



besmartwithfood



ALL AVOID LIST

O-type

Copper Beans; Kidney; Navy; Tamarind; Lentils: domestic, green, red Wheat Bagels; Corn muffins; English muffins; High-protein bread; Matzos, wheat; Multi-grain bread; Oat bran muffins; Pumpemickel; Sprouted wheat bread; Wheat bran muffins; Whole wheat bread; Cornflakes Cereal; Commeal; Cream of wheat; Familia; Farina; Grape nuts; Oat bran; Oatmeal; Seven grain; Shredded wheat; Wheat bran & germ; Ketchup; Mayonnaise; Pickles: dill, kosher, sweet, sour; Relish Cheese: American; Blue; Cottage; Cheddar; Brie; Camembert; Colby; Casein; Edam; Emmenthal; Gouda; Gruyere; Jarlsburg; Kefir; Monterey jack; Munster; Parmesan; Provolone; Neufchatel; Ricotta; String; Swiss; Buttermilk; Cream Cheese; Goat Milk; Ice cream; Milk: Skim, 2%; Whole milk yogurt; Whey Blackberries; Caconuts; Cantaloupe; Honeydew melon; Orange; Plantains; Rhubarb; Strawberries; Tangerines Flour: Bulgar wheat; Couscous; Durum wheat; Gluten; Graham; Oat; Sprouted wheat; White; Whole wheat; Noodles, soba; Pasta: Semolina, Spinach Herbal Teas: Alfalfa; Aloe: Burdock; Coltsfoot; Corn silk; Echinacea; Gentian; Goldenseal; Red clover; Rhubarb; Saint-John's-Wort; Senna; Shepherd's purse; Strawberry leaf; Yellow dock; Teas: Black(decaf & regular) Juices: Apple; Apple cider; Cabbage; Orange; Coffee: regular, decaf; Liquor, distilled; Cola; All Soda; Park; Bacon; Goose; Ham; Seafood: Barracuda; Catfish; Caviar; Conch; Herring (pickled); Lox (smoked salmon); Octopus Brazil nuts; Cashew; Litchi; Peanuts; Peanut butter; Pistachios; Pappy seeds; Oils: Corn, Cottonseed, Peanut, Safflower Cinnamon; Comstarch; Com syrup; Nutmeg; Pepper: Black, Ground, White; Capers; Vanilla; Vinegar: Apple cider, Balsamic, Red wine, White Avocado; Cabbage: Chinese, Red, White; Cauliflower; Com: white, yellow; Eggplant; Mushroom: domestic, shitake; Mustard greens; Olives: Black, Greek, Spanish; Potatoes: Red, White; Sprouts: Alfalfa, Brussels