

Type B blood foods list

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
<p>Highly Beneficial Lamb Mutton Rabbit Venison</p>	<p>Highly Beneficial Cod Flounder Grouper Haddock Hake Halibut Mackerel Mahimahi Monkfish Ocean perch Pickerel Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)</p>	<p>Shark Silver perch Smelt Snapper Squid (calamari) Swordfish Tilefish Weakfish White perch Whitefish Yellow perch</p>	<p>Highly Beneficial Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Skim or 2% milk Yogurt: regular, w/ fruit, frozen</p>
<p>Neutral Beef: regular, ground Buffalo Liver Pheasant Turkey Veal</p>	<p>Neutral Abalone Albacore (Tuna) Bluefish Carp Catfish Herring: fresh, pickled Rainbow trout Red snapper Sailfish Scallop</p>	<p>Avoid Anchovy Barracuda Beluga Bluegill bass Clam Conch Crab Crayfish Eel Frog Lobster Lox (smoked salmon) Mussels Octopus Oysters Sea Bass Shrimp Snail Striped bass Turtle Yellowtail</p>	<p>(See Chart below)</p>
<p>Avoid Bacon Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail</p>			<p>Neutral Brie Butter Buttermilk Camembert Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey jack Munster Neufchatel Parmesan Provolone Sherbet Soy cheese Soy milk Swiss Whey Whole milk</p> <p>Avoid American cheese Blue cheese Ice cream String cheese</p>

<p>OILS AND FATS</p> <p>Highly Beneficial Olive Oil</p> <p>Neutral Cod liver oil Linseed (flaxseed) oil</p> <p>Avoid Canola oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Sunflower oil</p>	<p>NUTS & SEEDS</p> <p>Highly Beneficial NONE</p> <p>Neutral Almond butter Nuts: almonds, brazil, chestnuts, hickory, litchi, macadamia, pecans, walnuts</p> <p>Avoid Nuts: cashews, filberts, pignola (pine), pistachio Peanuts Peanut butter Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>BEANS & LEGUMES</p> <p>Highly Beneficial Beans: kidney, lima, navy, red soy</p> <p>Neutral Beans: broad, cannellini, copper, green, java, jicama, northern, red, snap, string, tamarind, white Peas: green, pods</p> <p>Avoid Beans: aduke, azuki, black, garbanzo, pinto Lentils: domestic, green, red Peas: black-eyed</p>	<p>CEREALS</p> <p>Highly Beneficial Millet Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p>Neutral Cream of rice Familia Farina Granola Grape nuts</p> <p>Avoid Amaranth Barley Buckwheat Cornflakes Cornmeal Cream of wheat Kamut Kasha Rye Seven-grain Shredded wheat Wheat bran Wheat germ</p>
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<p>BREADS & MUFFINS</p> <p>Highly Beneficial Brown rice bread Essene bread Ezekiel bread Fin Crisp Millet Rice cakes Wasa bread</p> <p>Neutral Gluten-free bread High protein no-wheat bread Ideal Flat Bread Oat bran muffins Pumpernickel</p>	<p>GRAINS & PASTAS</p> <p>Highly Beneficial Oat flour Rice flour</p> <p>Neutral Flour: Graham, spelt, white Pasta: semolina, spinach Quinoa Rice: basmati, brown, white</p> <p>Avoid Buckwheat kasha Couscous</p>	<p>VEGETABLES</p> <p>Highly Beneficial Beets Beet leaves Broccoli Cabbage: Chinese, red, white Carrots Cauliflower Collard greens Eggplant Kale Lima beans Mushroom: shiitake Mustard greens Parsley Parsnips Peppers: green, red, jalapeno, yellow</p> <p>Leek Lettuce: Bibb, Boston, iceberg, romaine, mesclun Mushrooms: abalone, domestic, enoki, Portobello, tree oyster Okra Onions: green, red, Spanish, yellow Potatoes, red, white Radicchio Rappini Rutabaga Scallion Seaweed Shallots</p>
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<p>Spelt bread Soy flour bread</p> <p>Avoid Bagels: wheat Corn muffins Durum wheat Multi-grain bread 100% rye crisp Rye Crisp Rye Vita Wheat bran muffins Whole wheat bread</p>	<p>Flour: barley, rye, bulgur wheat, Durum wheat, whole wheat, gluten Pasta: artichoke Noodles: soba Rice: wild</p>	<p>Potatoes: sweet Sprouts: Brussels Yams: all types</p> <p>Neutral Arugula Asparagus Bamboo shoots Bok choy Celery Chervil Chicory Cucumber Daikon radish Dandelion Dill Endive Escarole Fennel Fiddlehead ferns Garlic Ginger Horseradish Kohlrabi</p>	<p>Snow peas Spinach Sprouts: alfalfa Squash: all types Swiss chard Turnips Water chestnut Watercress Zucchini</p> <p>Avoid Artichoke: domestic, Jerusalem Avocado Corn: white, yellow Olives: black, Greek, green, Spanish Pumpkin Radishes Sprouts: mung, radish Tempeh Tofu Tomato</p>
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FRUIT	JUICES & FLUIDS	CONDIMENTS
<p>Highly Beneficial Bananas Cranberries Grapes: black, red, Concord, green Papaya Pineapple Plums: dark, red, green</p> <p>Neutral Apples Apricots Blackberries Blueberries Boysenberries Cherries Currants, black, red Dates Elderberries Figs: dried, fresh Gooseberries Grapefruit Guava Kiwi</p>	<p>Highly Beneficial Cabbage Cranberry Grape Papaya Pineapple</p> <p>Neutral Apple Apple cider Apricot Carrot Celery Cherry: black Cucumber Grapefruit Orange Prune Water (with lemon) Vegetable juice (corresponding with highlighted)</p>	<p>Highly Beneficial NONE</p> <p>Neutral Apple butter Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Pickles: sour, dill, kosher, sweet Relish Salad dressing (low-fat, from acceptable ingredients) Worcestershire sauce</p>

Rhubarb Starfruit (carambola)	vegetables)	
	Avoid Tomato	

SPICES	HERBAL TEAS	MISC BEVERAGES
<p>Highly Beneficial</p> <p>Cayenne pepper Curry Ginger Horseradish Parsley</p> <p>Neutral</p> <p>Agar Anise Arrowroot Basil Bay leaf Bergamot Brown rice syrup Capers Caraway Cardamom Carob Chervil Chives Chocolate Clove Coriander Cream of tartar Cumin Dill Dulse Garlic Honey Kelp Maple syrup Marjoram Mint Miso Molasses Mustard (dry)</p> <p>Nutmeg Oregano Paprika Pepper: peppercorn, red flakes Peppermint Pimiento Rice syrup Rosemary Saffron Sage Salt Savory Soy sauce Spearmint Sugar: brown, white Tamarind Tarragon Thyme Turmeric Vanilla Vinegar: apple cider, balsamic, white, red wine Wintergreen</p> <p>Avoid</p> <p>Allspice Almond extract Barley malt Cinnamon Cornstarch Corn syrup Gelatin, plain Pepper: black ground, white Tapioca</p>	<p>Highly Beneficial</p> <p>Ginger Ginseng Licorice Parsley Peppermint Raspberry leaf Rose hips Sage</p> <p>Neutral</p> <p>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</p> <p>Avoid</p> <p>Aloe</p>	<p>Highly Beneficial</p> <p>Tea: green</p> <p>Neutral</p> <p>Beer Coffee: regular, decaf Tea, black: regular, decaf Wine: red, white</p> <p>Avoid</p> <p>Liquor: distilled Seltzer water Soda: club, cola, diet, other</p>

	<p>Coltsfoot Corn silk Fenugreek Gentian Hops Linden Mullein Red clover Rhubarb Senna Shepherd's purse Skullcap</p>	
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