FREE BREAD  
KAMUT  
OAT FLOUR  
OATS / BRAN/ MEAL  
QUINOA  
RICE BRAN  
RICE CAKES/ FLOUR  
RICE / CREAM OF/ COOKED WITH WATER  
RICE MILK  
RICE / PUFFED  
RICE / WHITE/ BROWN/ BASMATI  
RICE / WILD  
RYE BREAD 100%  
RYE FLOUR/ MEDIUM  
SOBA NOODLES  
SORGHUM  
SOY FLOUR/ FULL-FAT/ RAW  
SPELT  
SPELT FLOUR/ PRODUCTS  
TAPIOCA/ PEARL/ DRY  
TEFF  
MILLET/ COOKED  
WHEAT / BRAN/ CRUDE  
WHEAT BREAD/ SPROUTED  
WHEAT / GERM  
WHEAT / GLUTEN FLOUR  
WHEAT / REFINED/ UNBLEACHED  
WHEAT / SEMOLINA/ ENRICHED  
WHEAT / WHITE FLOUR  
WHEAT / WHOLE WHEAT

### CLOVES

CORIANDER  
CORNSTARCH  
CREAM OF TARTAR  
CUMIN SEED  
CURRY POWDER  
DILL SEED  
DULSE  
GUARANA  
LICORICE ROOT  
MACE/ GROUND  
MARJORAM/ DRIED  
MUSTARD, DRY / POWDER  
NUTMEG  
OREGANO  
PAPRIKA  
PARSLEY  
PEPPER/ CAYENNE/ RED FLAKES/ JALAPENO/ CHILI  
PEPPER/PEPPERCORN/ BLACK/ WHITE  
PEPPERMINT  
ROSEMARY  
SAFFRON  
SAGE/ GROUND  
SAVORY/ GROUND  
SPEARMINT  
TARRAGON/ GROUND  
THYME/ FRESH  
TURMERIC/ GROUND  
VANILLA EXTRACT  
WINTERGREEN