Type "**O**" Foods From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

MEATS & Poultry	SEAFOOD		EGGS & DAIRY	
Highly Beneficial	Highly Beneficial		Highly Beneficial	
Beef: regular	Bluefish	Flounder	NONE	
ground	Cod	Frog	HONE	
Buffalo	Hake	Gray sole	Neutral	
Heart	Halibut	Grouper	Butter	
Lamb	Herring	Haddock	Farmer	
Liver	Mackerel	Lobster	Feta	
Mutton	Pike	Mahi-mahi	goat cheese	
Veal	Rainbow trout	Monkfish	Mozzarella	
Venison				
Veriisori	Red snapper Salmon	Mussels	Soy cheese	
Mandad		Ocean perch	Soy milk	
Neutral	Sardine	Oysters	Acceptat	
Chicken	Shad	Pickerel	Avoid	
Cornish hens	Snapper	Porgy	American	
Duck	sole	sailfish	Blue cheese	
Partridge	Striped bass	Scallop	Brie	
Pheasant	Sturgeon	Sea bass	Buttermilk	
Quail	Swordfish	Sea trout	Camembert	
Rabbit	Tilefish	Shark	Casein	
Turkey	White perch	Shrimp	Cheddar	
	Whitefish	Silver perch	Colby	
Avoid	Yellow perch	Smelt	Cottage	
Bacon	Yellowtail	Snail	Cream cheese	
Goose		Squid (Calamari)	Edam	
Ham	Neutral	Turtle	Emmenthal	
Pork	Abalone	Weakfish	Goat milk	
	Albacore (Tuna)		gouda	
	Anchovy	Avoid	Gruyere	
	Beluga	Barracuda	Ice cream	
	bluegill bass	Catfish	Jarisburg	
	Carp	Caviar	Kefir	
	Clam	Conch	Monterey jack	
	Crab		Munster	
		Herring (pickled)		
	Crayfish	lox (smoked salmon)		
	Eel	Octopus	Parmesan	
			Provolone	
			Ricotta	
			Skim or 2% milk	
			String cheese	
			Swiss	
			Whey	
			Whole milk	
			Yogurt: all varieties	

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OILS & FATS BEANS & LEGUMES CEREALS NUTS & SEEDS Highly Beneficial Highly Beneficial Highly Beneficial Highly Beneficial Linseed (flaxseed) oil Pumpkin seeds NONE Aduke Olive Oil Walnuts Aduki **Pinto Neutral** Neutral Neutral Black-eyed Amaranth Canola oil Almonds Barley Cod liver oil Almond butter **Neutral** Buckwheat Sesame oil Chestnuts Beans: black, broad, Cream of rice **Filberts** cannellini, fava Kamut **Avoid** Hickory garbanzo, green, Kasha Corn oil Macadamia jicama, lima Millet: puffed Cottonseed oil **Pecans** northern, red Rice bran Pignola (pine) red soy, snap, Peanut oil Rice: puffed Safflower oil Sesame butter (tahini) string, white Spelt Sesame seeds Peas: green, pods Sunflower butter Avoid Sunflower seeds **Avoid** Cornflakes Beans: copper, Cornmeal **Avoid** Cream of wheat Kidney, navy, Familia Brazil tamarind Cashew Lentils: domestic, Farina Litchi green, red Grape nuts Peanuts Oat bran Peanut butter Oatmeal **Pistachios** Seven-grain Shredded Wheat Poppy seeds What bran wheat germ

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BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
Highly Popoficial	Highly Panaficial	Highly Possible!	
Highly Beneficial Essene Bread	Highly Beneficial NONE	Highly Beneficial Artichoke: domestic,	Fiddlehead Ferns
Ezekiel Bread	NONE	Jerusalem	
Ezeklei bread	Mouteel	Beet leaves	ginner
Novitral	Neutral		Lettuce: Bibb, Boston,
Neutral Brown Rice Bread	Barley flour Buckwheat	Broccoli:Chicory	iceberg, mescium Lima Beans
	Kasha	Collard greens Dandelion	
Fin Crisp Gluten-free bread		Escarole	Mushroom: abalone,
	Pasta: artichoke		enoki, Portobello,
Ideal Flat Bread	Quinoa	Garlic	tree oyster
Millet Rice cakes	rice: basmati, wild,	Horseradish Kale	Olives: green
	brown, white Rice flour	Kale Kohirabi	Onions: green
100 % rye bread	Rye flour	Leek	Peppers: green,
Rye Crisps		Lettuce: romaine	yellow, jalapeno Radicchio
Rye Vita	Spelt flour	Okra	
Soy flour bread	Associat		Radishes
Spelt bread	Avoid	Onions: red, Spanish,	Rappini
wasa bread	Bulgur Wheat Flour Couscous Flour	yellow	Rutabaga
Avoid	Durum Wheat Flour	Parsley	Scallion
Avoid		Parsnips	Shallots
Bagels: wheat	Gluten Flour	Peppers: red	Snow Peas
Corn muffins	Graham Flour	Potatoes: sweet	Sprouts: mung, radish
Durum wheat	Oat Flour	Pumpkin	Squash: all types
English muffins	Soba Noodles	Seaweed	Tempeh
High-protein bread	Past: Semolina, Spinach	Spinach	Tofu
Matzos: wheat	Sprouted Wheat Flour	Swiss chard	Tomato
Multi-grain bread	White Flour	Turnips	Water chestnut
Oat bran muffins	Whole Wheat Flour	Mandad	Watercress
Pumpernickel		Neutral	Yams: all types
Sprouted wheat bread		Arugula	Zucchini
Whole wheat bread		Asparagus	
		Bamboo Shoots	Avoid
		Beets	Avocado
		Bok Choy	Cabbage: Chinese,
		Caraway	Red, white
		Carrots	Cauliflower
		Celery	Corn: white, yellow
		chervil	Eggplant
		coriander	Mushroom: domestic,
		cucumber	shitake
		Daikon	Mustard greens
		dill	Olives: black, Greek
		Endive	Spanish
		Fennel	Potatoes: red, white
			Sprouts: alfalfa,
			Brussels
		1	

Type " ${\bf 0}$ " Foods From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

FR	UIT	JUICES & FLUIDS	CONDIMENTS
Highly Beneficial Figs: dried, fresh Plums: dark, green red	Mangoes Melons: canang casaba, crenshaw,	Highly Beneficial Black cherry Pineapple Prune	Highly Beneficial NONE Neutral
Prunes Neutral Apples Apricots Bananas Blueberries Boysenberries Cherries Cranberries Currants: black, red	Christmas, musk, Spanish, watermelon Nectarines Papayas Peaches Pears Persimmons Pineapples Pomegranates Prickly pear Raisins	Neutral Apricot Carrot celery Cranberry Cucumber Grape Grapefruit Papaya Tomato water	Apple butter Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Salad dressing (low-fat from acceptable ingredients) Worcestershire
Dates: red Elderberries gooseberries Grapefruit Grapes: red, concord, black, green Guava Kiwi	Raspberries Star fruit (carambola) Avoid Blackberries Coconuts Melons: cantaloupe, honeydew	(with lemon) Vegetable juice (corresponding with highlighted vegetables) Avoid Apple apple cider	Avoid Ketchup Pickles: dill, kosher, sweet, sour Relish
Kumquat Lemons Limes Loganberries	Oranges Plantains Rhubarb Strawberries Tangerines	Cabbage Orange	

Type " **0**" Foods From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

Highly Beneficial Carob Mint Cayenne Chickweed Seltzer Water Dulse Molasses Dandelion Parsley Paprika Ginger Green tea Pepper: cayenne red flakes Peppermint Pimiento Parsley Rosemary Allspice Rosemary Allspice Sage Slippery elm Arrowroot Salt Sare Sage Slippery elm Arrowroot Salt Sare Sage Sugar: brown, white Cardamom Tamari Green tea Hawthorn Horebound Clove Chamban Tamari Coriander Wintergreen Mullein Raspberry leaf Carlin Capers Skullcap Garlin Cornstarch Thyme Cardain Pimient Cardain Pimient Parsup Neutral Capers Skullcap Garlin Cinnamon Spearmint Capers Skullcap Capers black ground, White birch white oak bark Pepper: black ground, White birch white oak bark Penper: black ground, Paper Penper: black ground, White birch white oak bark Penper: black ground, Paper Penper: black ground, White birch white oak bark Paper Penper: black ground, Paper Penper: black ground paper Penper: black ground paper Penper	CDI	CES	HEDDAL TEAC	MICC DEVEDAGES
Carrob Curry Miso Chickweed Duse Molasses Kelp (bladder wrack) Perparsley Pepper: cayenne Turmeric red flakes Peppermint Neutral Plimiento Agar Alise Alispice Arowroot Bayleaf Barley malt Barley malt Barley malt Cardamom Chrives Chrokuse Chround Chrives Chround Chrives Chround Chrives Chround Chrives Chround Chrives Chronamon Chocolate Tarragon Chocolate Chrives Chronamon Chocolate Tarragon Chocolate Chrives Chronamon Chocolate Tarragon Chocolate Chrives Chammon Chocolate Tarragon Chocolate Chrives Chammon Chocolate Tarragon Chocolate Chrives Chocolate Tarragon Chocolate Chrives Chocolate Tarragon Chocolate Chrives Chocolate Tarragon Chocolate Chrives Tapioca Chrivin Chammon Chrives Tapioca Chrivin Chrives Tapioca Cream of tartar Cumin Corristarch Cumin Corristarch Corristarch Corristarch Cream of tartar Cumin Corristarch Cumin Corristarch Corristarch Corristarch Cream of tartar Cumin Corristarch Corristarch Cream of tartar Cumin Corristarch Cream of tartar Cu	SPI	CES	HERBAL TEAS	MISC BEVERAGES
Carrob Curry Miso Curry Miso Chickweed Dandelion Kelp (bladder wrack) Perparsley Pepper: cayenne Turmeric red flakes Peppermint Neutral Plmiento Agar Alise Alispice Arowroot Bay Leaf Barley malt Bardey malt Cardamom Chrives Cardamom Chrives Chrocolate Chrocolate Cram of tartar Cumin Chocolate Curry Miso Chickweed Dandelion Neutral Pengrek Ringer Hops Green tea Wine: red, white	Highly Beneficial		Highly Beneficial	Highly Beneficial
Dulse Kelp (bladder wrack) Kelp (bladder wrack) Fensiley Paprika Pepper: cayenne Turmeric Pepper: peppermint Neutral Pimiento Agar Alice syrup Alispice Almond extract Almond extract Anise Barley malt Sarlory Basil Soy sauce Bary Leaf Beryup Chamomic Sugar: brown, white Cardamom Chervil Chocolate Tarragon Chocolate Tarragon Chocolate Tarragon Chocolate Tormin Chocolate Tormin Chocolate Tormin Corriander Cumin Capers Cinnamon Celetin: plain Honey Com syrup Valerian Varior Wintergreen Mulberry Avoid Avoid Asia Ber Mulberry Aprice Carfamom Tamari Chervil Tamarind Chives Tapioca Chervil Thyme Clorociander Coriander Co	Carob	Mint		
Dulse Molasses Melp (bladder wrack) Kelp (bladder wrack) Aparsley Paprika Pepper: peppercom romanic red flakes Pepper: peppermint Pimiento Agar Rice syrup Alispice Rosemary Rose Hips Liquor: distilled, Sargarilla Saraparilla Soda: cola, diet other Tea, black: regular & decaf Union	Curry	Miso		Seltzer Water
Parsley Pepper: cayenne Pepper: pepperry peppercorn Immeric Red flakes Peppermint Neutral Pimiento Agar Rice syrup Alispice Agar Rice syrup Alispice Agar Rosemary Alispice Arrowroot Saffron Bay Leaf Spearmint Bergamot Sacanat Bergamot Sacanat Bergamot Sacanat Bergamot Tamarin Chervil Tamarind Green tea Chives Tapioca Chocolate Tarragon Clove Thyme Cloramor Grael trait Cumin Avoid Capers Green tea Wine: red, white Usquarded Coffeet regular Acoid	Dulse	Molasses	Dandelion	
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Pepper: cayenne Turmeric red flakes Peppermint Neutral Neutral Agar Agar Rice syrup Rosemary Alispice Rosemary Alispice Arowroot Barley malt Barley malt Bergamot Sacanat Chervil Chervil Cardamom Chives Tapioca Chives Tapioca Chives Tapioca Chives Tapioca Chocolate Cream of tartar Honsey Cardin: Pepper, balasmic, red wine, white Vanilla Vinegar: apple cider, balsamic, red wine, white Vanilla Vinegar: apple cider, balsamic, red wine, white Vanilla Centage Cent	Parsley			Beer
Neutral Pimiento Parsiey Parsiey Parsiey Parsiey Parsiey Parsiey Parsiey Parsiey Parsiey Peppermint Coffee: regular and decaf Liquor: distilled, Soda: cola, diet other Tea, black: regular & Avoid Coffee: regular and decaf Liquor: distilled, Soda: cola, diet other Arrowroot Salt Barley malt Savory Neutral Savory Basil Soy sauce Catnip Barley malt Savory Sugar: Don quai elder glinseng Green tea Brown rice syrup Sugar: brown, white Cardamom Tamari Green tea Hawthorn Horehound clove Thyme Licorice root coriander Wintergreen Mullein Capers Skullcap Spearmint Cornstarch Thyme Lornstarch Thyme Corn syrup Valerian Cornstarch Thyme Valerian Numeg Vervain White Vanilla Vinegar: apple cider, balsamic, red wine, white Wanilla Goldenseal Red clover Rhubarb St John's-wort Senna Shepherd's purse Strawberry leaf	Pepper: cayenne		Hops	Green tea
Neutral Agar Rice syrup Rice syrup Peppermint Coffee: regular and decaf Liquor: distilled, Soda: cola, diet other Arnowroot Salt Sarsaparilla Slippery elm Other Tea, black: regular & decaf Liquor: distilled, Soda: cola, diet other Tea, black: regular & decaf Other Tea, black: r	Turmeric	red flakes	Linden	Wine: red, white
Agar Allspice Rosemary Rose Hips Rose Hips Rose Hips Almond extract Saffron Sarsaparilla Soda: cola, diet other Tea, black: regular and decaf Liquor: distilled, Soda: cola, diet other Tea, black: regular & decaf Barley malt Savory Neutral Cardamon Sacanat Don quai elder glinseng Green tea Hawthorn Chervil Tamarin Green tea Hawthorn Chocolate Tarragon Horehound clove Thyme Licorice root Wintergreen Wintergreen Wintergreen Sage Skullcap Garlic Cornstarch Thyme Cornstarch Thyme Cornstarch Thyme Valerian Vervain Marjoram White White White White White Burdock Coltsfoot Corn silk Echinacea Gentian Goldenseal Red clover Rhubarb St John's-wort Senna Shepherd's purse Strawberry leaf		Peppermint	Mulberry	
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Provided by Dr. Robert Bischoff