

TYPE B BLOOD/BODY FOOD LIST

MEATS AND POULTRY

HIGHLY BENEFICIAL

Lamb, Mutton, Rabbit, Venison

NEUTRAL

Beef, Buffalo, Liver, Pheasant, Turkey, Veal

AVOID

Bacon, Chicken, Cornish Hens, Duck, Goose, Ham, Heart, Partridge, Pork, Quail

SEAFOOD

HIGHLY BENEFICIAL

Cod, Flounder, Grouper, Haddock, Hake, Halibut, Mackerel, Mahi-Mahi, Monkfish, Ocean Perch, Pickerel, Pike, Progy, Salmon, Sardine, Sea Trout, Shad, Sole, Sturgeon (And Eggs)

NEUTRAL

Abalone, Albacore (Tuna), Bluefish, Carp, Catfish, Herring (Fresh, Pickled), Perch (Silver, White, Yellow), Rainbow Trout, Red Snapper, Sailfish, Scallop, Shark, Smelt, Snapper, Squid (Calamaari), Swordfish, Tilefish, Weakfish, Whitefish.

AVOID

Anchovy, Barracuda, Beluga, Bluegill Bass, Clam, Crab, Crayfish, Eel, Frog, Lobster, Lox (Smoked Salmon), Mussels, Octopus, Oysters, Sea Bass, Shrimp, Snail, Striped Bass, Turtle, Yellowtail.

DAIRY AND EGGS

HIGHLY BENEFICIAL

Cottage Cheese, Farmer, Feta, Goat (Cheese, Milk), Kefir, Mozzarella, Ricotta, Yogurt

NEUTRAL

Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Parmesan, Provolone, Sherbet, Soy (Cheese, Milk), Swiss, Whey, Whole Milk.

AVOID

American, Blue, Ice Cream, String Cheese.

OILS AND FATS

HIGHLY BENEFICIAL

Olive Oil

NEUTRAL

Cod Liver Oil
Flaxseed Oil (Only Take In Raw Form, Do Not Cook With It)

AVOID

Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower

NUTS AND SEEDS

HIGHLY BENEFICIAL

None!

NEUTRAL

Almond, Brazil, Chestnuts, Hickory, Litchi, Macadamia, Pecans, Walnuts.

AVOID

Nuts: Cashews, Filberts, Pignola (Pine), Pistachio, Peanuts
Seeds: Poppy, Pumpkin, Sesame, Sunflower.

BEANS AND LEGUMES

HIGHLY BENEFICIAL

Kidney, Lima, Navy, Soy (Red)

NEUTRAL

Beans: Broad, Cannellini, Copper, Fava, Green, Jicama, Northern, Red, Snap, Sting, Tamarind, White.
Green Peas, Pea Pods.

AVOID

Aduke or Azuki, Black Beans Black-Eyed Peas, Garbanzo, Pinto, Lentils.

GRAINS, FLOWER & PASTA

HIGHLY BENEFICIAL

Grains: Millet, Oats, Rice, Spelt.
Flower/Breads: Essence Bread, Ezekiel Bread, Millet, Oat, Rice, Spelt.
Pasta: Rice, Spelt

NEUTRAL

Grains: Quinoa
Flower: Quinoa, Soy
Pasta: Spinich, Quinoa

AVOID

Amaranth, Artichoke Pasta, Barley, Buckwheat, Corn, Gluten, Kamut, Wheat, Rye.

VEGETABLES

HIGHLY BENEFICIAL

Beets & Tops, Broccoli, Brussels Sprouts, Cabbage (Chinese, Red, White), Carrots, Cauliflower, Collard Greens, Eggplant, Kale, Lima Beans, Mushroom (Shiitake), Mustard Greens, Parsley, parsnips, Peppers (Green, Jalapeno, Red, Yellow), Sweet Potatoes, Yams.

NEUTRAL

Alfalfa Sprouts, Argula, Asparagus, Bamboo Shoots, Bok Choy, Celery, Chervil, Chicory, Cucumber, Diakon Radish, Dandelion, Dill, Endive, Escarole, Fennel, Fiddlehead Ferns, Garlic, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (Bibb, Boston, Iceberg, Romaine, Mesclun), Mushroom (Abalone, Domestic, Enoki, Portobello, Tree Oyster), Okra, Onions (Green, Red, Spanish, Yellow), Potatoes (Red, White), Radicchio, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Snow Peas, Spinach, Squash (All Types), Swiss Chard, Turnips, Water Chestnut, Watercress, Zucchini.

AVOID

Artichoke (Domestic, Jerusalem), Avocado, Corn, Olives (Black, Green, Greek, Spanish), Pumpkin, Radishes, Sprouts (Mung, Radish), Tempeh, Tofu

FRUITS

HIGHLY BENEFICIAL

Bananas, Cranberries, Grapes, Papaya, Pineapple, Plums.

NEUTRAL

Apples, Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Currants, Dates, Elderberries, Figs, Gooseberries, Grapefruit, Kumquat, Lemons, Limes, Longaberries, Mangoes, Melon (Canang, Cantaloupe, Casaba, Christmas, Crenshaw, Honeydew, Musk, Spanish, Watermelon), Nectarines, Oranges, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines.

AVOID

Coconuts, Persimmons, Pomegranates, Prickly Pears, Rhubarb, Starfruit (Carambola), Tomato.

JUICES AND FLUIDS

HIGHLY BENEFICIAL

Cabbage, Cranberry, Grape, Papaya, Pineapple.

NEUTRAL

Apple, Apricot, Black Cherry, Carrot, Celery, Cucumber, Grapefruit, Orange, Prune, Water (esp With Lemon), Vegetable Juice (With Ok'd Vegetables)

AVOID

Tomato.

SPICES

HIGHLY BENEFICIAL

Cayenne Pepper, Curry, Ginger, Horseradish, Parsley.

NEUTRAL

Agar, Anise, Arrowroot, Basil, Bay Leaf, Bergamot, Brown Rice Syrup, Capers, Caraway, Cardamom, Carob, Chervil, Chives, Chocolate, Clove, Coriander, Cream Of Tartar, Dill, Culse, Garlic, Honey, Kelp, Maple Syrup, Marjoram, Mint, Miso, Molasses, Mustard (Dry), Nutmeg, Oregano, Paprika, Pepper (Peppercorn, Red Flakes,), Peppermint, Pimiento,

Rosemary, Saffron, Sage, Salt, Savory, Soy Sauce, Spearmint, Sucasat, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Vinegar (Apple Cider, Balsamic, Red Wine, White), Wintergreen.

AVOID

Allspice, Almond Extract, Anise, Barley Malt, Cinnamon, Cornstarch, Corn Syrup, Gelatin, Pepper (Black, White), Tapioca.

CONDIMENTS

HIGHLY BENEFICIAL

None!

NEUTRAL

Apple Butter, Jam & Jelly (From Acceptable Fruits), Mayonnaise, Mustard, Pickles (dill, kosher, sour, sweet), Relish, Salad Dressing (From Acceptable Ingredients), Worcestershire sauce.

AVOID

Ketchup.

MISCELLANEOUS BEVERAGES

HIGHLY BENEFICIAL

Green Tea, Water, Herbal Teas.

AVOID

Liquor (Distilled), Soda.