

Foods for ALL Blood Groups

MEAT	DAIRY	Vegetable/VegJuice	Vegetable/VegJuice
Turkey	NONE	Continued	Continued
Ostrich			
	EGG	Bok Choy	Squash
	Chicken Egg White	Broccoli	Swiss Chard
FISH	Chicken Egg Yolk	Carrot	Turnip
Bullhead		Carrot Juice	Water Chestnut
Carp	BEAN/LEGUME	Celeriac	Watercress
Chub	Cannellini Bean	Celery	Zucchini
Cod	Green Bean	Chicory	
Croaker	Northern Bean	Collard Greens	Fruit/Fruit Juice
Cusk	Snap Bean	Daikon Radish	Black Cherry Juice
Drum	String Bean	Dandelion	Blueberry
Halfmoon Fish	White Bean	Endive	Boysenberry
Mackerel		Escarole	Breadfruit
Mahi Mahi	NUT/SEED	Fennel	Canang Melon
Monkfish	Almond	Fiddlehead Fern	Cherry
Mullet	Butternut	Garlic	Christman Melon
Orange Roughy	Flaxseed	Ginger	Cranberry/Juice
Parrot Fish	Hickory	Horseradish	Crenshaw Melon
Perch	Macadamia	Kale	Currants
Pickrel	Pecan	Kelp	Elderberry
Pike	Walnut	Kohlrabi	Fig
Pompano		Lettuce Iceberg	Gooseberry
Porgy	GRAIN	Lettuce Romaine	Grape
Red Snapper	Essene Bread	Mushrooms-	Grapefruit/Juice
Rosefish	Manna Bread	Enoki, Maitake	Kumquat
Sailfish	Ezekiel Bread	Oyster, Portobello	Lemon/Juice
Salmon	Millet	and Straw	Lime/Juice
Sardine	Quinoa	Okra	Mulberry
Scrod	Cream of Rice	Onions (all)	Muskmelon
Shark	Puffed Rice	Oyster Plant	Nectarine
Smelt	Rice (all but Wild)	Parsnip	Peach
Sturgeon	Rice Bran	Peas (all)	Pear/Juice
Sucker	Rice Milk	Pimento	Persian Melon
Sunfish		Radicchio	Pineapple/Juice
Swordfish	Vegetable/VegJuice	Rappini	Plum
Tilapia	Arugula	Rutabaga	Raisin
Tuna	Asparagus	Scallion	Raspberry
Weakfish	Bamboo Shoot	Seaweed	Spanish Melon
Whitefish	Beet Greens	Shallot	Watermelon
	Beet	Spinach	Youngberry

Red letters

are Beneficial

for ALL

Blood Groups

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OILS	HERBS & SPICES	CONDIMENTS	SWEETNERS
Almond Oil	Arrowroot	Apple Pectin	Molasses
Black Currant Seed Oil	Basil	Jam/Jelly *	
Flax Seed Oil	Bay Leaf	Mustard**	
Linseed Oil	Bergamot	Salad Dressing *	BEVERAGES
Olive Oil	Caraway	Sea Salt	Green Tea
Walnut Oil	Cardamom	Yeast, Bakers	Red Wine
	Carob	Yeast, Brewers	
SUPPLEMENTS	Chervil		
Arabinogalactan	Chives		
Bromelain	Chocolate		
Calcium Citrate	Cilantro		
Co enzyme Q10	Clove		
Coriander	Coriander	*- with Okd ingredients	
Deflect	Cream of Tartar	**--no wheat or vinegar	
Elderberry	Cumin		
Feverfew	Curry		
Ginger Root	Dill		
Goldenseal	Dulse		
Green Tea	Licorice Root		
Hibiscus	Marjoram		
L-glutathione	Mustard, Dry		
Magnesium	Oregano		
Marigold	Paprika		
Moducare	Parsley		
Pineapple enzyme	Peppermint		
Primrose Oil	Rosemary		
Proberry	Saffron		
Probiotics	Sage		
Triphala	Savory		
Vit B (Folic Acid)	Spearmint		
Vitamin B3 (Niacin)	Tamarind		
Vit C (Rose Hips)	Tarragon		
Vitamin D	Thyme		
Vitamin E	Turmeric		
Wild Oat			
Witchhazel			
Yerba Santa			
Zinc			

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