

# TYPE O - AVOID LIST

Below you will find a checklist of foods to avoid. I recommend becoming your own case study. Remove and reintroduce these foods to see how you feel. (Only 1 at-a-time) You might save this doc to your device or print off and keep handy for reference until you have created a habit of avoiding these foods for optimal digestion.

## MEATS & POULTRY

Duck liver, Goose liver, ham, Pork and bacon, Quail, Turtle

## SEAFOOD

Abalone, Sea ear, Mutton fish, Barracuda, Catfish, Conch, Frog, Muskellunge, Octopus, Pollock, Atlantic, Squid, calamari

## DAIRY & EGGS

American cheese, Blue cheese, Brie cheese, Buttermilk, Camembert cheese, Casein, Cheddar cheese, Colby cheese, Cottage cheese, Cream cheese, Edam cheese, Egg-goose, Egg-quail, Emmental-Swiss cheese, Gorgonzola cheese, Gouda cheese, Gruyere cheese, Half-and-half, Ice cream, Jarlsberg cheese, Kefir, Manchego, Milk, cow (skim or 2%), Milk, cow (Whole), Milk, goat, Monterey Jack cheese, Muenster cheese, Neufchatel cheese, Paneer cheese, Parmesan cheese, Provolone cheese, Quark cheese, Ricotta cheese, Romano cheese, Roquefort cheese, Sherbet, Sour cream, Stilton cheese, String cheese, Swiss cheese, Whey protein, Yogurt

## OILS & FATS

Avocado oil, Castor oil, Coconut oil, Corn oil, Cottonseed oil, Evening primrose oil, Lard, Margarine, Palm oil, Peanut oil, Safflower oil, Soy oil, Sunflower oil, Wheat germ oil

## NUTS & SEEDS

Beechnut, Brazil nut, Cashew, Cashew butter, Chestnut-European, Litchi/lychee, Peanut, Peanut butter, Peanut flour, Pistachio nut, Poppy seed, Sunflower butter, Sunflower seed

## BEANS & LEGUMES

Copper Bean, Kidney bean, Lentil-all types, Lentil-sprouted, Navy bean, Pinto bean, Pinto Bean-sprouted, Soy bean-sprouted, Tamarind bean

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### GRAINS & CEREALS

Barley, Cornflakes, Cornmeal, hominy, polenta-all corn grains, Cream of wheat, Emmer, Familia, Farina, Faro, Gluten flour, Graham flour, Grape-Nuts, Grits, Kamut, Lentil flour-dahl, Mastic gum, Papadum, Puffed wheat, Seven grain, Shredded Wheat, Sorghum, Wheat, bran, germ, Wheat-bulgar, Wheat-durum, semolina, couscous, Wheat, whole-grain, whole wheat flour, White flour-sprouted

### VEGETABLES

Alfalfa sprouts, Aloe vera, Capers, Cauliflower, Corn, Popcorn, Cucumber, Leek, Mushroom- shiitake, white, silver dollar, Mustard greens, Olive-black, Pickles-all, Potato-blue, red, yellow, white, Quorn, Rhubarb, Spirulina, Taro, Yucca

### FRUITS

Asian pear, Avocado, Bitter melon, Blackberry, Cantaloupe, Coconut meat, Honeydew melon, Kiwi, Orange, Plantain, Tangerine

### BEVERAGES, TEAS & COFFEE

Alfalfa tea, Aloe juice, Aloe tea, Beer, Black tea-all forms, Blackberry juice, Burdock tea, Coconut milk, Coffee, Coltsfoot tea, Corn silk tea, Cucumber juice, Echinacea tea, Gentian tea, Goldenseal Tea, Liquor, distilled, Orange juice, Red clover tea, Rhubarb tea, Saint John's Wort tea, Senna tea, Shepherd's purse tea, Soda, pop (such as colas and diet colas), Strawberry leaf tea, Tangerine juice, Wine, white, Yellow dock tea

### HERBS & SPICES

Guarana, Mace, Nutmeg, Pepper, black

### CONDIMENTS, SWEETENERS & ADDITIVES

Acacia (gum arabic), Aspartame, Carrageenan, Cornstarch, Dextrose, Fructose, Guar gum, High-fructose corn syrup, High-maltose corn syrup, maltodextrin, Invert sugar, Ketchup, MSG, mayonnaise, tofu, soy, Methylcellulose, Mustard, with vinegar and wheat, Pepper, white, Pickle relish, Polysorbate 80, Sodium carboxy-methylcellulose, Sucanat, Sucrose, Tragacanth gum, Vinegar-all types, Worcestershire sauce