

Foods for All Blood Groups to **AVOID**

Bacon/Pork/Ham

Barracuda ^

American Cheese

Blue Cheese

Ice Cream

Rhubarb

Bitter Melon

Coconut #

Coconut Milk #

Coconut Oil *

Corn Oil

Cottenseed Oil

Acacia (Arabic Gum)

Pepper

Carrageenan

Guar Gum

Ketchup

MSG *

Worcestershire Sauce

Aspartame

Liquor (Distilled) ^ +

Soda (Misc./Diet/Cola)

Exceptions

AB nonsecretors only +

B nonsecretors only ^

O nonsecretors only *

A nonsecretors only #

(a nonsecretor test can be performed but the status only affects 20% of each type's population.)