



Blood Type “O” Food List

Ref. by Dr. Peter D’Adamo, *Eating Right for your Blood Type*

MEATS & POULTRY	SEAFOODS	EGGS & DAIRY
<p>Highly Beneficial</p> <ul style="list-style-type: none"> • Beef: regular ground • Buffalo • Heart • Lamb • Liver • Mutton • Veal • Venison <p>Neutral</p> <ul style="list-style-type: none"> • Chicken • Cornish Hens • Duck • Partridge • Pheasant • Quail • Rabbit • Turkey <p>Avoid</p> <ul style="list-style-type: none"> • Bacon • Goose • Ham • Pork 	<p>Highly Beneficial</p> <ul style="list-style-type: none"> • Bluefish • Cod • Hake • Halibut • Herring • Mackerel • Pike • Rainbow Trout • Red Snapper • Salmon • Sandline <p>Neutral</p> <ul style="list-style-type: none"> • Abalone • Albacore (tuna) • Anchovy • Beluga • Bluegill Bass • Carp • Clam • Crab • Crayfish • Eel • Flounder • Frog • Gray Sole • Grouper • Haddock • Lobster • Mahi-mahi • Monkfish <p>Avoid</p> <ul style="list-style-type: none"> • Barracuda • Catfish • Caviar • Conch <ul style="list-style-type: none"> • Shad • Snapper • Sole • Striped Bass • Sturgeon • Swordfish • Tilefish • White Perch • Whitefish • Yellow Perch • Yellowtail <ul style="list-style-type: none"> • Mussels • Ocean Perch • Oysters • Pickerel • Porgy • Sailfish • Scallop • Sea Bass • Sea Trout • Shark • Shrimp • Silver Perch • Smelt • Snail • Squid (calamari) • Turtle • Weakfish <ul style="list-style-type: none"> • Herring (pickled) • Lox (smoked salmon) • Octopus 	<p>Highly Beneficial</p> <ul style="list-style-type: none"> • NONE <p>Neutral</p> <ul style="list-style-type: none"> • Butter • Farmer • Feta • Goat Cheese • Mozzarella • Soy Cheese • Soy Milk <p>Avoid</p> <ul style="list-style-type: none"> • American • Blue Cheese • Brie • Buttermilk • Camembert • Casein • Cheddar • Colby • Cottage • Cream Cheese • Edam • Emmenthal • Goat Milk • Gouda • Gruyere • Ice Cream • Jarlsburg • Kefir • Monterey Jack • Munster • Neufchatel • Parmesan • Prolovone • Ricotta • Skim or 2% Milk • String Cheese <ul style="list-style-type: none"> • Swiss • Whey • Whole Milk • Yogurt (all varieties)

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Ensheng Dong



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