



LIST

BLOOD TYPE GUIDELINE

MEATS & POULTRY

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

SEAFOOD

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

EGGS & DAIRY

Highly Beneficial	Neutral	Avoid
(See Chart Below)	Butter Farmer Feta Goat Cheese Mozzarella	American Blue Cheese Brie Buttermilk Camenbert Casein

		Cheddar Colby Cottage Cream Cheese Edam Emmenthal Goat Milk Gouda Gruyere Ice Cream Jarlsburg Kefir Monterey Jack Munster Neufchatel Parmesan Provolone Ricotta Skim or 2% Milk String Cheese Swiss Whey Whole Milk Yogurt: All varieties
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Blood Type 'O'	Maximum To Consume Per Week				
	Food	Portion	African Ancestry	Caucasian Ancestry	Asian Ancestry
Egg	1 Egg		0	3-4 x	5 x
Cheeses	2 oz.		0	0-1x	0-1 x
Yogurt	4-6 oz.		0	0-31x	0-1 x
Milk	4-6 oz.		0	0	0

OILS & FATS

Highly Beneficial	Neutral	Avoid
Olive Oil	Cod Liver oil Sesame Oil	Canola Oil Linseed (Flaxseed) Oil Corn Oil Cottonseed Oil Peanut Oil Safflower Oil

NUTS & SEEDS

Highly Beneficial	Neutral	Avoid
Pumpkin Seeds Walnuts	Almonds Almond Butter Chestnuts Filberts Hickory Macadamia Pecans Pignola (Pine) Sesame Butter (Tahini) Sesame Seeds Sunflower Butter Sunflower Seeds	Brazil Cashews Litchi Peanuts Peanut Butter Pistacios Poppy Seeds

BEANS & LEGUMES

Highly Beneficial	Neutral	Avoid
Aduke, Azuki, Pinto, Black-Eyed	Beans: Black, Broad, Cannellini, Fava, Garbanzo, Green, Jicama, Lima,	Beans: Copper, Kidney, Navy, Tamarind Lentils: Domestic, Green, Red

	Northern, Red, Red Soy, Snap, String, White Peas: Green, Pods	
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CEREALS

Highly Beneficial	Neutral	Avoid
NONE	Amaranth Barley Buckwheat Cream of Rice Kamut Kasha Millet: Puffed Rice Bran Rice: Puffed Spelt	Cornflakes Cornmeal Cream of Wheat Farina Farina Grape Nuts Oat Bran Oatmeal Seven-Grain Shredded Wheat Wheat Bran Wheat Germ

BREADS & MUFFINS

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

GRAINS & PASTAS

Highly Beneficial	Neutral	Avoid
NONE	Barley Flour Buckwheat Kasha Pasta: Artichoke Quinoa Rice: Basmati, Wild, Brown, White Rice Flour Rye Flour Spelt Flour	Bulgur Wheat Flour Couscous Flour Durum Wheat Flour Gluten Flour Graham Flour Oat Flour Soba Noodles Pasta: Semolina, Spinach Sprouted Wheat Flour White Flour Whole Wheat Flour

VEGETABLES

Highly Beneficial	Neutral	Avoid
Artichoke: Domestic, Jerusalem Beet Leaves Broccoli Chicory Collard Greens Dandelion Escarole Garlic Horseradish Kale	Arugula Asparagus Bamboo Shoots Beets Bok Choy Caraway Carrots Celery Chervil Coriander Cucumber	Avocado Cabbage: Chinese, Red, White Cauliflower Corn: White, Yellow Eggplant Mushroom: Domestic, Shitake Mustard Greens Olives: Black, Greek, Spanish

Kohlrabi Leek Lettuce: Romaine Okra Onions: Red, Spanish, Yellow Parsley Parsnips Peppers: Red Potatoes: Sweet Pumpkin Seaweed Spinach Swiss Chard Turnips	Daikon Dill Endive Fennel Fiddlehead Ferns Ginger Lettuce: Biff, Boston, Iceberg, Mesclun Lima Beans Mushroom: Abalone, Enoki, Portobello, Tree Oyster Olives: Green Onions: Green Peppers: Green, Yellow, Jalapeno Radicchio Radishes Rappini Rutabaga Scallion Shallots Snow Peas Sprouts: Mung, Radish Squash: All Types Tempeh Tofu Tomato Water Chestnut Watercress Yams: All Types Zucchini	Potatoes: Red, White Sprouts: Alfalfa, Brussels
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FRUIT

Highly Beneficial	Neutral	Avoid
Figs: Dried, Fresh Plums: Dark, Green, Red Prunes	Apples Apricots Bananas Blueberries Boysenberries Cherries Cranberries Currants: Black, Red Dates: Red Elderberries Gooseberries Grapefruit Grapes: Red, Concord, Black, Green Guava Kiwi Kumquat Lemons Limes Loganberries Mangoes Melons: Canang, Casaba, Crenshaw, Christmas, Musk, Spanish, Watermelon	Blackberries Coconuts Melons: Cantaloupe, Honeydew Oranges Plantains Rhubarb Strawberries Tangerines

	Nectarines Papayas Peaches Pears Persimmons Pineapples Pomegranates Prickly Pear Raisins Raspberries Starfruit (carambola)	
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JUICES & FLUIDS

Highly Beneficial	Neutral	Avoid
Black Cherry Pineapple Prune	Apricot Carrot Celery Cranberry Cucumber Grape Grapefruit Papaya Tomato Water (with lemon) Vegetable Juice (Corresponding with highlighted vegetables)	Apple Apple Cider Cabbage Orange

CONDIMENTS

Highly Beneficial	Neutral	Avoid
NONE	Apple Butter Jam (From acceptable fruits) Jelly (From acceptable fruits) Mayonnaise Mustard Worcestershire sauce	Ketchup Pickles: Dill, Kosher, Sweet, Sour Relish

SPICES

Highly Beneficial	Neutral	Avoid
Carob Curry Dulse Kelp (Bladder Wrack) Parsley Pepper: Cayenne Turmeric	Agar Allspice Almond Extract Anise Arrowroot Barley Malt Basil Bay Leaf Bergamot Brown Rice Syrup Cardamom Chervil Chives Chocolate Cloves Coriander Cream of Tartar Cumin Dill Garlic Horseradish Maple Syrup	Capers Cinnamon Cornstarch Corn Syrup Nutmeg Pepper: Black Ground, White Vanilla Vinegar: Apple Cider, Balsamic, Red Wine, White

	Marjoram Mint Miso Molasses Mustard (Dry) Paprika Pepper: Peppercorn, Red Flakes Peppermint Pimiento Rice Syrup Rosemary Saffron Sage Salt Savory Spearmint Sucanat Tamari Tamarind Tapioca Tarragon Thyme Wintergreen	
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HERBAL TEAS

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

MISC BEVERAGES

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