

ABO BLOOD TYPE DIET

TYPE B: BENEFICIAL FOODS

MEAT / POULTRY	
Eggs	Rabbit
Lamb	Venison
Mutton	
SEAFOOD	
Cavier	Mackerel
Cod	Ocean perch
Flounder	Salmon
Haddock	Sardine
Hake	Sea trout
Halibut	Sole
DAIRY	
Cottage cheese	Mozzarella
Feta	Ricotta
Goat cheese	Skim or 2% fat milk
Goat milk	Yoghurt
OILS / FATS	
Olive oil	
BEANS / LEGUMES	
Beans, kidney	Beans, navy
Beans, lima	Beans, red soy

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TYPE B: BENEFICIAL FOODS (CONTINUED)

CEREALS	
Millet	Rice, puffed
Oat bran	Rice bran
Oatmeal	Spelt

BREADS / CAKES	
Brown rice bread	Millet
Essene bread	Rice cakes

GRAINS / PASTA	
Flour, oat	Flour, rice

VEGETABLES	
Beets	Kale
Beet leaves	Lima beans
Broccoli	Mushroom, shiitake
Brussels sprouts	Mustard greens
Cabbage	Parsley
Capsicum	Parsnips
Carrots	Peppers, jalapeno
Cauliflower	Sweet potatoes
Collard greens	Yams
Eggplant	

FRUIT	
Bananas	Pawpaw
Cranberries	Pineapple
Grapes	Plums

JUICES	
Cabbage	Pawpaw
Cranberry	Pineapple
Grape	

SPICES	
Cayenne pepper	Horseradish
Curry	Parsley
Ginger	

HERBAL TEAS	
Ginger	Peppermint
Ginseng	Raspberry leaf
Liquorice	Rosehip
Parsley	Sage

MISCELLANEOUS BEVERAGES	
Tea, Green	

TYPE B: FOODS TO AVOID

MEATS / POULTRY	
Bacon	Ham
Chicken	Heart
Duck	Pork
Goose	Quail

SEAFOOD	
Anchovy	Lobster
Bass	Mussels
Clam	Octopus
Crab	Oysters
Crayfish	Prawns
Eel	Salmon, smoked

DAIRY	
Blue cheese	Ice cream

OIL / FATS	
Canola oil	Safflower
Corn oil	Sesame oil
Cottonseed oil	Sunflower oil
Peanut oil	

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NUTS / SEEDS

Cashew	Poppy seeds
Hazelnut	Pumpkin seeds
Pinenut	Sesame butter (tahini)
Pistachio	Sesame seeds
Peanut butter	Sunflower margarine
Peanut	Sunflower seeds

BEANS / LEGUMES

Beans, aduke	Chick peas
Beans, black	Lentils
Beans, pinto	Peas, black-eyed

CEREALS

Amaranth	Mixed grain
Barley	Rye
Buckwheat	Wheat bran
Corn flakes	Wheat germ
Cornmeal	Wheat, shredded
Cream of wheat	

BREADS / CAKES

Bagels, wheat	Multigrain bread
Corn muffins	Rye crispbread
Durum wheat	Wheat bran muffins
100% rye bread	Whole wheat bread

TYPE B: FOODS TO AVOID (CONTINUED)

BREADS / CAKES	
Bagels, wheat	Multigrain bread
Corn muffins	Rye crispbread
Durum wheat	Wheat bran muffins
100% rye bread	Whole wheat bread

GRAINS / PASTA	
Couscous	Flour, rye
Flour, barley	Flour, whole wheat
Flour, bulgur	Noodles, wheat
Flour, durum wheat	Pasta
Flour, gluten	Rice, wild

VEGETABLES	
Artichoke, domestic	Radishes
Artichoke, Jerusalem	Sprouts, radish
Avocado	Sprouts, mung
Corn	Tempeh
Olives	Tofu
Pumpkin	Tomato

FRUIT	
Coconut	Rhubarb
Persimmon	Starfruit (carambola)
Pomegranate	

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JUICES

Tomato

SPICES

Allspice

Corn syrup

Almond extract

Gelatine

Barley malt

Pepper

Cinnamon

Tapioca

Cornflour

CONDIMENTS

Tomato sauce

HERBAL TEAS

Aloe

Mullein

Corn silk

Red clover

Fenugreek

Rhubarb

Gentian

Senna

Hops

Skullcap

Linden

MISCELLANEOUS BEVERAGES

Alcoholic spirits

Soft drink

Soda water

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