

Blood Type B Beneficial Foods

Beneficial Beverages

Beet Juice
Cabbage Juice
Cranberry Juice
Ginger Root Tea
Ginseng Tea
Grape Juice
Green Tea, Kukicha, Bancha
Licorice Root Tea
Milk Thistle Tea
Milk, Rice
Papaya Juice
Parsley Tea
Pineapple Juice
Raspberry Leaf Tea
Rosehip Tea
Sage Tea
Vegetable Juices-Beneficial
Watermelon Juice

Beneficial Beans & Legumes

Kidney Beans
Lima Beans
Navy Beans

Beneficial Dairy & Eggs

Cheese, Goat
Cottage Cheese
Farmer Cheese
Feta Cheese
Kefir
Milk, Cow-Skim or 2%
Milk, Cow-Whole
Milk, Goat
Mozzarella Cheese
Paneer Cheese
Pecorino Cheese
Ricotta Cheese
Romanian Urda
Yogurt

Beneficial Fruit

Banana
Canistel
Cranberries
Grapes
Mamey Sapote, Mammy Apple
Papaya
Paw Paw
Pineapple
Plums
Watermelon

Beneficial Grains & Cereals

Essene, Manna Bread
Fonio
Job's Tears, Coix spp.
Millet
Oat Bran
Oatmeal, Oat Flour Oats
Rice Bran
Spelt Flour, Noodles
Wheat, Sprouted
Wheat, Whole Grain Spelt

Beneficial Herbs & Spices

Curry
Ginger
Licorice Root
Parsley

Beneficial Meats & Poultry

Goat
Lamb
Moose
Mutton
Rabbit
Venison

Beneficial Seafood

Cod
Croaker
Flounder
Gray Sole
Grouper
Haddock
Hake
Halibut
Harvest Fish
Mackerel, Atlantic
Mackerel, Spanish
Mahi-mahi
Monkfish
Perch, Ocean
Pickereel, Walleye
Pike
Pilchards
Porgy
Salmon, Atlantic, wild
Salmon, Chinook
Salmon, Sockeye
Sardine
Shad
Smelt
Sole
Sturgeon
Tuna, Yellowfin
Whitefish
Whiting

Blood Type B Beneficial Foods

Beneficial Vegetables

Beet Greens
Beets
Broccoflower
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Collard Greens
Eggplant
Grape Leaves
Kale
Malanga, Tannier, Xanthosoma
Mushroom, Shiitake
Mustard Greens
Parsnips
Peppers, Bell
Peppers, Chili, Jalapeno
Sea Vegetables, Irish Moss
Sea Vegetables, Wakame
Spirulina
Sweet Potato
Turnip Greens
Yam

Beneficial Oils & Fats

Olive Oil
Rice Bran Oil

Beneficial Nuts & Seeds

Chestnuts, Chinese
Walnuts

Beneficial Condiments & Sweeteners

Molasses, Blackstrap

Blood Type B Neutral Foods

Neutral Beverages

Alfalfa Tea
Aloe Juice
Apple Juice
Apricot Juice
Beer
Black Tea, all forms
Blackberry Juice
Blueberry Juice
Burdock Tea
Carrot Juice
Catnip Tea
Cayenne Tea
Chamomile Tea
Cherry Juice
Chickweed Tea
Coconut Water
Coffee
Cucumber Juice
Dandelion Tea
Dong Quai Tea
Echinacea Tea
Elder Tea
Elderberry Juice
Goji Berry Juice
Grapefruit Juice
Hawthorn Tea
Horehound Tea
Lemon and Water
Lime Juice
Milk, Almond
Mulberry Tea

Neutral Beverages

Nectarine Juice
Noni Juice
Orange Juice
Pear Juice
Peppermint Tea
Prune Juice
Saint John's Wort Tea
Sarsaparilla Tea
Slippery Elm Tea
Spearmint Tea
Strawberry Leaf Tea
Tangerine Juice
Thyme Tea
Valerian Tea
Vegetable Juices-Neutral
Vervain Tea
White Birch Tea
White Oak Bark Tea
Wine, Red
Wine, White
Yarrow Tea
Yellow Dock Tea
Yerba Mate Tea

Neutral Beans & Legumes

Beans, String, Green, Snap
Black Bean Flour
Broad Beans, Fava
Cannellini Beans
Copper Beans
Great Northern Beans
Green Bean
Haricot Beans
Lima Bean Four
Peas
Soybean Beans
Soybean Granules, Lecithin
Soybean Pasta
Soybean, Sprouted
Soybean, Tempeh
Tamarind Bean
White Beans

Neutral Condiments & Sweeteners

Agar
Agave Syrup
Apple Butter
Baking Soda
Brown Rice Syrup
Carob
Fructose
Fruit Pectin
Honey
Jam, Jelly (acceptable fruit)
Lecithin
Maple Syrup
Mayonnaise
Molasses
Mustard
Pectin, Apple
Pickle Relish
Rice Syrup
Salad Dressing (acceptable ingredients)
Soybean Sauce, Tamari, Wheat-free
Sugar, Brown, White
Vegetable Glycerine
Vinegar, Apple Cider
Vinegar
Worcestershire Sauce
Yeast, Bakers
Yeast, Nutritional

Blood Type B Neutral Foods

Neutral Dairy & Eggs

Brie Cheese
Butter
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
Cream Cheese
Edam Cheese
Egg White, Chicken
Egg Whole, Chicken
Egg Yolk, Chicken
Emmenthal, Swiss Cheese
Ghee, Clarified Butter
Gouda Cheese
Gruyere Cheese
Half & Half
Jarlsberg Cheese
Manchego Cheese
Milk, Buttermilk
Monterey Jack Cheese
Muenster Cheese
Neufchatel Cheese
Parmesan Cheese
Provolone Cheese
Quark Cheese
Sour Cream
Stilton Cheese
Whey Protein Powder

Neutral Fruit

Acai Berries
Apple
Apricots
Asian Pear
Blackberries
Blueberries
Boysenberries
Breadfruit
Canang Melon, Cantaloupe
Cantaloupe Melon
Casaba Melon
Cherries
Christmas Melon
Crenshaw Melon
Currants
Dates
Dewberries
Elderberries
Figs
Goji, Wolfberry
Gooseberry
Grapefruit
Guava
Honeydew Melon
Jack Fruit
Kiwi
Kumquat
Lemon
Lime
Lingonberries

Neutral & Fruit

Litchi Nuts
Loganberries
Mango
Mangosteen
Mulberries
Musk Melon
Nectarine
Noni
Orange
Passion Fruit
Peach
Pear
Persian Melon
Plantain
Prunes
Quince
Raisins
Raspberries
Sago Palm
Spanish Melon
Strawberries
Tangerine
Youngberries

Neutral Grains & Cereals

Barley
Barley Flour
Cream of Rice
Flaxseed Bread-allowable grains
Larch Fiber
Quinoa
Rice Flour, Brown
Rice Flour, White
Rice, Basmati
Rice, Brown
Rice, Puffed or Rice Cakes
Rice, White
Soybean Flour
Wheat, Bulgur
Wheat, Durum, Semolina, Couscous
Wheat, Whole Grain Emmer

Neutral Meats & Poultry

Beef
Bison, Buffalo
Bone Soup-allowable meats
Caribou
Liver, Beef
Liver, Calf
Marrow Soup
Ostrich
Pheasant
Tongue, Beef
Turkey
Veal

Blood Type B Neutral Foods

Neutral Herbs & Spices

Anise
Arrowroot
Basil
Bay Leaf
Bergamot
Caraway
Cardamom
Chervil
Chili Powder
Chives
Chocolate
Cilantro
Clove
Coriander
Cream of Tartar
Cumin
Dill
Dulse
Fennel (spice)
Fenugreek
Horseradish
Mace
Marjoram
Mustard, Dry
Nutmeg
Oregano
Paprika
Pepper, Cayenne
Peppermint
Rosemary
Saffron

Neutral Herbs & Spices

Sage
Savory
Sea Salt
Senna
Spearmint
Tarragon
Thyme
Turmeric
Vanilla
Wintergreen

Neutral Nuts & Seeds

Almond Butter
Almond Cheese
Almonds
Beechnuts
Brazil Nuts
Butternuts
Chestnuts, European
Chia Seeds, Pinole
Flax Seeds
Hemp Seeds
Hickory Nuts
Macadamia Nuts
Pecan Butter
Pecans
Walnut, English
Watermelon Seeds

Neutral Oils & Fats

Almond Oil
Apricot Kernel Oil
Black Currant Seed Oil
Chia Seed Oil
Cod Liver Oil
Evening Primrose Oil
Flax Seed, Linseed Oil
Grape Seed Oil
Hazelnut Nut Oil
Hemp Seed Oil
Macadamia Oil
Perilla Seed Oil
Soybean Oil
Sunflower Oil
Walnut Oil
Wheat Germ Oil

Neutral Seafood

Bluefish
Bullhead
Carp
Catfish
Chub
Cusk
Drum
Halfmoon Fish
Herring
Mullet
Muskellunge
Ocean Pout

Neutral Seafood

Opaleye Fish
Orange Roughy
Parrotfish
Perch
Pompano
Red Snapper
Rosefish
Sailfish
Sailfish Roe
Scallops
Scrod
Scup
Shark
Squid, Calamari
Sucker
Sunfish, Pumpkinseed
Swordfish
Tilapia
Tilefish
Tuna, Bluefin
Tuna, Skipjack
Turbot, European
Weakfish

Blood Type B Neutral Foods

Neutral Vegetables

Alfalfa Sprouts
Arugula
Asparagus
Asparagus Peas
Bamboo Shoot
Bok Choy, Pak Choi
Broccoli Leaves
Broccoli Rabe, Rapini
Caper
Celeriac
Celery
Chayote, Pipinella,
Vegetable Pear
Chicory
Chicory Root
Chinese Kale, Kai-lan
Cucumber
Daikon Radish
Dandelion Greens
Endive
Escarole
Fennel
Fiddlehead Fern
Garlic
Hearts of Palm
Jicama
Kohlrabi
Leeks
Lettuce, Green Leaf, Iceberg
Lettuce Romaine
Mushroom, Abalone

Neutral Vegetables

Mushroom, Black Trumpet
Mushroom, Enoki
Mushroom, Maitake
Mushroom, Oyster
Mushroom, Portobella
Mushroom, Straw
Mushroom, White, Silver Dollar
Okra
Onion, all types
Oyster Plant, Salsify
Pickle, Brine
Pickle, Vinegar
Pimento
Potato, White with Skin
Radicchio
Rutabaga
Sauerkraut
Scallion
Sea Vegetables, Kelp Kombu,
Nori, Bladderwack
Shallots
Spinach
Squash
Swiss Chard
Taro Leaves, Shoots
Taro, Tahitian, Poi, Dansheen
Tomatillo
Turnips
Water Chestnut, Matai
Watercress
Zucchini

Blood Type B Avoid Foods

Avoid Beverages

Aloe Tea
Coconut Milk
Coltsfoot Tea
Corn Silk Tea
Fenugreek Tea
Gentian Tea
Goldenseal Tea
Hops Tea
Linden Tea
Liquor, Distilled
Milk, Soy
Mullein Tea
Pomegranate Juice
Red Clover Tea
Rhubarb Tea
Seltzer Water
Senna Tea
Shepherd's Purse Tea
Skullcap Tea
Soda (commercial, diet)
Tomato Juice

Avoid Beans & Legumes

Adzuki Beans
Black Beans
Black Eyed Peas
Butter Beans
Garbanzo Beans, Chickpeas
Garbanzo Bean Flour
Lentils, Sprouted
Lentils, all types
Mung Beans, Sprouts
Natto
Pinto Beans
Pinto Beans, Sprouted
Soybean Meal
Soybean, 'Cheese'
Soybean, Tofu

Avoid Fruits

Avocado
Bitter Melon
Coconut Meat
Huckleberries
Loquat
Persimmon
Pomegranate
Prickly Pear
Starfruit, Carambola

Avoid Condiments & Sweeteners

Acacia (Arabic Gum)
Aloe Vera
Aspartame
Barley Malt
Carrageenan/Irish moss
Corn Syrup
Cornstarch
Dextrose
Gelatin, Plain
Guar Gum
High Fructose Corn Syrup
High Maltose Corn Syrup, Maltodextrin
Invert Sugar
Ketchup
MSG
Mayonnaise, Tofu, Soy
Methyl Cellulose
Polysorbate 80
Sodium Carboxymethyl Cellulose
Soy, Miso
Stevia
Sucanat
Sucrose
Tragacanth Gum
Umeboshi Plum, Vinegar

Avoid Dairy & Eggs

American Cheese
Blue Cheese
Egg Whole, Duck
Goose Egg
Gorgonzola Cheese
Ice Cream
Quail Egg
Romano Cheese
Roquefort Cheese
String Cheese

Avoid Vegetables

Artichoke
Cassava
Corn
Corn, Popcorn
Jerusalem Artichoke
Olives, Black
Olives, Green
Pumpkin
Quorn
Radish Sprouts
Radishes
Rhubarb
Tapioca, Manioc,
Yuca, Cassava
Tomato

Blood Type B Avoid Foods

Avoid Grains & Cereals

Amaranth
Artichoke Flour, Pasta
Buckwheat, Kasha, Soba
Bulgur Wheat Flour
Corn, Grits
Cornflakes
Cornmeal, Hominy, Polenta
Cream of Wheat
Familia
Gluten Flour
Graham Flour
Grape Nuts
Lentil Flour, Dahl
Mastic Gum
Papadam
Rice, Wild
Rye
Rye Berry
Rye Flour
Seven Grain
Shredded Wheat
Sorghum
Teff
Wheat, Bran, Germ
Wheat, Puffed
Wheat, Whole Grain Flour
Wheat, White Flower
Wheat, Whole Grain Kamut

Avoid Herbs & Spices

Allspice
Cinnamon
Guarana
Pepper, Black

Avoid Meats & Poultry

Bear
Chicken
Cornish Hen
Duck
Duck, Liver
Goose
Grouse
Guinea Hen
Ham
Heart, Beef
Horse
Liver, Chicken
Liver, Goose
Partridge
Pork, Bacon
Quail
Squab
Squirrel
Sweetbreads
Turtle

Avoid Nuts & Seeds

Cashew Butter
Cashews
Filberts, Hazlenuts
Peanut Butter
Peanut Flour
Peanuts
Pine Nuts, Pignola
Pistachio Nuts
Poppy Seeds
Pumpkin Seeds
Safflower Seeds
Sesame Butter, Tahini
Sesame Flour
Sesame Seed
Sunflower Butter
Sunflower Seeds

Avoid Oils & Fats

Avocado Oil
Borage Seed Oil
Canola Oil
Coconut Oil
Corn Oil
Cottonseed Oil
Lard
Margarine
Palm Oil
Peanut Oil
Pumpkin Seed Oil
Safflower Oil
Sesame Oil

Avoid Seafood

Abalone, Sea-Ears, Muttonshells
Anchovy
Barracuda
Bass, Sea, Lake
Bass, Striped
Butterfish
Caviar
Clam
Conch
Crab
Crayfish
Eel
Frog
Lobster
Mussels
Octopus
Oyster
Pollock, Atlantic
Salmon Roe
Salmon, Smoked, Lox
Sea Bream
Shrimp
Skate
Snail, Escargot
Sunfish, bluegill
Trout, Rainbow, Wild
Trout, Sea
Trout, Steelhead, Wild
Yellowtail