



LIST

BLOOD TYPE GUIDELINE

MEATS & POULTRY

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

SEAFOOD

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

EGGS & DAIRY

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cottage Cheese	Cheddar, white	American Cheese

Farmer Feta Goat Cheese Goat Milk Kefir Mozzarella Ricotta Yogurt (See Chart Below)	Colby Cream Cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey Jack Munster Neufchatel String Cheese Swiss	Blue Cheese Brie Butter Buttermilk Camembert Ice Cream Parmesan Provolone Sherbet Whole Milk
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Blood Type 'B'	Maximum To Consume Per Week			
	Food	Portion	African Ancestry	Caucasian Ancestry
Egg	1 Egg	3-5 x	3-4 x	2-3 x
Cheeses	2 oz.	2-3 x	3-4 x	3-4 x
Yogurt	4-6 oz.	2-3 x	3-4 x	1-3 x
Milk	0	0	0	0

OILS & FATS

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

NUTS & SEEDS

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

BEANS & LEGUMES

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

CEREALS

Highly Beneficial	Neutral	Avoid
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Millet Rice Bran Rice: Puffed Spelt	Amaranth Barley Cream of Rice Oatmeal	Buckwheat Cornflakes Cornmeal Kamut Kasha
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BREADS & MUFFINS

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Brown Rice Bread Essene Bread Ezekiel Bread Fin Crisp Millet Rice Cakes 100% Rye Bread Rye Vita Spouted Rye Bread Wasa Bread	Bagels: Wheat Durum Wheat Gluten-free Bread High-protein Bread Ideal Flat Bread Matzos: Wheat Multi-Grain Bread Oat Bran Muffins Pumpernickel Spelt Bread	Corn Muffins

GRAINS & PASTAS

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

VEGETABLES

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Beet Leaves Beets Broccoli Cauliflower Celery Collard Greens Cucumber Dandelion Eggplant Garlic Kale Mustard Greens Parsley Parsnips Potatoes: Sweet Sprouts: Alfalfa Yams: All Types	Arugula Asparagus Bamboo Shoots Bok Choy Cabbage: Chinese, Red, White Caraway Carrots Chervil Chicory Coriander Daikon Endive Escarole Fennel Fiddlehead Ferns Ginger Horseradish Kohlrabi	Artichoke, Domestic, Jerusalem Avocado Corn: White, Yellow Lima Beans Mushroom: Abalone, Shitake Olives: Black Peppers: Green, Red, Jalapeno, Yellow Radishes Sprouts: Mung, Radish

	Leek Lettuce: Bibb, Boston, Iceberg, Mesclun, Romaine Mushroom: Domestic, Enoki, Portobello, Oyster, Tree Okra Olives: Green, Red, Spanish, Yellow Potatoes: Red, White Pumpkin Radicchio Rappini Rutabaga Scallion Seaweed Shallots Snow Peas Spinach Sprouts: Brussels Squash: All Types Swiss Chard Tomato Turnips Water Chestnut Watercress Zucchini	
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FRUIT

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

	Plantains Prunes Raisins Raspberries Strawberries Tangerines	
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JUICES & FLUIDS

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Cabbage Carrot Celery Cherry: Black Cranberry Papaya	Apple Apple Cider Apricot Cucumber Grapefruit Pineapple Prune Water (With lemon) Vegetable Juice (Corresponding with highlighted vegetables)	Orange

CONDIMENTS

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

SPICES

<i>Highly Beneficial</i>	<i>Neutral</i>	<i>Avoid</i>
Curry Garlic Horseradish Miso Parsley	Agar Arrowroot Basil Bay Leaf Bergamot Brown Rice Syrup Cardamom Carob Chervil Chive Chocolate Cinnamon Clove Coriander Cream of Tartar Cumin	Allspice Almond Extract Anise Barley Malt Capers Cornstarch Corn Syrup Gelatin: Plain Pepper: Black Ground, Cayenne, Peppercorn, Red Flakes, White Tapioca Vinegar: Apple Cider, Balsamic, White, Red Wine

	Dill Dulse Honey Kelp Maple Syrup Marjoram Mint Molasses Mustard (Dry) Nutmeg Paprika Peppermint Pimiento Rice Syrup Rosemary Saffron Sage Salt Savory Soy Sauce Spearmint Tamari Tamarind Tarragon Thyme Turmeric Vanilla Wintergreen	
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HERBAL TEAS

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

	White Oak Bark Yarrow Yellow Dock	
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MISC BEVERAGES

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