



Blood Type B

	Beneficial Foods	Foods to Avoid
Meats/Poultry	Eggs, Lamb, Mutton, Rabbit, Venison	Bacon, Chicken, Duck, Goose, Ham, Heart, Liver, Pork, Quail
Seafood	Caviar, Cod, Flounder, Haddock, Hake, Halibut, Mackerel, Ocean Perch, Salmon, Sardine, Sea trout, Sole	Anchovy, Bass, Clam, Crab, Crayfish, Eel, Prawn, Lobster, Mussels, Octopus, Oyster, Smoked Salmon
Dairy Substitutes	Cottage Cheese, Feta, Goat Cheese, Goat Milk, Mozzarella, Ricotta, Skim or 2% fat milk, Yogurt	Blue cheese, Ice cream
Oils/Fats	Olive oil	Canola, Corn, Cottonseed, Peanut, safflower, Sesame, Sunflower
Nuts/Seeds		Cashew, Hazelnut, Pinenut, Pistachio, Peanut Butter, Peanut, Poppy, Pumpkin, Sesame, Sunflower
Beans/Legumes	Kidney, Lima, Navy, Red Soy	Aduki, Black, Pinto, Chickpeas, Lentil, Black-eyed beans, Tempeh, Tofu
Cereals	Millet, Oat bran, Oat meal, Rice puffed, Ricebran, Spelt	Amaranth, Barley, Buckwheat, Corn, flakes, Cornmeal, Cream of wheat, Mixed grain, Rye, Wheat bran, Wheat germ, Wheat
Breads/Cakes	Essene bread, Rice cakes, Brown rice bread, Millet	Bagels, Wheat, Corn muffins, Durum wheat, 100% Rye bread, Multigrain bread, Rye crispbread, Wheat bran muffins, Whole wheat bread
Grains/Pastas	Flour, oat flour, Rice	White Flour, Whole Wheat Flour, Semolina Pasta, Spinach Pasta
Vegetables	Beets, Beet leaves, Broccoli, Brussel Sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Collard Greens, Eggplant, Kale, Lima Beans, Shiitake Mushrooms, Mustard greens, Parsley, Parsnip, Jalapeno peppers, Sweet Potato,	Artichoke, Avocado, Corn, Olives, Pumpkin, Radishes & Sprouts, Mung Sprouts, Tomato



Blood Type B - continued

	Beneficial Foods	Foods to Avoid
Fruit	Banana, Cranberries, Grapes, Pawpaw, Pineapple, Plums	Coconut, Persimmon, Pomegranate, Rhubarb, Starfruit
Juices	Cabbage, Cranberry, Grape, Pawpaw, Pineapple	Tomato
Spices	Cayenne pepper, Curry, Ginger, Horseradish, Parsley	All spice, Almond extract, Barley malt, Cinnamon, Cornflour, Corn Syrup, Gelatine, Pepper, Tapioca
Condiments		Tomato Sauce
Herbal Teas	Ginger, Ginseng, Liquorice, Parsley, Peppermint, Rosehip, Raspberry leaf, Sage	Aloe, Corn silk, Fenugreek, Gentian, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Skullcap
Miscellaneous Beverages	Tea, Green Tea	Alcoholic Spirits, Soda Water, Soft Drink