

Blood Type O Diet Food List

Category	Food Examples
Highly Beneficial	
Meat & Poultry:	Beef (lean cuts), lamb, venison, chicken, turkey, duck
Seafood:	Salmon, mackerel, sardines, tuna, cod, shrimp, lobster
Vegetables:	Broccoli, spinach, kale, asparagus, Brussels sprouts, onions, garlic
Fruits:	Berries (blueberries, raspberries), apples, pears, pineapple, papaya
Fats & Oils:	Olive oil, avocado oil, coconut oil, flaxseed oil
Nuts & Seeds:	Walnuts, almonds, pumpkin seeds, sunflower seeds
Legumes:	Lentils, black beans, chickpeas (limited amounts)
Neutral	
Grains:	Brown rice, quinoa, buckwheat (limited amounts)
Dairy:	Goat cheese, feta cheese (limited amounts)
Beverages:	Green tea, herbal tea, water
Avoid	
Grains:	Wheat, gluten-containing grains (bread, pasta, cereals)

Dairy: Cow's milk, yogurt, cheese (except limited neutral options)

Beans: Kidney beans, pinto beans (except limited neutral options)

Fruits: Oranges, grapefruit, tangerines (may cause digestive issues)

Vegetables: Corn, potatoes, tomatoes (may cause digestive issues)

Beverages: Coffee (limited amounts), alcohol, sugary drinks

Note: This is a general guide and there may be individual variations. It's important to listen to your body and consult with a healthcare professional or registered dietitian for personalized advice.