



LIST

BLOOD TYPE GUIDELINE

MEATS & POULTRY

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Lamb Mutton Rabbit Venison	Beef: Regular, Ground Buffalo Liver Pheasant Turkey Veal	Bacon Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail

SEAFOOD

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cod Flounder Grouper Haddock Hake Halibut Mackerel Mahimahi Monkfish Ocean Perch Pickerel Pike Porgy Salmon Sardine Sea Trout Shad Sole Sturgeon Sturgeon Eggs (Caviar)	Abalone Albacore (Tuna) Bluefish Carp Catfish Herring: Fresh, Pickled Rainbow Trout Red Snapper Sailfish Scallop Shark Silver Perch Smelt Snapper Squid (Calamari) Swordfish Tilefish Weakfish White Perch Whitefish Yellow Perch	Anchovy Barracuda Beluga Bluegill Bass Clam Conch Crab Crayfish Eel Frog Lobster Lox (Smoked Salmon) Mussels Octopus Oysters Sea Bass Turtle Yellowtail

EGGS & DAIRY

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cottage Cheese Farmer Feta Goat Cheese Goat Milk Kefir Mozzarella Ricotta Yogurt: plain live culture (See Chart Below)	Brie Butter Buttermilk Camembert Casein Cheddar Colby Cream Cheese Edam Emmenthal Gouda Gruyere Jarlesberg Monterey Jack Munster Neufchatel Parmesan	American Cheese Blue Cheese Ice Cream String Cheese

	Provolone Sherbet Swiss Whey	
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Blood Type 'B'	Maximum To Consume Per Week			
	Food	Portion	African Ancestry	Caucasian Ancestry
Egg	1 Egg	3-4 x	3-4 x	5-6 x
Cheeses	2 oz.	3-4 x	3-5 x	2-3 x
Yogurt	4-6 oz.	0-4 x	2-4 x	1-3 x

OILS & FATS

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

NUTS & SEEDS

Highly Beneficial	Neutral	Avoid
NONE	Almond Butter Nuts: Almonds, Brazil, Chestnuts, Hickory, Litchi, Macadamia, Pecans, Walnuts	Nuts: Cashews, Filberts, Pignola (pine), Pistachio Peanuts Peanut Butter Poppy Seeds Pumpkin Seeds Sesame Butter (Tahini) Sesame Seeds Sunflower Butter Sunflower Seeds

BEANS & LEGUMES

Highly Beneficial	Neutral	Avoid
Beans: Kidney, Lima, Navy	Beans: Broad, Cannellini, Copper, Green, Java, Jicama, Northern, Red, Snap, String, Tamarind, White Peas: Green, Pods	Beans: Aduke, Azuki, Black, Garbanzo, Pinto Lentils: Domestic, Green, Red Peas: Black-Eyed

CEREALS

Highly Beneficial	Neutral	Avoid
Millet Rice: Puffed Rice Bran Spelt	Cream of Rice Oatmeal Oat Bran	Amaranth Barley Buckwheat Cornflakes Cornmeal Cream of Wheat Kamut Kasha Rye Seven-Grain Shredded Wheat Wheat Bran Wheat Germ

BREADS & MUFFINS

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Brown Rice Bread Essene Bread Ezekiel Bread Fin Crisp Millet Rice Cakes Wasa Bread	Gluten-Free Bread High Protein No-Wheat Bread Ideal Flat Bread Oat Bran Muffins Pumpnickel Spelt Bread Soy Flour Bread	Bagels: Wheat Corn Muffins Durum Wheat Multi-Grain Bread 100% Rye Crisp Rye Crisp Rye Vita Wheat Bran Muffins Whole Wheat Bread

GRAINS & PASTAS

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Rice Flour	Flour: Graham, Spelt, White Pasta: Semolina, Spinach Quinoa Rice: Bismati, Brown Oat Flour	Buckwheat Kasha Couscous Flour: Barley, Rye, Bulgur Wheat, Durum Wheat, Whole Wheat, Gluten Pasta: Artichoke Noodles: Soba Rice: Wild

VEGETABLES

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Beets Beet Leaves Broccoli Cabbage: Chinese, Red, White Carrots Cauliflower Collard Greens Eggplant Kale Lima beans Mushroom: Shiitake Mustard Greens Parsley Parsnips Peppers: Green, Red, Jalapeno, Yellow Potatoes: Sweet Sprouts: Brussels Yams: all types	Arugula Asparagus Bamboo Shoots Bok Choy Celery Chervil Chicory Cucumber Daikon Radish Dandelion Dill Endive Escarole Fennel Fiddlehead Ferns Garlic Ginger Horseradish Kohlrabi Leek Lettuce: Bib, Boston, Iceberg, Romaine, Mesclun Mushrooms: Abalone, Domestic, Enoki, Portobello, Tree Oyster Okra Onions: Green, Red, Spanish, Yellow Potatoes: Red, White Radicchio Rappini Rutabaga Scallion	Artichoke: Domestic, Jerusalem Avocado Corn: White, Yellow Olives: Black, Greek, Green, Spanish Pumpkin Radishes Sprouts: Mung, Radish Tempeh Tofu Tomato

	Seaweed Shallots Snow Peas Spinach Sprouts: Alfalfa Squash: All types Swiss Chard Turnips Water Chestnut Watercress Zucchini	
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FRUIT

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cranberries Grapes: Black, Red, Concord, Green Papaya Pineapple Plums: Dark, Red, Green	Apples Apricots Bananas Blackberries Blueberries Boysenberries Cherries Currants: Black, Red Dates Elderberries Figs: Dried, Fresh Gooseberries Grapefruit Guava Kiwi Kumquat Lemons Limes Loganberries Mangoes Melon: Cantaloupe, Canang, Crenshaw, Christmas, Casaba, Honeydew, Musk, Spanish, Watermelon Nectarines Oranges Peaches Pears Plantains Prunes Raisins Raspberries Strawberries Tangerines	Coconuts Persimmons Pomegranates Prickly Pear Rhubarb Starfruit (Carambola)

JUICES & FLUIDS

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cabbage Cranberry Pineapple	Apple Apple Cider Apricot Carrot Celery Cherry: Black Cucumber Grapefruit Orange	Tomato

	Prune Water (with lemon) Vegetable Juice (corresponding with highlighted vegetables)	
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CONDIMENTS

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
NONE	Apple Butter Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Pickles: Sour, Dill, Kosher, Sweet Relish Salad Dressing (low-fat, from acceptable ingredients) Worcestershire sauce	Ketchup

SPICES

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cayenne Pepper Curry Ginger Horseradish Parsley	Agar Anise Arrowroot Basil Bay Leaf Bergamot Brown Rice Syrup Capers Caraway Cardamom Carob Chervil Chives Chocolate Clove Coriander Cream of Tartar Cumin Dill Dulse Garlic Honey Kelp Maple Syrup Marjoram Mint Miso Molasses Mustard (Dry) Nutmeg Oregano Paprika Pepper: Peppercorn, Red Flakes Peppermint Pimiento Rice Syrup Rosemary	Allspice Almond Extract Barley Malt Cinnamon Cornstarch Corn Syrup Gelatin, plain Pepper: Black ground, White Tapioca

	Saffron Sage Salt Savory Soy Sauce Spearmint Sugar: Brown, White Tamarind Tarragon Thyme Turmeric Vanilla Vinegar: Apple Cider, Balsamic, White, Red Wine Wintergreen	
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HERBAL TEAS

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

MISC BEVERAGES

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Tea: Green	Wine: Red, White	Liquor: Distilled Seltzer Water Soda: Club, Cola, Diet, Other