

A LIST

BLOOD TYPE GUIDELINE

MEATS & POULTRY

Highly Beneficial	Neutral	Avoid	
NONE	Chicken Cornish Hens Turkey	Bacon Beef: regular, ground Buffalo Duck Goose Ham Heart Lamb Liver	Mutton Partridge Pheasant Pork Quail Rabbit Veal Venison

SEAFOOD

Highly Beneficial	Neutral	Avoid	
Carp Cod Grouper Mackerel Monkfish Pickerel Red Snapper Rainbow Trout Salmon Sardine Sea Trout Silver Perch Snail Whitefish Yellow Perch	Abalone Albacore (Tuna) Mahimahi Ocean Perch Pike Porgy Sailfish Sea Bass Shark Smelt Snapper Sturgeon Swordfish White Perch Yellow Tail	Anchovy Barracuda Beluga Bluefish Bluegill Bass Catfish Caviar Clam Conch Crab Crayfish Eel Flounder Frog Gray Sole Haddock	Hake Halibut Herring Lobster Lox Mussels Octopus Oysters Scallop Shad Shrimp Sole Squid (Calamari) Striped Bass Tilefish Turtle

EGGS & DAIRY

Highly Beneficial	Neutral	Avoid	
	Farmer Feta Goat Cheese Goat Milk Kefir Mozzarella: Low Fat Ricotta: Low Fat Yogurt: Plain organic, live culture	American Cheese Blue Cheese Brie Butter Buttermilk Camembert Casein Cheddar Colby Cottage Cream Cheese Edam Gouda	Gruyere Ice Cream Jarlsberg Monterey Jack Muster Parmesan Provolone Neufchatel Sherbet Skim or 2% milk Swiss Whey Whole Milk

'A'	MAXIMUM TO CONSUME PER WEEK				
	Food	Portion	African Ancestry	Caucasian Ancestry	Asian Ancestry
Egg	1 Egg	1-3 x	1-3 x	1-3 x	1-3 x
Cheeses	2 oz.	1-3 x	2-4 x	0	0
Yogurt	4-6 oz.	0	1-3 x	0-3 x	0-3 x
Milk	0	0	0	0	0

OILS & FATS

Highly Beneficial	Neutral	Avoid
Olive Oil Sacha Inchi Oil	Cod Liver Oil Flaxseed Oil	Corn Oil Cottonseed Oil Peanut Oil Safflower Oil Sesame Oil Canola Oil

NUTS & SEEDS

Highly Beneficial	Neutral	Avoid
Peanuts Peanut Butter Pumpkin Seeds	Almond Butter Almonds, Chestnuts, Fiberts, Hickory, Litchi, Macadamia, Pignola (Pine) Poppy Seeds Sesame Seeds Sesame Butter (Tahini) Sunflower Butter Sunflower Seeds Walnuts	Brazil Nuts Cashews Pistachios

BEANS & LEGUMES

Highly Beneficial	Neutral	Avoid
Beans: Aduke, Azuki, Black, Green, Pinto, Lentils: Domestic, Green, Red Peas: Black-eyed	Beans: Cannellini, Broad, Fava, Jicama, Snaps, String, white Peas: Green, Pods, Snow	Beans: Copper, Garbanzo, Kidney, Lima, Navy, Red, Tamarind

CEREALS

Highly Beneficial	Neutral	Avoid
Amaranth Buckwheat Kasha	Barley Cornmeal Kamut Millet: Puffed Oat Bran Oatmeal Rice: Puffed, Rice Bran Spelt	Cream of Wheat or Cream of Rice Granola Grape Nuts Wheat Germ Seven Grain Shredded Wheat Wheat Bran

BREADS & MUFFINS

Highly Beneficial	Neutral	Avoid
Essene Bread Ezekiel Bread Rice Cakes Sprouted Bread	Brown Rice Bread Corn Muffins Fin Crisp Gluten-Free Bread Ideal Flat Bread Millet Rye Bread: 100% Rye Crisps Rye Vita Spelt Bread Wasa Bread	Bagels: Wheat Durum Wheat English Muffins High-Protein Bread Matzos: Wheat Multi-Grain Bread Pumpernickel Wheat Bran Muffins Whole Wheat Bread

GRAINS & PASTAS

Highly Beneficial	Neutral	Avoid
Buckwheat Kasha Flour: Oat, Rice, Rye	Couscous Flour: Barley, Bulgur, Graham, Spelt, Sprouted Wheat Noodles: Spelt, Quinoa Rice: Basmati, Brown, Wild	Flour: White, Whole Wheat Pasta: Semolina, Spinach

VEGETABLES

Highly Beneficial	Neutral		Avoid
Artichoke Beet Leaves Broccoli Carrots Collard Greens Dandelion Garlic Horseradish Kale Kohlrabi Leek Lettuce: Romaine Okra Onions Parsley Parsnips Pumpkin Spinach Sprouts: Alfalfa Swiss Chard Turnips	Arugula Asparagus Avocado Bamboo Shoots Beets Bok Choy Caraway Cauliflower Celery Chervil Coriander Corn: White, Yellow Cucumber Daikon Radish Endive Fennel Fiddlehead Ferns Lettuce: Bibb, Boston,	Mushroom: Abalone, Enoki, Portobello, Tree Oyster Mustard Greens Olives: Green Onions: Green Radicchio Radishes Rappini Rutabaga Scallion Seaweed Shallots Sprouts: Brussels, Mung, Radish Squash: All types Water Chestnut Watercress Zucchini	Cabbage: Chinese, Red, White Eggplant Lima Beans Mushroom: Domestic, Shiitake Olives: Black, Greek, Spanish Peppers: Green, Red, Jalapeno, Yellow Potatoes: Sweet, Red, White Tomatoes Yams

FRUIT

Highly Beneficial	Neutral	Avoid
Apricots Blackberries Blueberries Boysenberries Cherries Cranberries Figs: Dried, Fresh, Grapefruit Lemons Pineapple Plums: Dark, Greens, Red Prunes Raisins	Apples Currant: Black, Red Dates Elderberries, Gooseberries Grapes: Red, Concord, Green, Black Guava Kiwi Kumquat Limes Loganberries Nectarines Peaches Pears Persimmons Pomegranates Prickly Pears Raspberries Star Fruit, Carambola Strawberries Watermelon	Bananas Coconuts Mangoes Melons: Cantaloupe, Honeydew Oranges Papayas Plantains Rhubarb Tangerines

JUICE

Highly Beneficial	Neutral	Avoid
Apricot Carrot Celery Cherry: Black Grapefruit Pineapple Prune Water (with Lemon)	Apple, Apple Cider Cabbage Cucumber Cranberry Grape Vegetable Juice, as	Orange Papaya Tomato

CONDIMENTS

Highly Beneficial	Neutral	Avoid
Mustard	Pickles: Dill, Sour, Kosher Salad Dressing (Low-fat, from acceptable ingredients)	Ketchup Mayonnaise Worcestershire Sauce

SPICES

Highly Beneficial	Neutral		Avoid
Barley Malt Blackstrap Molasses Garlic Ginger Miso Tamari	Agar Allspice Almond Extract Anise Arrowroot Basil Bay Leaf Bergamot Cardamom Carob Chervil Chives Chocolate Cinnamon Cloves Coriander Cornstarch Cream of Tartar Cumin Curry Dill Dulse Horseradish	Kelp Marjoram Mint Mustard (dry) Nutmeg Oregano Paprika Parsley Peppermint Pimiento Rice Syrup Rosemary Saffron Sage Salt Savory Spearmint Tamarind Tapioca Tarragon Thyme Turmeric Vanilla	Capers Gelatin: Plain Pepper: Black Ground, Cayenne, Peppercorn, Red Flakes, White Vinegar: White, Balsamic, Red Wine

HERBAL TEAS

Highly Beneficial	Neutral		Avoid
Alfalfa Aloe Burdock Chamomile Echinacea Fenugreek Ginger Ginseng Green Tea Hawthorn Milk Thistle Rose Hips St. John's-Wort Slippery Elm Valerian	Chickweed Coltsfoot Dandelion Dong Quai Elder Gentian Goldenseal Hops Horehound Licorice Root Linden Mulberry Mullein Parsley	Peppermint Raspberry Leaf Sage Sarsaparilla Senna Shepherd's Purse Skullcap Spearmint Strawberry Leaf Thyme Vervain White Birch White Oak Bark Yarrow	Catnip Cayenne Corn Silk Red Clover Rhubarb Yellow Dock

MISC BEVERAGES

Highly Beneficial	Neutral	Avoid
Tea: Green Wine: Red	Wine: White	Beer Coffee: Regular, Decaf Liquor: Distilled Seltzer Water Soda: Club, Cola, Diet Tea, Black: Regular, Decaf