

Some Blood Type O Foods for your shopping list

Unless I have indicated that you may have a sensitivity to these, or to avoid

Some of the Blood Type O avoid foods (avoid 80% of the time) are: ham, pork, bacon, quail, duck liver, goose liver, pollock, squid, casein (protein in cow's cheese), cow's milk and products including kefir, goat's milk, whey protein, corn oil, avocado oil, coconut oil, evening primrose oil, lard, margarine, palm oil, peanut oil, safflower oil, soy oil, sunflower oil, wheatgerm oil, Brazil nut, cashew, peanuts and butter, pistachio, poppy seed, sunflower seeds, kidney bean, all types of lentils, Navy bean (baked bean), lentil flour, poppadom, cornflakes, all wheat products, barley, aloe vera, alfalfa sprouts, capers, cauliflower, corn, popcorn, cucumber, leek, mushrooms, mustard greens, black olives, all pickles, potato, Quorn, rhubarb, spirulina, yucca, avocado, blackberry, cantaloupe, coconut meat / milk, honeydew melon, kiwi, orange, plantain, tangerine, coffee, beer, black tea, distilled liquor, orange juice, white wine, mace, nutmeg, black pepper, carrageenan, cornstarch, Ketchup, mayonnaise, white pepper, pickle relish, sucrose, vinegar, all types, Worcestershire sauce

Produce	Fruit	Herbs & Spices
<input type="checkbox"/> Artichokes <input type="checkbox"/> Beetroot greens <input type="checkbox"/> Broccoli <input type="checkbox"/> Chicory <input type="checkbox"/> Dandelion greens <input type="checkbox"/> Ginger <input type="checkbox"/> Horseradish <input type="checkbox"/> Jerusalem artichoke <input type="checkbox"/> Kale <input type="checkbox"/> Kelp <input type="checkbox"/> Lettuce Romaine <input type="checkbox"/> Okra <input type="checkbox"/> Onion <input type="checkbox"/> Parsley <input type="checkbox"/> Parsnip <input type="checkbox"/> Pumpkin <input type="checkbox"/> Irish Moss <input type="checkbox"/> Sea vegetables: kelp, kombu, nori, bladderwrack, wakame <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Spinach <input type="checkbox"/> Swiss chard <input type="checkbox"/> Turnip	<input type="checkbox"/> Blueberries <input type="checkbox"/> Cherries <input type="checkbox"/> Figs <input type="checkbox"/> Plum <input type="checkbox"/> Prune <input type="checkbox"/> Mangos <input type="checkbox"/> Watermelon	<input type="checkbox"/> Carob <input type="checkbox"/> Curry <input type="checkbox"/> Dulse <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Horseradish <input type="checkbox"/> Kelp <input type="checkbox"/> Parsley <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Red pepper flakes <input type="checkbox"/> Turmeric

<p>Baking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brown rice flour <input type="checkbox"/> Millet flour <input type="checkbox"/> Arrowroot starch <input type="checkbox"/> Baking powder <input type="checkbox"/> Sea salt <input type="checkbox"/> Agave 	<p>Protein</p> <ul style="list-style-type: none"> <input type="checkbox"/> Beef <input type="checkbox"/> Veal <input type="checkbox"/> Venison <input type="checkbox"/> Buffalo <input type="checkbox"/> Lamb <input type="checkbox"/> Turkey <input type="checkbox"/> Sweetbreads <input type="checkbox"/> Cod <input type="checkbox"/> Red snapper <input type="checkbox"/> Halibut <input type="checkbox"/> Bass <input type="checkbox"/> Mackerel <input type="checkbox"/> Sole <input type="checkbox"/> Swordfish <input type="checkbox"/> Trout <input type="checkbox"/> Yellowtail 	<p>Nuts and Seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Carob <input type="checkbox"/> Chinese chestnut <input type="checkbox"/> Flaxseed / linseed <input type="checkbox"/> Hemp seed <input type="checkbox"/> Pumpkin seed <input type="checkbox"/> Walnut <input type="checkbox"/> Almonds <input type="checkbox"/> Almond butter <input type="checkbox"/> Pecan butter <input type="checkbox"/> Sesame seed <input type="checkbox"/> Almond milk
<p>Oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Olive oil (only heated to low heat) <p>Not heated: -</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camelina oil <input type="checkbox"/> Rice bran oil <input type="checkbox"/> Flaxseed / linseed oil 	<p>Beans and legumes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adzuki bean <input type="checkbox"/> Black-eyed pea 	<p>Grains and Cereals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flaxseed bread <input type="checkbox"/> Quinoa <input type="checkbox"/> Rice bran <input type="checkbox"/> Oats <input type="checkbox"/> Teff <input type="checkbox"/> Rice <input type="checkbox"/> Wild rice <input type="checkbox"/> Chickpeas <input type="checkbox"/> Millet
<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Butter <input type="checkbox"/> Pecorino cheese (sheep) <input type="checkbox"/> Feta cheese 	<p>Beverages</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dandelion tea <input type="checkbox"/> Ginger tea <input type="checkbox"/> Green tea <input type="checkbox"/> Peppermint tea <input type="checkbox"/> Prune juice <input type="checkbox"/> Rose hip tea <input type="checkbox"/> Vegetable juice <input type="checkbox"/> Chicory coffee 	