

BLOOD TYPE "B" DIET RECOMMENDATIONS

	Highly Beneficial	Neutral	Avoid
Meats & Poultry – <i>There appears to be a connection between stress, autoimmune disorders & red meat in Type B's</i>	Lamb, Mutton, Rabbit, Venison	Beef, Beef (ground), Buffalo, Liver, Pheasant, Turkey, Veal	Bacon, Chicken, Cornish hens, Duck, Goose, Ham, Heart, Partridge, Pork, Quail
Seafood – <i>Type B's thrive on seafood, especially deep-ocean fish such as cod & salmon</i>	Cod, flounder, grouper, haddock, hake, halibut, mackerel, mahimahi, monkfish, ocean perch, pickerel, pike, porgy, salmon, sardine, sea trout, shad, sole, sturgeon (and caviar)	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	Anchovy, barracuda, beluga, bluegill, clam, conch, craab, crayfish, eel, frog, lobster, lox (smoked salmon), mussels, octopus, oysters, sea bass, shrimp, snail, striped bass, turtle, yellowtail
Dairy & Eggs – <i>Type B is the only blood type that can fully enjoy a variety of dairy foods</i>	Cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, skin milk (or 2%), yogurt, yogurt (with fruit, frozen)	Brie, butter, buttermilk, camembert, casein, ceddar, colby, cream cheese, edam, emmenthal, gouda, gruyere, jarisberg, monterey jack, munster, neufchatel, parmesan, provolone, sherbert, soy cheese, soy milk, swiss, whey, whole milk	American cheese, blue cheese, ice cream, string cheese
Oils & Fats	Olive oil	Cod liver oil, linseed (flaxseed) Oil	Oil (canola, corn, cottonseed, peanut, safflower, sesame, sunflower)
Nuts & Seeds	Most nuts & seeds are not advised for type B's	Almond butter, nuts (almonds, Brazil, chestnuts, hickory, litchi, macadamia, pecans)	Nuts (cashews, filberts, pignola-pine, pistachio), peanuts, peanut butter, seeds (pumpkin, poppy), sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds
Beans & Legumes – <i>The avoidance beans may interfere with insulin production in Type B's</i>	Beans (kidney, lima, navy, red soy)	Beans (broad, cannellini, copper, fava, green, jicama, northern, red, snap, string, tamarind, white), Peas (green, pods)	Beans (aduke, azuki, black, garbanzo, pinto), Lentils (domestic, green, red), Peas (black-eyed)

Cereals –	Millet, oat bran, oatmeal,	Cream of rice, familia,	Amaranth, barley, buckwheat,
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<i>Wheat is not tolerated well by most Type B's</i>	rice	farina, granola, grape nuts	cornflakes, cornmeal, cream of wheat, kamut, kasha, rye, 7-grain, shredded wheat, wheat bran, wheat germ
Grains & Pasta	Flour (oat, rice)	Flour (graham, spelt, white), pasta (semolina, spinach), quinoa, rice (basmati, brown, white)	Buckwheat kasha, couscous, flour (barley, bulgur wheat, durum wheat, gluten, rye, whole wheat), pasta (artichokes), noodles (soba), rice (wild)
Vegetables – <i>Eliminate tomatoes completely from Type B diet</i>	Beets, beet leaves, broccoli, cabbage (red, white, chinese), carrots, cauliflower, collard, greens, eggplant, kale, lima beans, mushroom (shitake), mustard greens, parsley, parsnips, peppers (green, jalapeno, red, yellow), potatoes (sweet), sprouts (brussels), yams (all types)	Arugula, asparagus, bamboo shoots, bok choy, celery, chervil, chicory, cucumber, daikon radish, dill, dandelion, endive, escarole, fennel, fiddlehead ferns, garlic, ginger, horseradish, kohlabi, leek, lettuce (bibb, boston, iceberg, romaine, mesculin), 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, sprouts (alfalfa) squash (all types), swiss chard, turnips, water chestnut, watercress, zucchini	Artichoke (domestic, jerusalem), avocado, corn (white, yellow), olives (black, green, greek, spanish), pumpkin, radishes, sprouts (mung, radish), tempeh, tofu, tomato
Fruits	Bananas, cranberries, grapes (black, concord, green, red), papaya, pineapple, plums (dark, green, red)	Apples, apricots, blackberries, blueberries, boysenberries, cherries, currants (black, red), dates, figs (dried, fresh), elderberries, gooseberries, grapefruit, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, melon (canang, cantaloupe, casaba, christmas, crenshaw, honeydew, musk, spanish, watermelon), nectarines, oranges, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines	Coconuts, persimmons, pomegranates, prickly pear, rhubarb, starfruit (carambola)

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<p>Juices & Fluids – <i>Most fruit & vegetables juices are OK for Type B's</i></p>	<p>Cabbage, cranberry, grape, papaya, pineapple</p>	<p>Apple, apple cider, apricot, carrot, celery, cherry (black), cucumber, grapefruit, orange, prune, water (with lemon), vegetable juice (corresponding with highlighted vegetables)</p>	<p>Tomato – eliminate from Type B diet</p>
<p>Spices – <i>Type B's do best with warming herbs, such as ginger, horseradish, curry & cayenne pepper</i></p>	<p>Cayenne Pepper, curry, ginger, horseradish</p>	<p>Agar, anise, arrowroot, basil, bay leaf, bergamot, brown rice syrup, capers, caraway, cardamom, carob, chervil, chives, chocolate, clove, coriander, cream of tartar, cumim, dill, dulse, 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, thyme, tarragon, tumeric, vanilla, vinegar (apple cider, balsamic, red wine, white), wintergreen</p>	<p>Allspice, almond extract, barley malt, cinnamon, cornstarch, corn syrup, gelatin (plain), pepper (white, black ground), tapioca</p>
<p>Condiments – Basically either neutral or bad for all types. B's have difficulty with ketsup</p>		<p>Apple butter, jam & jelly (from acceptable fruits), mayonnaise, mustard, pickles (dill, kosher, sour, sweet), relish, salad dressing (lowfat, from acceptable ingredients), worcestershire sauce</p>	<p>Ketsup</p>