

**Beneficial Foods** (bold print) possess components that enhance your metabolic, immune or structural health.

**Neutral Foods** (standard print) have no direct benefit or harm, but supply nutrients necessary for good health.

**Avoid Foods** (*separate area*) contain components that are harmful for your blood type.

(Not in Alphabetical Order & Please ignore any errors)

## BLOOD TYPE B:

**MEAT:** Goat, Lamb, Mutton, Rabbit, Venison, Beef, Buffalo, Calf Liver, Ostrich, Pheasant, Turkey, Veal **FISH:** Croaker, Monk Fish, Ocean Perch, Pickerel, Sardine, Caviar, Cod, Flounder, Grouper, Haddock, Hake, Halibut, Harvest fish, Mackerel, Mahimahi, Pike, Porgy, Salmon, Shad, Sole, Sturgeon, Abalone, Bluefish, Bullhead, carp, Catfish, Chub, Cusk, Drum, Gray sole, Halfmoon fish, Fresh & Pickled Herring (Kippers), Lox, Mullet, Muskellunge, Opaleye Fish, Orange Roughy, Parrot Fish, Silver - White & Yellow Perch, Pompano, Red Snapper, Rosefish, Sailfish, Scallop, Scrod, Scup, Shark, Smelt, Squid, Sucker, Sunfish, Swordfish, Tilapia, Tilefish, Tuna, Weakfish, Whitefish, Whiting **DAIRY & EGGS:** Farmer- Goat- Mozzarella- Ricotta- Cottage & Feta Cheeses. Kefir, Paneer, Goat Milk, Cow Milk (Whole, 2% & Skim), Yogurt, Brie, Butter, Buttermilk, Camembert, Casein, Chicken Egg Yolk & White, Ghee, Gouda, Gruyere, Half & Half, Sherbert, Sour Cream (Low & Non-Fat), Whey. Cheddar- Colby- Cream- Edam- Emmenthal- Jarlsberg- Monterey Jack- Munster- Neufchatel- Parmesan- Provolone- Quark & Swiss Cheeses **BEANS:** Kidney, Navy & Lima Beans. Broad, Cannellini, Copper, Fava, Green, Northern, Red, Snap, Soy, Tamarind & White Beans, Jicama. **NUTS & SEEDS:** Black Walnut, Almond Products, Beechnut, Brazil Nut, Butternut, Chestnut, Flaxseed, Hickory, Litchi, Macadamia, Pecan, Pecan Butter, English Walnut. **GRAINS & STARCHES:** Essene Bread(manna), Millet, Rice(puffed, bran, milk, cake & flour), Oat Products, Spelt. Barley, Ezekiel Bread, Gluten-free Bread, Malt, Quinoa, Cream of Rice, Rice (White/Brown/Basmati) Bread, Soy Flour Bread, Spelt flour products, Wheat (semolina flour products), Wheat (White flour products), Wheat Sprouted Bread. **VEGGIES:** Beet, Beet Greens(+Juice), Broccoli, Brussel Sprouts, Carrot, Collard Greens, Ginger, Kale, Shiitake Mushroom, Mustard Greens, Parsnip, Sweet Potato, Cabbage(chinese, red, white, +juice),Cauliflower, Eggplant, Pepper (green/yellow/jalapeno/red/cayenne), Yam. Agar, Alfalfa Sprouts, Arugula, Asparagus, Asparagus Pea, Bamboo Shoot, Bok Choy, Caper, Carrot Juice, Celeriac, Celery(+Juice), Chervil, Chicory, Chili Pepper, Cilantro, Cucumber(+Juice), Daikon Radish, Dandelion, Endive, Escarole, Fennel, Fiddlehead Fern, Garlic, Horseradish, Kelp, Koglrahi, Leek, Lettuce (bib, boston, iceberg, mesclun, romaine), Mushroom (Abalone, silver dollar, maitake, oyster, enoki, protobello, straw), Okra, Onion (green, red, spanish, yellow), Oyster Plant, Pea (green, pod, snow), Pickle (in brine & vinegar), Pimento, Poi, Potato (white, red, blue, yellow), Radicchio, Rappini, Rutabaga, Sauerkraut, Scallion, Seaweed, Senna, Shallots, Spinach (+Juice), Squash (summer, winter), String Bean, Swiss Chard, Taro, Turnip, Water Chestnut, Watercress, Yucca, Zucchini. **FRUIT:** (Cranberry, Pineapple, Papaya + Their Juices), Plum (dark, green, red), Watermelon, Banana, All Grape Types. (Apple, Apple Cider, Apricot, Blackberry, Grapefruit, Guava, Lemon, Lime, Mango, Nectarine, Orange, Pear, Prune, Tangerine + Their Juices), Asian Pear, Blueberry, Boysenberry, Breadfruit, Melons (Canang, Casaba, Christmas, Crenshaw, Musk, Persian, Spanish), Cantaloupe, All Cherries, Currants (black, red), Date, Dewberry, Elderberry (dark blue, purple), Fig (fresh, dried), Gooseberry, Honeydew, Kiwi, Kumquat, Loganberry, Mulberry, Peach, Plantain, Quince, Raisin, Raspberry, Sage Palm, Strawberry, Water & Lemon, Youngberry. **OILS:** Olive. Almond, Black Currant, Cod Liver, Evening Primrose, Flaxseed(Linseed), Walnut, Wheat Germ. **HERBS/SPICES&CONDIMENTS:** Curry, Licorice Root, Molasses, Parsley. Anise, Apple Pectin, Arrowroot, Basil, Bay Leaf, Bergamot, Caraway, Cardamon, Carob, Chili Powder, Chives, Chocolate, Clove, Coriander, Cream of Tartar, Cumin, Dill, Dulce, Fructose, Honey, Mace, Maple Syrup, Marjoram, Mayonnaise, Mint, Molasses, Mustards, Nutmeg, Oregano, Paprika, Pepper, Peppermint, Pickle Relish, Rice syrup, Rosemary, Saffron. Sage, Salad Dressing, Savory, Sea Salt, Spearmint, Sugars, Tamari, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Vinegar(apple cider). **BEVERAGES:** Green Tea. Beer, Coffee, Black Tea, Red & White Wine.

**AVOID:** **MEAT:** Chicken, Cornish Hens, Duck, Partridge, Quail, Squirrel, Bacon/Ham/Pork, Goose, Grouse, Guinea Hen, Heart, Horse, Squab, Turtle. **FISH:** Anchovy, Bass-bluegill,sea&striped. Beluga, Clam, Conch, Crab, Eel, Frog, Lobster, Mollusks, Mussels, Octopus, Oyster, Pollack, Shrimp. **DAIRY&EGGS:** Eggs-duck, goose, quail & salmon. Ice cream, Cheeses- american, blue & string. **BEANS&LEGUMES:** Adzuki, Black, Black Eyed Peas, Garbanzo, Lentils- domestic, green, red. Mung Sprouts, Navy, Pinto, Soy- flakes, granules, tempeh, tofu, cheese, milk & miso. **NUTS & SEEDS:** Cashews, Peanuts and butter, Pine(pignola), Pistachio, Poppy, Pumpkin, Safflower, Sesame and butter, Sunflower and butter, Filbert(hazelnut). **GRAINS&STARCHES:** Buckwheat(Kasha), Corn products, Kamut, Rye, Soba Noodles, Sorghum, Amaranth, Artichoke pasta, Couscous, Gluten flour,Wild Rice, Tapioca, Teff, Wheat. **VEGETABLES:** Acacia(Arabic gum), Aloe Products, All Olives, Radish, Rhubarb, Tomato Products, Artichokes, Junipers, Pumpkin. **FRUITS:** Avocado, Persimmon, Pomegranate, Coconut Milk, Prickly Pear, Starfruit. **OILS:** Borage seed, Castor, Coconut, Corn, Cottonseed, Peanut, Safflower, Sesame, Soy, Sunflower, Canola. **HERBS,SPICES&CONDIMENTS:** Almond Extract, Aspartame, Carrageenan, Corn Syrup, Cornstarch, Guar Gum, Ketchup, MSG, Peppers, Allspice, Barley Malt, Cinnamon, Dextrose, Gelatin plain, Guarana, Maltodextrin, Soy sauce, Stevia, Sucanat. **BEVERAGES:** Distilled Liquor, Seltzer Water, Club Soda, All Sodas.

**Lifestyle:** Blood Type B benefit the most with more intense physical exercise that relates to mental and social development (not aerobic) Tennis, Martial Arts, Cycling, Hiking and Golf. The avoidance of the red flag foods, such as; chicken, corn, buckwheat, lentils, peanuts, sesame seeds & tomatoes... will decrease the risk of insulin resistance and a slow metabolism that are Blood Type B difficulties. Due to the correct acid levels in the stomach and alkaline levels in the intestinal track, B's normally have fewer food allergies than the other types. Although, B's have dysfunctional immune reactions due to most bacteria having B-like antigens. They also have susceptibility to slow growing viral infections. Naturally high basal cortisol levels (stress hormone), makes it imperative for B's to seek Balance in all that they do. Imbalance causes an overreaction to stress, difficulty recovering from stress, disrupted sleep patterns, lethargy, etc. Daily relaxing (creative) breaks, visualization, community service, spontaneity, and expression of your non-conformist side are the healthiest focuses for all B's.

**Supplements:** Magnesium (stress and metabolism boost), CoQ10 & Lipoic Acid (antioxidants), L-Carnitine (reduces insulin resistance), Biotin (fat metabolism), Chromium ( controls blood sugar levels) Zinc (growth hormone function), Vit B6 (protein metabolism)