

## Foods for type 'B' Blood Group

### MEATS & POULTRY

**Highly Beneficial:** Lamb, Mutton, Rabbit, Venison

**Neutral:** Beef: minced, regular, Buffalo, Liver: calf, chicken, pig, Pheasant, Turkey, Veal

**Avoid:** Bacon, Chicken, Duck, Goose, Ham, Heart, Partridge, Poussin, Pork, Quail

### SEAFOOD

**Highly Beneficial:** Caviar, Cod, Flounder, Grouper, Haddock, Hake, Halibut, Mackerel, Mahi mahi, Monkfish, Ocean perch, Pickerel, Pike, Porgy, Salmon, Sardine, Sea trout, Shad, Sole, Sturgeon

**Neutral:** Abalone, Albacore, Bluefish, Carp, Catfish, Herring: fresh, pickled, Rainbow trout, Red snapper, Sailfish, Scallop, Shark, Silver perch, Smelt, Snapper, Squid (calamari), Swordfish, Tilefish, Tuna, Weakfish, White perch, Whitefish, Yellow perch

**Avoid:** Anchovy, Barracuda, Beluga, Bluegill bass, Clam, Conch, Crab, Crayfish, Eel, Frog, Lobster, Mussels, Octopus, Oysters, Prawn, Sea bass, Shrimp, Smoked salmon, Snail, Striped bass, Turtle, Yellowtail

### EGGS & DAIRY

**Highly Beneficial:** Cottage cheese, Feta, Goat cheese, Goat milk, Kefir, Milk: semi-, skimmed, skimmed, Mozzarella, Ricotta, Sour cream, (non-fat), Yogurt

**Neutral:** Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby cheese, Cream cheese, Creme fraîche, Edam, Eggs, Emmenthal, Fromage frais, Gouda, Gruyere, High/low fat soft, cheese, Jarlsberg, Milk: whole, Monterey jack, Munster, Neufchatel, Parmesan, Provolone, Quark, Sherbet, Soya cheese, Soya milk, Swiss, Whey

**Avoid:** American cheese, Blue cheese, Ice cream, String cheese

### OILS & FATS

**Highly Beneficial:** Olive Oil

**Neutral:** Cod liver oil, Ghee, Linseed (flaxseed), oil

**Avoid:** Canola oil, Corn oil, Cottonseed oil, Groundnut, (peanut) oil, Safflower oil, Sesame oil, Sunflower oil

### NUTS & SEEDS

**Highly Beneficial:** NONE

**Neutral:** Almond butter, Nuts: almonds, Brazil, chestnuts, hickory, lychee, macadamia, pecans, walnuts

**Avoid:** Nuts: cashews, filberts, hazel, pignola (pine), pistachio, Peanuts, Peanut butter, Poppy seeds, Pumpkin seeds, Sesame paste, (tahini), Sesame seeds, Sunflower, margarine, Sunflower seeds

### BEANS & LEGUMES

**Highly Beneficial:** Beans: baked, haricot, kidney, lima, red soya

**Neutral:** Beans: broad, cannellini, copper, green, java, jicama, northern, red, snap, string, tamarind, white, Peas: green, pods

**Avoid:** Beans: aduki, black, pinto, Lentils: brown, green, red, Peas: black-eyed, chick

### CEREALS

**Highly Beneficial:** Millet: puffed, Oat bran, Oatmeal, Rice: puffed, Rice bran, Spelt

**Neutral:** Cream of rice, Familia, Farina, Granola, Grape nuts

**Avoid:** Amaranth, Barley, Buckwheat, Cornflakes, Cornmeal, Cream of wheat, Kamut, Kasha, Rye, Shredded wheat, Wheat bran, Wheat germ

### BREADS & MUFFINS

**Highly Beneficial:** Brown rice bread, Essene bread, Ezekiel bread, Fin crisp, Rice cakes, Wasa bread

**Neutral:** Gluten-free bread, High protein, no-wheat bread, Ideal flat bread, Oat bran muffins, Pumpernickel, Spelt bread, Soya flour bread

**Avoid:** Bagels: wheat, Corn muffins, Durum wheat bread, Multi-grain bread, Rye bread: 100%, Rye Crisp, Ryvita, Wheat bran muffins, Wholewheat bread

### GRAINS & PASTAS

**Highly Beneficial:** Millet, Oat flour, Rice flour

**Neutral:** Flour: Graham, spelt, white (plain, or self-raising), Pasta: semolina, spinach, Quinoa, Rice: basmati, brown, white

**Avoid:** Buckwheat flour Couscous, Flour: barley, bulgur wheat, durum wheat, gluten, rye, wholewheat, Kasha, Pasta: artichoke, Noodles: soba, (buckwheat), Polenta, Rice: wild, Tapioca

### VEGETABLES

**Highly Beneficial:** Aubergines, Beetroot, Beetroot leaves, Broad beans, Broccoli, Cabbage: Chinese, red, white, Carrots, Cauliflower, Collard greens, Kale, Lima beans, Mushroom: shiitake, Mustard greens, Parsley, Parsnips, Peppers: green, jalapeño, red, yellow, Potatoes: sweet, Sprouts: Brussels, Yams: all types

**Neutral:** Asparagus, Bamboo shoots, Bok choy, Celery, Chervil, Chicory, Coriander, Courgettes, Cucumber, Daikon radish, Dandelion, Dill, Endive, Escarole, Fennel, Fiddlehead ferns, Garlic, Ginger, Horseradish, Kohlrabi, Leek, Lettuce: Bibb, Boston, butterhead, cos, iceberg, mesclun, romaine, Webb, Mangetout peas, Mushrooms: abalone, cultivated, enoki, oyster, porcini, Portobello, Okra, Onions: red, Spanish, spring, yellow, Pak choi, Peppers: chilli, Potatoes: red, white, Radicchio, Rappini, Seaweed, Shallots, Spinach, Sprouts: alfalfa, Squash: all types, Swede, Swiss chard, Turnips, Water chestnut, Watercress

**Avoid:** Artichoke: globe, Jerusalem, Avocado, Olives: black, Greek, green, Spanish, Pumpkin, Radishes, Sprouts: mung, radish, Sweetcorn, Tempeh, Tofu, Tomatoes

## FRUIT

**Highly Beneficial:** Bananas, Cranberries,  
Grapes: black, green, red, Papaya, Pineapple,  
Plums: green, purple, red

**Neutral:** Apples, Apricots, Blackberries,  
Blueberries, Boysenberries, Cherries, Currants,  
black, red, Dates, Elderberries, Figs: dried,  
fresh, Gooseberries, Grapefruit, Guava, Kiwi,  
Kumquats, Lemons, Limes, Loganberries  
Lychees, Mangoes, Melon: canang, cantaloupe,  
casaba, Crenshaw, Christmas, honeydew, musk,  
Spanish, watermelon, Nectarines, Oranges,  
Peaches, Pears, Plantains, Prunes, Raisins,  
Raspberries, Strawberries, Tangerines

**Avoid:** Coconuts, Persimmons, Pomegranates,  
Prickly pear, Rhubarb, Starfruit, (carambola)

## JUICES & FLUIDS

**Highly Beneficial:** Cabbage juice, Cranberry  
juice, Grape juice, Papaya juice, Pineapple juice

**Neutral:** Apple cider, Apple juice, Apricot juice,  
Black cherry, Carrot juice, Celery juice,  
Cucumber juice, Grapefruit juice, Orange juice,  
Prune juice, Water (with lemon), Vegetable  
juice, (from acceptable, vegetables)

**Avoid:** Tomato juice

## SPICES, HERBS & FLAVOURINGS

**Highly Beneficial:** Curry powder, Ginger,  
Horseradish, Parsley

**Neutral:** Agar, Anise, Arrowroot, Basil, Bay leaf,  
Bergamot, Brown rice syrup, Capers, Caraway,  
Cardamom, Carob, Cayenne pepper, Chervil,  
Chives, Chocolate, Clove, Coriander, Cream of  
tartar, Coltsfoot, Corn silk, Cumin, Dill, Dulse,  
Fenugreek, Garlic, Gentian, Honey, Hops,  
Linden, Kelp, Maple syrup, Marjoram, Mint, Miso,  
Molasses, Mustard (dry) Nutmeg, Oregano,  
Paprika, Pepper: peppercorn, red flakes,  
Peppermint, Pimento, Rice syrup, Rosemary,  
Saffron, Sage, Salt, Savory, Soy sauce,  
Spearmint, Sugar: brown, white, Tamarind,  
Tarragon, Thyme, Turmeric, Vanilla, Vinegar:  
apple, cider, balsamic, distilled white, herb, malt,  
red or, white wine, Wintergreen

**Avoid:** Allspice, Almond essence, Barley malt,  
Cinnamon, Cornflour, Corn syrup, Gelatin, plain,  
Pepper: black, ground, white, Tapioca

## CONDIMENTS

**Highly Beneficial:** NONE

**Neutral:** Apple butter, Jam (from acceptable  
fruits), Jelly (from acceptable fruits),  
Mayonnaise, Mustard, Pickles: dill, kosher, sour,  
sweet, Relish, Salad dressing (low-fat, from  
acceptable ingredients) Worcestershire, sauce

**Avoid:** Ketchup

## HERBAL TEAS

**Highly Beneficial:** Ginger, Ginseng, Liquorice,  
Parsley, Peppermint, Raspberry leaf, Rose hip,  
Sage

**Neutral:** Alfalfa, Burdock, Catnip, Cayenne,  
Chamomile, Chickweed, Coltsfoot, Cornsilk,  
Dandelion, Dong quai, Echinacea, Elderflower,  
Fenugreek, Gentian, Goldenseal, Green tea,  
Hawthorn, Hops, Horehound, Linden, Mulberry,  
St. John's wort, Sarsaparilla, Slippery elm,  
Spearmint, Strawberry leaf, Thyme, Valerian,  
Vervain, White birch, White oak bark, Yarrow,  
Yellow dock

**Avoid:** Aloe, Mullein, Red clover, Rhubarb,  
Senna, Shepherd's purse, Skullcap

## MISC. BEVERAGES

**Highly Beneficial:** Tea: green

**Neutral:** Beer, Coffee: decaff, regular, Tea,  
black: decaff, regular, Wine: red, white

**Avoid:** Liquor: distilled, Seltzer water, Soda:  
club, cola, diet, other

# Foods for type 'B' Blood Group

from EAT RIGHT FOR  
YOUR TYPE by Dr. Peter  
D'Adamo and other  
sources

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