

Blood Type B : Chart

| Food Group | Highly Beneficial | Neutral | Avoid |
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| Meat & Poultry | lamb, mutton, rabbit, venison, turkey | beef, ground beef, buffalo, liver, pheasant, turkey, veal | bacon, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, quail |
| Seafood | cod, flounder, grouper, haddock, hake, halibut, mackerel, mahimahi, monkfish, oceans perch, pickerel, pike, porgy, sardine, sea trout, shad, sole, sturgeon, sturgeon eggs (caviar) | abalone, albacore (tuna), bluefish, carp, catfish, herring (fresh & pickled), rainbow trout, red snapper, sailfish, salmon, 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, shrimp, snail, striped bass, turtle, yellowtail |
| Eggs & Dairy | cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, skim or 2% milk, yogurt with fruit, frozen yogurt | Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cream cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Parmesan, provolone, sherbet, soy cheese, soy milk, Swiss, whey, whole milk | American cheese, blue, ice cream, string cheese |
| Oils & Fats | olive <u>oil</u> | cod liver oil, linseed (flaxseed), peanut oil | canola oil, corn oil, cottonseed oil, peanut oil safflower oil, sesame oil, sunflower oil |
| Nuts & Seeds | none | almonds, almond butter, Brazil, chestnuts, hickory, litchis, macadamias, pecans, walnuts | cashew, filberts, pignoli (pine), pistachios peanuts, peanut butter, poppy seeds, pumpkin seeds, sesame seeds, sesame butter (tahini), sunflower butter, sunflower seeds |
| Beans & Legumes | kidney beans, lima beans, <u>navy</u> beans | broad beans, cannellini beans, copper beans, fava beans, northern beans, green beans, jicama beans, snap beans, string beans, tamarind beans, white beans, green peas, pea pods, soy beans | adzuki beans, black beans, garbanzo beans, pinto beans, lentils (domestic, red & green), black-eyed peas |
| Cereals | millet, oat bran, oatmeal, puffed rice, rice bran, spelt | Cream of Rice, Familia, farina, granola, Grape Nuts, seven-grain, | amaranth, barley, buckwheat, Cream of wheat, kamut, rye, seven-grain, shredded wheat, wheat bran, wheat |

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| | | shredded wheat, soy flakes, soy granules, wheat bran, wheat germ | germ |
| Breads & Muffins | brown-rice bread, Essene bread, Ezekial bread, millet, rice cakes, | gluten-free bread, high-protein no-wheat bread, oat bran muffins, spelt bread, soy-flour bread pumpernickel wheat-bran muffins, wheat bread, whole-wheat bread, spelt bread | wheat bagels, corn muffins, durum wheat, multi-grain bread, 100% rye bread, rye crisp, Rye Vita, wheat-bran muffins, whole-wheat bread, Fin crisp, Wasa bread, Ideal flat bread, pumpernickel |
| Grains & Pasta | oat flour, rice flour | graham flour, spelt flour, white flour, semolina pasta, spinach pasta, quinoa, basmati rice, brown rice, white rice | kasha buckwheat, couscous, barley flour, bulgur wheat flour, durum-wheat flour, gluten flour, rye flour, whole-wheat flour, artichoke pasta, soba noodles, wild rice |
| Vegetables | beet leaves, beets, broccoli, Chinese cabbage, red cabbage, white cabbage, carrots, cauliflower, collard greens, eggplant, kale, lima beans, shiitake mushrooms, garlic, mustard greens, parsley, parsnips, green peppers, jalapeno peppers, red peppers, yellow peppers, sweet potatoes, Brussel sprouts, all types yams | arugula, asparagus, bamboo shoots, bok choy, celery, chervil, chicory, cucumber, daikon radish, dandelion, dill, endive, escarole, fennel, fiddlehead ferns, garlic, ginger, horseradish, kohlrabi, leek, bibb lettuce, Boston lettuce, iceburg lettuce, mesclun lettuce, romaine lettuce, abalone mushrooms, domestic mushrooms, enoki mushrooms, Portobello mushrooms, tree oysters mushrooms, okra, green onions, Spanish onions, yellow onions, radicchio, rappini, rutabaga, scallion, seaweed, shallots, snow peas, spinach, alfalfa sprouts, all types squash, Swiss chard, turnips, water chestnuts, watercress, zucchini | domestic & Jerusalem artichokes, avocado, white & yellow corn, black olives, green olives, Greek olives, Spanish olives, pumpkin, radishes, mung sprouts, radish sprouts, tempeh, tofu, tomato |
| Fruits | bananas, cranberries, black grapes, concord grapes, green grapes, red grapes, papaya, pineapple, dark plums, | apples, apricots, blackberries, blueberries, boysenberries, cherries, black & red currants, elderberries, dried figs, | coconuts, persimmons, pomegranates, prickly pear, rhubarb, starfruit |

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| | green plums, red plums | fresh figs, gooseberries, grapefruit, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, canang melon, cantaloupe, casaba melon, Christmas melon, Crenshaw melon, honeydew melon, muskmelon, Spanish melon, watermelon, nectarines, oranges, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines | |
| Juices & Fluids | cabbage, cranberry, grape, papaya, pineapple, | apples, apple cider, apricot, carrot, celery, black cherry, cucumber, grapefruit, orange, prune, water with lemon, vegetable juice (based on Type AB diet) | tomato |
| Spices | cayenne pepper, curry, ginger, horseradish, parsley | agar, anise, arrowroot, basil, bay leaf, brown-rice syrup, capers, caraway, cardamom, carob, celery seeds, chervil, chives, chocolate, clove, coriander, cream of tarter, cumin, dill, dulse, garlic, honey, kelp, maple syrup, marjoram, mint, miso, molasses, mustard (dry), nutmeg, oregano, paprika, peppercorn pepper, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, white & brown sugar, tamari, tamarind, tarragon, thyme, vanilla extract, apple cider vinegar, balsamic vinegar, red wine vinegar, wintergreen | Allspice, almond extract, barley malt, cinnamon, cornstarch, corn syrup, plain gelatin, ground black pepper, white pepper, tapioca |
| Condiment | none | apple butter, jam & jelly | ketchup |

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| s | | from acceptable fruits, mayonnaise, mustard, dill pickles, kosher pickles, sweet pickles, sour pickles, relish, salad dressing (from Type AB ingredients), Worcestershire sauce | |
| Misc. Beverages | green tea | beer, regular & decaf coffee, black decaf tea, black regular tea, red wine, white wine | distilled liquors, seltzer water, cola soda, diet cola & other sodas, |