

TYPE O - SEC BENEFICIAL

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MEAT & POULTRY

Beef
Buffalo
Lamb
Liver (Calf)
Mutton
Veal
Venison
Heart/Sweetbreads

FISH & SEAFOOD

Bass (All Types)
Cod
Halibut
Perch (All Types)
Pike
Red Snapper
Shad
Sole
Sturgeon
Swordfish
Tilefish
Trout (Rainbow)
Yellowtail

DIARY & EGGS

None

BEANS & LEGUMES

Adzuki (Adulki/Azulki)
Black-eyed Pea

NUTS & SEEDS

Flax Seed
Pumpkin
Walnut (Black/English)

GRAINS & STARCHES

Essene Bread
(Manna Bread)

VEGETABLES

Artichoke (Domestic/
Globe/Jerusalem)
Beet Greens
Broccoli
Chicory
Collard Greens
Dandelion

Escarole
Ginger
Horseradish
Kale
Kelp
Kohlrabi
Lettuce (Romaine)
Okra
Onion (All Kinds)
Parsley
Parsnip
Pepper
(Red/Cayenne)
Potato (Sweet)
Pumpkin
Seaweed
Spinach/
Spinach Juice
Swiss chard
Turnip

FRUITS & JUICES

Banana
Blueberry
Cherry (All)
Cherry Juice (Black)
Fig (Fresh/Dried)
Guava/Guava Juice
Mango/Mango Juice
Pineapple/Pineapple Juice
Plum (Dark/Green/Red)
Prune/Prune Juice

OILS

Flax Seed (Linseed)
Olive

HERBS, SPICES & CONDIMENTS

Asparagus
Carob
Cayenne
Chickweed
Curry
Dandelion
Black Licorice
Dulse
Fenugreek
Ginger
Hops
Horseradish
Kelp (Bladderwrack)

Linden
Mulberry
Parsley
Pepper (Cayenne)
Peppermint
Rose Hip
Sarsaparilla
Slippery Elm
Turmeric
Beverages
Seltzer Water
Club Soda
Tea (Green)

TYPE O - SEC AVOID

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MEAT & POULTRY

Bacon/Ham/Pork
Quail
Turtle

FISH & SEAFOOD

Abalone
Barracuda Catfish
Caviar
Conch
Frog
Herring
(pickled/smoked)
Muskellunge
Lox(smoked salmon)
Octopus
Pollack
Squid (calamari)

DAIRY & EGGS

Buttermilk
Casein
Goose Egg
Half And Half
Ice Cream
Kefir
Milk (Cow-Skim-2%-
Whole)
Milk (Goat)
Quail Egg
Salmon Roe (Egg)
Sherbet
Sour Cream (Low-
Nonfat)
Whey

Yogurt
Cheese (American,
Blue, Brie, Camembert,
Cheddar, Colby, Cottage,
Cream, Edam, Emmenthal,
Qouda, Gruyere, Jarlsberg,
Monterey Jack,
Muenster, Neufchatel,
Paneer, Parmesan,
Provolone, Quark, Ricotta,
String, Swiss)

BEANS & LEGUMES

Copper bean
Kidney bean
Lentil (domestic/green/
red)
Navy bean
Pinto bean
Tamarind

NUTS AND SEEDS

Brech nut
Brazil nut
Cashew/cashew nuts
Chestnut
Litchi
Peanut /Peanut butter
Pistachio
Poppy seed
Sunflower seed/ butter

GRAINS & STARCHES

Barley
Corn (white/yellow/blue)
Cornmeal
Couscous (cracked
wheat)
Gluten flour
Grits
Popcorn
Sorghum
Wheat (bran/germ/
refined, unbleached,
gluten flour, semolina
flour, whole wheat
products.)
Wheat bread (sprouted/
commercial)

VEGETABLES

Acacia (Gum Arabic)

Alfalfa Sprouts
Aloe /Aloe Tea/Juice
Cauliflower
Cucumber/Cucumber
Juice
Caper
Leek
Juniper
Mushroom (Domestic,
White "Button" "Silver
Dollar", Shitake)
Mustard Greens
Olive (Black)
Pickles (In Brine/
Vinegar)
Potatoes (White/Red/
Blue/Yellow)
Rhubarb
Spirulina
Taro
Yucca

FRUITES AND JUICES

Asian Pear
Avocado
Bitter Melon
Blackberry/ Juice
Cantaloupe
Coconut/ Coconut Milk
Honeydew Melon
Kiwi
Orange/ Orange Juice
Plantain
Tangerine/ Juice

OILS

Avocado
Castor
Coconut
Corn
Cottonseed
Evening
Primrose
Peanut
Safflower
Soy
Sunflower
Wheat Germ

HERBS, SPICES & CONDIMENTS

Acacia (Gum Arabic)

Alfalfa
Algae, Blue Green
Aloe
Aspartame
Burdock
Caper
Carrageenan
Coltsfoot
Corn Silk
Cornstarch
Corn Syrup
Dextrose
Echinacea
Fructose
Guar Gum
Gentian
Goldenseal
Guarana
Invert Sugar
Juniper
Ketchup
Mace
Maltodextrin
Mayonnaise
MSG (Monosodium
Glutamate)
Mustard w/vinegar (Ok
Dry, Wheat + Vinegar Free)
Nutmeg
Pepper, Black
(Ok Freshly Ground)
Pickle Relish
Pickle(All Types)
Red Clover
Rhubarb
Saint John's Wort
Senna
Shepherds Purse
Strawberry Leaf
Vinegar (All)
Worcestershire Sauce
Yellow Duck

BEVERAGES

Beer
Coffee (Regular/ Decaf)
Liquor (Distilled)
Soda (Misc/Diet/Cola)
Tea (Black/Regular/
Decaf)
Wine (White)

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