

Blood Type B

Adapted from Dr. Peter J. D'Adamo *Cook Right 4 Your Type* ©1999

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 115—170g women/ children 60—140g	WEEKLY <i>Lean Red Meats:</i> Caucasians: 2—3 X Africans: 3—4 X Asians: 2—3 X <i>Poultry:</i> Caucasians: 0—3 X Africans: 0—2 X Asians: 1—2 X	lamb, mutton, rabbit, venison	beef, ground beef, buffalo, liver, pheasant, turkey, veal	bacon, chicken, duck, goose, ham, heart, partridge, pork, quail
SEAFOOD: <i>portion:</i> 115—170g	WEEKLY Caucasians: 3—5 X Africans: 4—6 X Asians: 3—5 X	cod, flounder, grouper, haddock, hake, halibut, mackerel, mahi mahi, monkfish, ocean perch, pickerel, pike, sardine, sea trout, sole, sturgeon, sturgeon eggs (caviar)	abalone, bluefish, carp, catfish, herring (fresh & pickled), rainbow trout, red snapper, salmon, scallop, shark, silver perch, smelt, snapper, squid (calamari), swordfish, tilefish, tuna, white perch, whitetail, yellow perch	anchovy, barracuda, beluga, clam, conch, crab, crayfish, eel, frog, lobster, mussels, octopus, oysters, prawns, sea bass, smoked salmon, snail, striped bass, turtle, yellowtail
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 60g yogurt: 115—170g milk: 115—170g Asians:	WEEKLY <i>Eggs:</i> Caucasian: 3—4 X Africans: 3—4 X Asians: 5—6 X <i>Cheeses:</i> Caucasians: 3—5 X Africans: 3—4 X Asians: 2—3 X <i>Yogurt:</i> Caucasians: 2—4 X Africans: 0—4 X Asians: 1—3 X <i>Milk:</i> Caucasians: 4—5 X Africans: 0—3 X Asians: 2—3 X	cottage cheese, farmer, feta, goat cheese, goat milk, mozzarella, ricotta, skim or 2% milk, yogurt with fruit, frozen yogurt	Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, neufchatel, Parmesan, Philadelphia, provolone, sherbet, soy cheese, soy milk, Swiss, tasty, whey, whole milk	blue, ice cream, processed, string cheese

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OILS & FATS: <i>portion:</i> 1 tablespoon (15g)	WEEKLY Caucasians: 4—6 X Africans: 3—5 X Asians: 5—7 X	olive oil	canola oil, cod liver oil, linseed (flaxseed) oil	canola oil, corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil, sunflower oil
NUTS & SEEDS: <i>portion:</i> nuts & seeds: small handful nut butters: 1 tablespoon (15g)	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 2—5 X Africans: 3—5 X Asians: 2—3 X <i>Nut Butters:</i> Caucasians: 2—3 X Africans: 2—3 X Asians: 2—3 X	none	almond butter, almonds, Brazil, chestnuts, hickory nuts, litchi, macadamias, pecans, walnuts	cashew, hazelnuts, pignoli (pine) nuts, pistachio nuts, peanuts, peanut butter, poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds
BEANS & LEGUMES: <i>portion:</i> 240g dry	WEEKLY Caucasians: 2—3 X Africans: 3—4 X Asians: 4—5 X	kidney beans, lima beans, navy beans	broad beans, cannelloni beans, copper beans, fava beans, green beans, jicama beans, northern beans, snap beans, string beans, tamarind beans, white beans, green peas, pea pods, soy beans	adzuki beans, black beans, chickpeas, pinto beans, lentils (domestic, green & red), black-eyed peas
CEREALS: <i>portion:</i> 240g dry	WEEKLY Caucasians: 2—4 X Africans: 2—3 X Asians: 2—4 X	millet, oat bran, oatmeal, puffed rice, rice bran, spelt	Cream of Rice, farina, granola	amaranth, barley, buckwheat, cornflakes, cornmeal, Cream of Wheat, kamut, rye, seven-grain, shredded wheat, wheat bran, wheat germ
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or cracker 1 muffin	DAILY All Ancestral Types <i>Bread/Crackers:</i> 0—1 X <i>Muffins:</i> 0—1 X	brown-rice bread, Essene bread, Ezekial bread, rice cakes	gluten free bread, high-protein no-wheat bread, oat bran muffins, spelt bread, soy-flour bread	wheat bagels, corn muffins, durum wheat, multigrain bread, 100% rye bread, rye crisp, Rye Vita, wheat-bran muffins, whole-wheat bread, Wasa bread, Ideal flat bread, pumpernickel

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<p>GRAINS & PASTA: <i>portion:</i> grains: 240g dry pastas: 240g dry</p> <p>VEGETABLES: <i>portion:</i> raw: 240g cooked: 240g prepared</p> <p>FRUITS: <i>portion:</i> 1 fruit or 85—140g</p>	<p>WEEKLY <i>Grains:</i> Caucasians: 3—4 X Africans: 3—4 X Asians: 2—3 X <i>Pastas:</i> Caucasians: 3—4 X Africans: 3—4 X Asians: 2—3 X</p> <p>DAILY All Ancestral Types <i>Raw:</i> 3—5 X <i>Cooked:</i> 3—5 X</p> <p>DAILY All Ancestral Types 3—4 X</p>	<p>oat flour, rice flour</p> <p>beets, beet leaves, broccoli, Chinese cabbage, all types of capsicums, cauliflower, collard greens, eggplant, kale, lima beans, shiitake mushrooms, mustard greens, parsley, parsnips, jalapeno peppers, sweet potatoes, Brussels sprouts, all types of yams</p> <p>bananas, cranberries, black grapes, Concord grapes, green grapes, red grapes, papaya, pineapple, dark plums, green plums, red plums</p>	<p>graham flour, spelt flour, white flour, semolina pasta, spinach pasta, quinoa, basmati rice, brown rice, white rice</p> <p>asparagus, bamboo shoots, bok choy, chervil, chicory, cucumber, dandelion, dill, endive, escarole, fennel, garlic, horseradish, leek, bibb lettuce, iceberg lettuce, romaine lettuce, mesclun lettuce, abalone mushrooms, domestic mushrooms, enoki mushrooms, Portobello mushrooms, tree oyster mushrooms, okra, green onions, Spanish onions, yellow onions, red potatoes, white potatoes, radicchio, rappini, seaweed, shallots, snow peas, spinach, spring onions, alfalfa sprouts, all types of squash, Swiss chard, turnips, water chestnuts, watercress, zucchini</p> <p>apples, apricots, blackberries, blueberries, boysenberries, cherries, black & red currants, dates, elderberries, dried figs, figs, fresh figs, gooseberries, grapefruit, kiwi, kumquat, lemons, limes, loganberries, mandarins, mangoes, honeydew melon, musk melon, rock melon, watermelon, nectarines, oranges, peaches, pears, plantains, prunes, raspberries, strawberries, sultanas</p>	<p>kasha buckwheat, couscous, barley flour, bulgur-wheat flour, durum-wheat flour, gluten flour, rye flour, whole-wheat flour, artichoke pasta, soba noodles, wild rice</p> <p>domestic & Jerusalem artichoke, avocado, white corn, yellow corn, black olives, green olives, Greek olives, Spanish olives, pumpkin, radishes, mung sprouts, radish sprouts, tempeh, tofu, tomato</p> <p>coconuts, persimmons, pomegranates, prickly pear, rhubarb, star fruit</p>

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<p>JUICES & FLUIDS: <i>portion:</i> 240ml</p> <p>SPICES:</p> <p>CONDIMENTS:</p> <p>HERBAL TEAS:</p> <p>MISC. BEVERAGES:</p>	<p>DAILY All Ancestral Types</p> <p><i>Juices:</i> 3—4 X</p> <p><i>Water:</i> 4—7 X</p>	<p>cabbage, cranberry, grape, papaya, pineapple</p> <p>cayenne pepper, curry, ginger, horseradish, parsley</p> <p>none</p> <p>ginger, ginseng, licorice, licorice root, parsley, peppermint, raspberry leaf, rose hips, sage</p> <p>green tea</p>	<p>apple, apple cider, apricot, carrot, celery, black cherry, cucumber, grapefruit, orange, prune, water with lemon, vegetable juice (corresponding to highlighted vegetables)</p> <p>agar, anise, arrowroot, basil, bay leaf, bergamot, brown-rice syrup, capers, caraway, cardamom, carob, celery seeds, chervil, chives, chocolate, clove, coriander, cream of tartar, cumin, dill, dulse, garlic, honey, kelp, maple syrup, marjoram, mint, miso, molasses, dry mustard, nutmeg, oregano, paprika, peppercorn pepper, red pepper flakes, peppermint, pimento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, white & brown sugar, tamari sauce, tamarind, tarragon, thyme, vanilla extract, apple cider vinegar, balsamic vinegar, red wine vinegar, white vinegar, wintergreen</p> <p>apple butter, jam and conserve from acceptable fruits, mayonnaise, mustard, dill pickles, kosher pickles, sour pickles, sweet pickles, relish, salad dressing (low-fat from acceptable ingredients), Worcestershire sauce</p> <p>alfalfa, burdock, catnip, cayenne, chamomile, chickweed, dandelion, Echinacea, elder, green tea, hawthorn, horehound, mulberry, St.-John's-wort, sarsaparilla, slippery elm, spearmint, strawberry leaf, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock</p> <p>beer, regular & decaf coffee, regular & decaf black tea, red wine, white wine</p>	<p>tomato</p> <p>allspice, almond extract, barley malt, cinnamon, cornstarch, corn syrup, plain gelatin, ground black pepper, white pepper, tapioca</p> <p>ketchup</p> <p>aloe, coltsfoot, corn silk, fenugreek, gentian, goldenseal, hops, linden, mullein, red cover, rhubarb, senna, shepherd's purse, skullcap</p> <p>distilled liquors, carbonated mineral water, cola, diet cola, & other sodas</p>