

✓ New food database blood type O - Standard

NEUTRAL FOODS

Food	Category	Priority	Breakfast	Lunch	Dinner
Chicken	Protein	Medium	Low	High	High
Chicken breast	Protein	Medium	Low	High	High
Chicken thighs	Protein	Medium	Low	High	High
Chicken wings	Protein	Medium	Low	Medium	High
Turkey	Protein	Medium	Low	High	High
Turkey mince (lean)	Protein	Medium	Low	High	High
Eggs	Protein	Medium	High	Medium	Low
Boiled eggs	Protein	Medium	High	Medium	Low
Scrambled eggs	Protein	Medium	High	Medium	Low
Fried eggs	Protein	Medium	High	Medium	Low
Salmon	Seafood	Medium	Low	High	High
Salmon fillet	Seafood	Medium	Low	High	High
Tuna	Seafood	Medium	Low	High	Medium
Tuna steak	Seafood	Medium	Low	High	Medium
Cod	Seafood	Medium	Low	High	High

Cod fillet	Seafood	Medium	Low	High	High
Mackerel	Seafood	Medium	Low	Medium	High
Sardines	Seafood	Medium	Low	Medium	High
Trout	Seafood	Medium	Low	High	High
Shrimp	Seafood	Medium	Low	High	High
Prawns	Seafood	Medium	Low	High	High
Scallops	Seafood	Medium	Low	Medium	High
Black beans	Legume / Carb	Medium	Low	High	Medium
Chickpeas	Legume / Carb	Medium	Low	High	Medium
Soybeans	Legume / Protein	Medium	Low	Medium	Medium
Tofu	Protein	Medium	Medium	High	High
Almonds	Fat / Nut	Medium	High	Medium	Low
Hazelnuts	Fat / Nut	Medium	High	Medium	Low
Macadamia nuts	Fat / Nut	Medium	High	Medium	Low
Pecans	Fat / Nut	Medium	High	Medium	Low
Pine nuts	Fat / Nut	Medium	Low	Medium	Medium
Sesame seeds	Fat / Seed	Medium	Medium	Medium	Low
Mozzarella	Dairy	Medium	Medium	High	Medium

Feta cheese	Dairy	Medium	Medium	High	Medium
Goat cheese	Dairy	Medium	Medium	High	Medium
Halloumi	Dairy	Medium	Low	High	High
Cottage cheese	Dairy / Protein	Medium	High	Medium	Low
Butter	Fat / Dairy	Medium	Medium	Medium	Medium
Rice	Carb	Medium	Low	High	High
White rice	Carb	Medium	Low	High	High
Brown rice	Carb	Medium	Low	High	High
Rice cakes	Carb	Medium	Medium	Medium	Low
Rice noodles	Carb	Medium	Low	High	High
Sweet potato noodles	Carb	Medium	Low	High	High
Oats	Carb	Medium	High	Low	Low
Oatmeal	Carb	Medium	High	Low	Low
Quinoa	Carb	Medium	Medium	High	Medium
Green beans	Vegetable	Medium	Low	High	High
Peas	Vegetable / Carb	Medium	Low	High	Medium

	Carb				
Cabbage	Vegetable	Medium	Low	High	High
Bell peppers	Vegetable	Medium	Medium	High	High
Radish	Vegetable	Medium	Low	High	Medium
Apples	Fruit	Medium	High	Medium	Low
Apricots	Fruit	Medium	High	Medium	Low
Cranberries	Fruit	Medium	High	Medium	Low
Dates	Fruit	Medium	High	Medium	Low
Grapefruit	Fruit	Medium	High	Medium	Low
Grapes	Fruit	Medium	High	Medium	Low
Lemon	Fruit / Seasoning	Medium	Medium	Medium	Medium
Lime	Fruit / Seasoning	Medium	Medium	Medium	Medium
Melon	Fruit	Medium	High	Medium	Low
Nectarines	Fruit	Medium	High	Medium	Low
Peaches	Fruit	Medium	High	Medium	Low
Pears	Fruit	Medium	High	Medium	Low
Pineapple	Fruit	Medium	High	Medium	Low
Pomegranate	Fruit	Medium	High	Medium	Low
Raspberries	Fruit	Medium	High	Medium	Low

Strawberries	Fruit	Medium	High	Medium	Low
Watermelon	Fruit	Medium	High	Medium	Low
Sesame oil	Fat / Oil	Medium	Low	High	High
Honey	Sweetener	Medium	High	Medium	Low
Maple syrup	Sweetener	Medium	High	Low	Low
Dark chocolate	Treat	Medium	Medium	Low	Low

BENEFICIAL FOODS

Food	Category	Priority	Breakfast	Lunch	Dinner
Beef	Protein	High	Low	High	High
Steak (Beef)	Protein	High	Low	High	High
Ribeye steak	Protein	High	Low	High	High
Sirloin steak	Protein	High	Low	High	High
Minced beef	Protein	High	Low	High	High
Lamb	Protein	High	Low	High	High
Lamb chops	Protein	High	Low	High	High
Lamb mince	Protein	High	Low	High	High
Adzuki beans	Legume / Carb	High	Low	High	Medium
Black-eyed peas	Legume / Carb	High	Low	High	Medium

Walnuts	Fat / Nut	High	High	Medium	Low
Pumpkin seeds	Fat / Seed	High	High	Medium	Low
Flaxseed	Fat / Seed	High	High	Low	Low
Ground flaxseed	Fat / Seed	High	High	Low	Low
Hemp seeds	Fat / Seed	High	High	Low	Low
Chia seeds	Fat / Seed	High	High	Low	Low
Sweet potato	Carb	High	Medium	High	High
Roasted sweet potato	Carb	High	Medium	High	High
Mashed sweet potato	Carb	High	Medium	High	High
Baked sweet potato	Carb	High	Medium	HighH	High
Broccoli	Vegetable	High	Low	High	High
Steamed broccoli	Vegetable	High	Low	High	High
Collard greens	Vegetable	High	Low	Medium	High
Garlic	Vegetable / Seasoning	High	Low	High	High

Ginger	Seasoning	High	Medium	Medium	Medium
Kale	Vegetable	High	Medium	High	High
Onion	Vegetable	High	Low	High	High
Parsley	Herb	High	Low	Medium	Medium
Spinach	Vegetable	High	High	High	High
Romaine lettuce	Vegetable	High	Low	High	Medium
Parsnip	Carb / Vegetable	High	Low	Medium	High
Banana	Fruit	High	High	Medium	Low
Blueberries	Fruit	High	High	Medium	Low
Cherries	Fruit	High	High	Medium	Low
Guava	Fruit	High	High	Medium	Low
Mango	Fruit	High	High	Medium	Low
Plums	Fruit	High	High	Medium	Low
Olive oil	Fat / Oil	High	Low	High	High
Flaxseed oil	Fat / Oil	High	Medium	Medium	Low
Green tea	Drink	High	High	Medium	Low