

Type B Diet

(Foods that are beneficial act like medicine; foods to avoid act like poison).

Meats & Poultry – There appears to be a connection between stress, autoimmune disorders and red meat
In Type B's.

(Highly Beneficial): Lamb, Mutton, Rabbit, Venison

(Neutral): Beef, Beef (ground), Buffalo, Liver, Pheasant, Turkey, Veal.

(AVOID): Bacon, Chicken, Cornish hens, Duck, Goose, Ham, Heart, Partridge, Pork, Quail.

Seafood– Type B's thrive on seafood, especially deep-ocean fish, such as cod and salmon.

(Highly Beneficial): Cod, Flounder, Grouper, Haddock, Hake, Halibut, Mackerel, Mahimahi, Monkfish,
Ocean Perch, Pickerel, Pike, Porgy, Salmon, Sardine, Sea Trout, Shad, Sole, Sturgeon (and caviar).

(Neutral): 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.

(AVOID): Anchovy, Barracuda, Beluga, Bluegill, Clam, Conch, Crab, Crayfish, Eel, Frog, Lobster,
Lox (smoked salmon), Mussels, Octopus, Oysters, Sea bass, Shrimp, Snail, Stripped bass,
Turtle, Yellowtail.

Dairy & Eggs – Type B is the only blood type that can fully enjoy a variety of dairy foods.

(Highly Beneficial): Cottage cheese, Farmer, Feta, Goat Cheese, Goat milk, Kefir, Mozzarella,
Ricotta, Skim milk (or 2%), Yogurt, Yogurt (with fruit, frozen).

(Neutral): 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.

(AVOID): American cheese, Blue cheese, Ice cream, String cheese.

Oil & Fats

(Highly Beneficial): Olive oil.

(Neutral): Cod liver oil, Linseed (flaxseed) oil.

(AVOID): Oil (canola, corn, cottonseed, peanut, safflower, sesame, sunflower).

PARTNERS IN HEALTH CARE *Naturally*

Nuts & Seeds – Most nuts and seeds are not advised for type B's.

(Neutral): Almond butter, Nuts (almonds, Brazil, chestnuts, hickory, litchi, macadamia, pecans, walnuts).

(AVOID): Nuts (cashews, filberts, pignola (pine), pistachio), Peanuts, Peanut butter, Seeds (pumpkin, poppy), Sesame butter (tahini), Sesame seeds, Sunflower butter, Sunflower seeds.

Beans & Legumes – Some beans and legumes may interfere with insulin production in Type B's.

(Highly Beneficial): Beans (kidney, lima, navy, red soy).

(Neutral): Beans (broad, cannellini, copper, fava, green, jicama, northern, red, snap, string, tamarind, white, green, pods).

(AVOID): Beans (aduke, azuki, black garbanzo, pinto), Lentils (domestic, green, red), Peas (black-eyed).

Cereals – Wheat is not tolerated well by most Type B's.

(Highly Beneficial): Millet, Oat Bran, Oatmeal, Rice (puffed), Rice Bran, Spelt.

(Neutral): Cream of rice, Familia, Farina, Granola, Grape Nuts.

(AVOID): Amaranth, Barley Buckwheat, Cornflakes, Cornmeal, Cream of wheat, Kamut, Kasha, Rye, 7-grain, Shredded wheat, Wheat bran, Wheat germ.

Breads & Muffins – Recommendations are similar to those for cereals.

(Highly Beneficial): Brown rice bread, Essene & Ezekiel bread, Fin crisp, Millet, Rice cakes, Wasa bread.

(Neutral): Gluten-free bread, High protein no-wheat bread, Ideal Flat bread, Oat bran muffins, Pumpernickel, Spelt bread, Soy flour bread.

(AVOID): Bagels (wheat), Corn muffins, Durum wheat, Bread (multi-grain, 100% rye, whole wheat), Rye Crisp, Rye vita, Wheat bran muffins.

Grains & Pasta

(Highly Beneficial): Flour (Oat, Rice).

(Neutral): Flour (graham, spelt, white), Pasta (semolina, spinach), Quinoa, Rice (basmati, brown, white).

(AVOID): Buckwheat kasha, Couscous, Flour (barley, bulgar wheat, Durum wheat, gluten, rye, whole wheat), Pasta (artichoke), Noodles (soba), Rice (wild).

Vegetables – Eliminate tomatoes completely from a Type B diet.

(Highly Beneficial): Beets, Beet Leaves, Broccoli, Cabbage (Red, White, Chinese), Carrots, Cauliflower, Collard Greens, Eggplant, Kale, Lima Beans, Mushroom (shiitake), Mustard Greens, Parsley, Parsnips, Peppers (Green, Jalapeno, Red, Yellow), Potatoes (Sweet), Sprouts (Brussels), Yams (All types).

(Neutral): Arugula, Asparagus, Bamboo shoots, Bok choy, Celery, Chervil, Chicory, Cucumber, Daikon radish, Dill, Dandelion, Endive, Escarole, Fennel, Fiddlehead ferns, Garlic, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (Bibb, Boston, iceberg, romaine, Mesclun), Mushrooms (abalone, domestic, enoki, portobello, tree oyster), Okra, Onions (green, red, Spanish, yellow), Potatoes (red, white), Radicchio, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Snow peas, Spinach, Sprout (Alfalfa), Squash (all types), Swiss chard, Turnips, Water chestnuts, Watercress, Zucchini.

(AVOID): Artichoke (domestic, Jerusalem), Avocado, Corn (white, yellow), Olives (black, green, Greek, Spanish), Pumpkin, Radishes, Sprouts (mung, radish), Tempeh, Tofu, Tomato.

Fruits

(Highly Beneficial): Bananas, Cranberries, Grapes (Black, Concord, Green, Red), Papaya, Pineapple, Plums (Dark, Green, Red).

(Neutral): Apples, Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Currant (black, red), Dates, Figs (dried, fresh), Elderberries, Gooseberries, Grapefruit, Guava, Kiwi, Kumquat, Lemons, Limes, Loganberries, Mangoes, Melon (cantaloupe, casaba, Christmas, Crenshaw, honeydew, musk, Spanish, watermelon), Nectarines, Oranges, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines.

(AVOID) – Coconuts, Persimmons, Pomegranates, Prickly pear, Rhubarb, Starfruit (carambola).

PARTNERS IN HEALTH CARE *Naturally*

Juices & Fluids – Most fruit and vegetable juice are OK for Type B's.

(Highly Beneficial): Cabbage, Cranberry, Grape, Papaya, Pineapple.

(Neutral): Apple, Apple cider, Apricot, Carrot, Celery Cherry (black), Cucumber, Grapefruit, Orange, Prune, Water (with lemon), Vegetable juice (corresponding with highlighted Vegetables).

(AVOID): Tomato (eliminate from Type B diet).

Spices – Type B's do best with warming herbs, such as ginger, horseradish, curry, and cayenne pepper.

(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, Cumin, Dill, Dulce, Garlic, Honey, Kelp, Maple syrup, Marjoram, Mint, Miso, Molasses, Mustard (dry), Nutmeg, Oregano, Paprika, Pepper (peppercorn, Red Flakes), Peppermint, Pimiento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Sugar (brown, white), Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Vinegar (apple cider, Balsamic, red wine, white), Wintergreen.

(AVOID): Allspice, Almond extract, Barley malt, Cinnamon, Cornstarch, Gelatin (plain), Pepper (white, black ground), Tapioca.

Condiments – Condiments are basically either neutral or bad for all type B's. B's have a Difficulty with ketchup.

(Neutral): Apple butter, Jam and jelly (from acceptable fruits), Mayonnaise, Mustard, Pickles (dill, kosher, sour, sweet), Relish, Salad dressing (low fat, from acceptable Ingredients), Worcestershire sauce.

(AVOID): Ketchup.