

EAT RIGHT FOR YOUR BLOOD TYPE - TYPE B - NON-SECRETOR

Alkaline or neutral foods in bold type

Super foods underscored

#Contains lectin or other agglutinin

* Good for lowering blood pressure and cholesterol

HIGHLY BENEFICIAL

NEUTRAL

AVOID

Meats and Poultry

goat
lamb
liver
mutton
rabbit
venison

beef
beef, ground
buffalo
heart
horse
ostrich

pheasant
squab
sweetbreads
turkey
veal

bacon
chicken#
cornish hens#
duck#
goose#
grouse
guinea hen#

ham
partridge#
pork
quail
squirrel
turtle

Seafood

carp
cod
croaker
grouper
haddock
hake
harvest fish
mackerel*
mahimahi
monkfish
ocean perch
pickarel
porgy
sardine*
shad
sturgeon

abalone
albacore tuna
barracuda
blue fish
bullhead
butterfish
catfish
caviar
chub
cusk
drum
flounder#
gray sole
halfmoon fish
halibut
herring (fresh)
herring (pickled)
mullet
muskellunge
opaleye fish
orange roughy
parrotfish
pike
pompano

red snapper
rosefish
salmon
sailfish
scrod
scup
shark
silver perch
smelt
snail#
snapper
sole
squid (calamari)
sucker
sunfish
swordfish#
tilapia
tilefish
tuna
weakfish
white perch
whitefish
whiting
yellow perch
yellowtail

anchovy#
beluga
bluegill bass
brook trout#
clam#
conch
crab
crayfish
eel#
frog
lobster
lox (smoked salmon)
mussels

octopus
oysters
pollack
rainbow trout#
salmon roe#
scallop
sea bass#
sea trout#
shrimp
striped bass
turtle

Eggs

chicken eggs
chicken egg white
chicken egg yolk

duck eggs
goose egg
quail egg

Dairy

farmer
feta
ghee(clarified butter)
goat cheese
goat milk
kefir
mozzarella
paneer
ricotta
whey
yogurt
yogurt with fruit
yogurt, frozen

brie
butter
buttermilk
casein
colby
cottage cheese
cream cheese
edam
gouda

gruyere
half and half
milk skim or 2%
milk whole
neufchatel
quark cheese
sherbet
sour cream
soy cheese*
soy milk*

American cheese
blue cheese
camembert
cheddar
emmental
ice cream
jarlsberg
monterey jack
munster
parmesan
provolone
string cheese
swiss

Oils and fats

black currant seed
flaxseed oil*
olive oil*

almond oil
cod liver oil
evening primrose

walnut oil
wheat germ oil

borage seed oil
canola oil
castor oil
coconut oil
corn oil#

cottonseed oil
peanut oil
safflower oil
sesame oil#
soy oil#
sunflower oil#

Nuts and seeds

black walnuts
walnuts English*

almond butter*
almonds*
beechnut
Brazil nuts*
butternut
chestnuts*
flaxseed

hickory nuts*
litchi nuts*
macadamia nuts*
pecans*
pumpkin seeds

cashews
filberts
pine nuts#
pistachios
peanuts#
peanut butter#
poppy seeds#

safflower seed#
sesame butter
(tahini)#
sesame seeds#
sunflower seeds#
sunflower butter

Beans and legumes

beans, broad*
beans, cannellini*
beans copper*
beans, fava*
beans, green*
beans, kidney*
beans, lima*
beans, navy*
beans, northern*

beans, red*
beans, snap*
beans, string*
beans, tamarind*
beans, white*
jicama
soy milk#

beans, adzuki#
black-eyed peas#
beans, black#
beans, garbanzo#
mung beans/
sprouts#
beans, pinto#
lentils, domestic#

lentils, green#
lentils, red#
soybeans
soy flakes#
soy cheese#
tempeh(fermented soy)#
tofu (soy cake)#

Grains

Essene bread
millet
rice (puffed)

rice bran
rice cake /flour
rice milk

amaranth#
artichoke flour/pasta#
barley
Ezekiel bread
gluten-free bread
oat flour
oat/oat bran/oatmeal
quinoa
rice (cream of)
rice (basmati)
rice (brown)
rice (white)
rice (wild)

sorghum#
spelt (whole)
spelt flour/products
tapioca
wheat bread
sprouted com-
mercial, except
Essene & Ezekiel

buckwheat/kasha#
corn#
cornmeal#
couscous
gluten flour
kamut
popcorn#
rye flour (whole rye)#
rye/100% rye bread#
soba noodles#
soy flour/bread
teff#
wheat (bran)#
wheat (germ)

wheat (gluten flour
products)#
wheat (refined
unbleached)
wheat (semolina
flour products)
wheat (white flour
products)

wheat (whole wheat
products)

Vegetables

beets
beet leaves
broccoli*
brussels sprouts
carrots
cauliflower#
cayenne pepper
collard greens*
garlic*
ginger
kale*
lima beans
mustard greens
okra
onions, green*
onions, red*
onions, Spanish*
onions, white

mushroom, shitake
parsley*
parsnips
potatoes, sweet
sprouts, brussels
yams, all types

agar
alfalfa sprouts
artichoke, domestic
artichoke, Jerusalem
arugula
asparagus
bamboo shoots
bok choy
cabbage, chinese
cabbage, red
cabbage, white
caper
carrot juice
celeriac
celery/juice
chervil
chicory
chili pepper

lettuce, mesclun
mushrm, abalone
mushrm, domestic
mushroom, enoki
mushroom, maitake
mushrm, portobello
mushrm, tree oyster
peas, green*
pea pods*
peppers, green
peppers, jalapeno
peppers, red
peppers, yellow
pickles
pimentos
poi
pumpkin
radicchio

aloe/aloe tea#
avocado#
corn, white
corn, yellow
juniper
olives, black
olives, green
olives, Greek
olives, Spanish
potatoes, red
potatoes, white
potatoes, yellow
radishes
sprouts, mung
sprouts, radish
tempeh
tofu

onions, yellow*

cucumber/juice
daikon radish
dandelion
dill
eggplant
endive
escarole
fennel
fiddlehead ferns

horseradish
kelp
kohlrabi
leek
lettuce, Bibb
lettuce, Boston
lettuce, iceberg
lettuce, romaine

rappini
rutabaga
sauer kraut
scallion
seaweed
shallots
snow peas
spinach/juice*
sprouts, alfalfa
squash, all types
swiss chard
taro
tomato/juice
turnips
water chestnuts
watercress
yucca
zucchini

Fruits/Fruit Juices

blackberries
blueberries
boysenberries
cherries
currants, black
currants, red
cranberries
elderberries
figs, dried*
figs, fresh
grapes, black
grapes, concord
grapes, green
grapes, red
quava/juice

papaya/juice
pineapple/juice
plums, dark
plums, green
plums, red
raspberries
watermelon

apples/juice*
apricots/juice
Asian pears
bananas
dates
gooseberries
grapefruit
kiwi
kumquat
lemons/juice
lemon with water
limes/juice
loganberries
mangoes/juice
melon, canang
melon, casaba
melon, Christmas
melon, crenshaw

melon, musk
melon, Persian
melon, spanish
mulberry
nectarines/juice
oranges/juice
peaches
pears/juice
plantains
prunes*
quince
raisins
strawberries
tangerines
youngberry

avocado
bitter melon
coconuts
melon, cantaloupe
melon, honeydew
persimmons#
pomegranates#
prickly pear
rhubarb
starfruit#

Herbs & Spices

cayenne pepper
curry
ginger
horseradish
licorice root
oregano
parsley

anise
arrowroot
basil
bay leaf
bergamot
capers
caraway
cardamom
carob
chervil
chili powder
chives
chocolate*
cilantro
clove
coriander
cream of tartar
cumin
dill
dulce
garlic
kelp
mace

marjoram
mint
miso
mustard (dry)
nutmeg
paprika
pepper, peppercorn
pepper, red flakes
peppermint
pimiento
rosemary*
saffron
sage
salt
savory
senna
soy sauce
spearmint
tamarind
tarragon
thyme
turmeric
vanilla
wintergreen

agar
arabic gum
allspice
almond extract
cinnamon
cornstarch#
gelatin, plain
guarana
pepper, black ground
pepper, white

Herbal teas

ginger
ginseng
licorice
parsley
peppermint
raspberry leaf
rose hips
sage

alfalfa
burdock
catnip
cayenne
chamomile
chickweed
dandelion
dong quai
echinacea
elder
goldenseal
green tea
hawthorn
horehound

licorice root
mulberry
Saint-John's wort
sarsaparilla
slippery elm
spearmint
strawberry leaf
thyme
valerian
vervain
white birch
white oak bark
yarrow
yellow dock

aloe
coltsfoot
corn silk
fenugreek
gentian
hops
linden
mullein
red clover
rhubarb
senna
shepherd's purse
skullcap

Miscellaneous beverages

green tea*
wine, red
wine, white

beer
liquor, distilled
seltzer water
soda, club

coffee, decaf
coffee, regular
soda, cola
soda, diet
soda, other

tea, black decaf
tea, black regular

Condiments

yeast(brewer's)

apple butter
jam (from
acceptable fruit)
jelly (from
acceptable fruit)
mayonaise
mustard-wheat free
pickles, dill
pickles, kosher
pickles, sour

pickles, sweet
salad dressing(low-
fat from acceptable
ingredients
sea salt
tamari
vinegar(all)
yeast(baker's)

carrageenan
gelatin, plain
guar gum
ketchup#
miso#
MSG
mustard with wheat and vinegar
mustard with wheat,vinegar free
pickle relish

soy sauce#
worcestershire
sauce

Sweeteners

blackstrap molasses

honey
maple syrup
molasses

rice syrup
stevia

almond extract
aspartame
barley malt
corn syrup#
dextrose

fructose
invert sugar
maltodextrin#
sucanat
sugar brown
sugar white

FOODS THAT ENCOURAGE WEIGHT GAIN

corn	inhibits insulin efficiency hampers metabolic rate causes hypoglycemia
lentils	inhibit proper nutrient uptake hamper metabolic efficiency cause hypoglycemia
peanuts	hamper metabolic efficiency cause hypoglycemia inhibit liver function
sesame seeds	hamper metabolic efficiency cause hypoglycemia
buckwheat	inhibits digestion hampers metabolic efficiency causes hypoglycemia
wheat	slows the digestive and metabolic processes causes food to be stored as fat, not burned as energy

inhibits insulin efficiency

FOODS THAT ENCOURAGE WEIGHT LOSS

green vegetables	aid efficient metabolism
meat	aid efficient metabolism
eggs/low-fat	
dairy products	aid efficient metabolism
liver	aid efficient metabolism
licorice tea	counters hypoglycemia