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| **B Blood type eating guide** | BENEFICIAL  \*=good for gut; ^=good for weight loss; **bold**=good for both | AVOID  *Italics*=really bad |
| MEAT/POULTRY | **Goat, lamb**, moose\*, **mutton**, rabbit\*, venison\* | Bear, beef heart, *chicken,* chicken liver, Cornish hen, duck, duck liver, goose, goose liver, grouse, guinea hen, *ham*, horse, partridge, *pork/bacon*, quail, squab, squirrel, sweetbreads, turtle |
| SEAFOOD | Caviar, **cod,** croaker\*, flounder\*, grouper\*, haddock\*, hake\* halibut\*, harvest fish\*, **mackerel (Atlantic**, Spanish), mahi-mahi\*, monkfish\*, perch (ocean)\*, pickerel (walleye)\*, pike\*, pilchards, porgy\*, salmon (wild Atlantic, chinook, sockeye)\*, **sardine,** scallop\*, **shad**, sturgeon\*, yellowfin tuna | Anchovy, barracuda, bass (bluegill, sea, lake, *striped*), beluga, butterfish, clam, conch, crab, crayfish, *eel,* frog, herring (pickled), lobster, mussels, octopus, *oyster*, Atlantic pollock, salmon roe, smoked salmon/lox, sea bream, shrimp, skate, snail/escargot, sole (gray, Dover), trout (wild rainbow, sea, wild steelhead), yellowtail |
| DAIRY and EGGS | **Cottage cheese**, farmer cheese, feta cheese^, goat cheese, **kefir**, cow milk (skim/2%)\*, cow milk (whole)^, goat milk^, mozzarella cheese (all)^, paneer cheese, pecorino cheese\*, ricotta cheese\*, Romanian urda\*, yogurt | *American cheese*, blue cheese, *gorgonzola cheese,* ice cream, romano cheese, *Roquefort cheese, string cheese*  Eggs: duck, goose, quail |
| OILS/FATS | Camelina\*, olive\*, rice bran | Avocado, borage seed, canola, castor, coconut, *corn,*cottonseed, palm, *peanut,* pumpkin seed, *safflower, sesame*; lard, margarine |
| NUTS/SEEDS | Chinese chestnut\*, **walnut** | Cashew/butter, filbert (hazelnut), peanut/butter/flour, pine nut (pignoli), pistachio, poppy seeds, pumpkin seeds, safflower seeds, sesame butter (tahini), sesame flour/seed, sunflower butter/seed |
| BEANS/LEGUMES | Kidney, lima, navy | Adzuki, black*, black-eyed pea, butter bean, garbanzo bean (chickpea), lentil (all), mung bean sprouts, natto, pinto*, sprouted pinto bean, soybean (*cheese, meal, tofu*, miso, tempeh) |
| GRAINS/CEREALS | Essene/manna bread, fonio, Job’s tears, malanga/tannia/xanthosoma\*, millet/flour, oat bran/meal/flour/oats, rice bran/flour/puffed, spelt/flour/whole/noodles | *Amaranth, artichoke flour/pasta, buckwheat/kasha/soba*, bulgur wheat flour, couscous, *corn (all),* wheat (cream of, durum, shredded, *bran, germ, whole grain),*garbanzo bean (chickpea) flour,gluten flour, graham flour, grits, kamut,*lentil flour/dahl, mastic gum,*papadum, puffed wheat,*wild rice, rye/flour,* 7-grain, sorghum,*tapioca/manioc, cassava, yucca,* teff |
| VEGETABLES | Beets, **beet greens**, broccoflower\*, **broccoli,** Burssel’s sprouts, cabbage^, canistel\*, carrot\*, cauliflower^, **collard greens, eggplant**, ginger, grape leaves\*, **kale**, shiitake^, **mustard greens**, parsley, parsnip\*, bell peppers, chili peppers, jalapeno peppers\*, sea vegetables (Irish moss, kelp, kombu, nori, bladderwrack\*, spirulina, wakame), sweet potato, **turnip greens**, yam | *Aloe vera, artichoke, cassava, corn/popcorn, Jerusalem artichoke, olives (black, green),* pumpkin, *quorn*, radish sprouts, radishes, rhubarb, tomato |
| FRUITS | Banana\*, cranberry\*, grape\*, mamey sapote/apple\*, papaya, pawpaw, **pineapple**, plum, watermelon^ | Avocado, bitter melon, coconut, huckleberry,*loquat, persimmon, pomegranate***,** prickly pear, starfruit/carambola |
| BEVERAGES | Membrosia: 1T flaxseed oil, 1T lecithin granules, 6-8oz fruit juice  Juices: **cranberry,** grape, papaya, pineapple\*, watermelon, vegetable (from above **bolded**)  Tea/tisane: green (kukicha, bancha, **genmaicha**), licorice root, parsley, raspberry leaf, rose hip, sage  Rice “milk” | Juice: pomegranate, tomato  Teas/tisanes: aloe, coltsfoot, corn silk, fenugreek, gentian, goldenseal, hops, linden, mullein, red clover, rhubarb, senna, shepherd’s purse, skullcap  Seltzer water, sodas  *Soy “milk”,* coconut “milk”  *Distilled liquor* |
| HERBS/SPICES | Cayenne pepper, curry, ginger, horseradish, licorice root, parsley\* | Acacia (gum Arabic), allspice, cinnamon, *cornstarch,* guarana, *pepper* (black, *white*) |
| CONDIMENTS, SWEETENERS, ADDITIVES | Blackstrap molasses | Acacia (gum Arabic), aspartame*, barley malt, carrageenan,* cornstarch, corn syrup, *dextrose, gelatin, high-fructose corn syrup,* high-maltose corn syrup, *maltodextrin*, invert sugar*, ketchup,* MSG, mayonnaise (soy-based), *miso, polysorbate 80, sodium carboxymethyl cellulose, stevia*, sucanat, *tragacanth gum***,** umeboshi plum vinegar |