



# BLOOD TYPE B DIET

## 'THE NOMAD'

- **DAIRY EATER**
- **STRONG IMMUNE SYSTEM**
- **TOLLERANT TO DIGESTIVE SYSTEM**
- **RESPONDS BEST TO STRESS WITH CREATIVITY**

Think of B as representing “balance” whereby the diet is balanced and wholesome, representing the best of both animal and plant kingdoms. It symbolises the joining together of divergent cultures and people.

\* Enhances carbohydrate metabolism, helps with weight loss

## MEATS & POULTRY

HIGHLY BENEFICIAL	NEUTRAL	AVOID
GOAT*	BEEF	BEAR
LAMB*	BEEF LIVER	BEEF HEART
MOOSE	BEEF TONGUE	CHICKEN
MUTTON*	BONE SOUP (allowable meats)	CHICKEN LIVER
RABBIT	CALF LIVER	CORNISH HEN
VENISON	MARROW	DUCK
	OSTRICH	DUCK LIVER
	PHEASANT	GOOSE
	TURKEY	GOOSE LIVER
	VEAL	GROUSE
		GUINNEA HEN
		HAM
		HORSE
		PARTRIDGE
		PORK
		BACON
		QUAIL
		SQUAB
		SQUIRREL
		SWEETBREADS



## SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CAVIAR	ABOLONE	ANCHOVY
COD*	BLUEFISH	BARRACUDA
CROAKER	BULLHEAD	BASS
FLOUNDER	CARP	BELUGA
GROUPER	CATFISH	BUTTERFISH
HADDOCK	CHUB	CLAM
HAKE	CUSK	CONCH
HALIBUT	DRUM	CRAB
HARVEST FISH	HALFMOON FISH	CRAYFISH
MAKCEREL	HERRING	EEL
MAHI-MAHI	MULLET	FROG
MONKFISH	MUSKELLUNGE	HERRING
PERCH	OCEAN POUT	LOBSTER
PICKEREL	OPALEYE FISH	MUSSLES
PIKE	ORANGE ROUGHY	OCTOPUS
PILCHARDS	PARROTFISH	OYSTER
PORGY	PERCH	POLLOCK
SALMON	POMPANO	SALMON ROE
SARDINE*	RED SNAPPER	SALMON SMOKED
SCALLOP	ROSEFISH	SEA BREAM
SHAD*	SALEFISH	SHRIMP
SOLE	SALEFISH ROE	SKATE
STURGEON	SCROD	SNAIL
TUNA YELLOWFIN	SCUP	SOLE
	SHARK	TROUT
	SMELT	YELLOWTAIL
	SQUID	
	SUCKER	
	SUNFISH	
	SWORDFISH	
	TALAPIA	
	TILEFISH	
	TUNA BLUEFIN	
	TUNA SKIPJACK	
	TURBOT	
	WEAKFISH	
	WHITEFISH	
	WHITING	



## DAIRY & EGGS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
COTTAGE CHEESE*	BRIE CHEESE	AMERICAN CHEESE
FARMER CHEESE	BUTTER	BLUE CHEESE
FETA CHEESE*	BUTTER MILK	EGG DUCK
GOAT CHEESE	CAMEMBERT CHEESE	EGG GOOSE
KEFIR*	CASEIN	EGG QUAIL
MILK COW	CHEDDAR	GORGONZOLA CHEESE
MILK GOAT*	COLBY CHEESE	ICE CREAM
MOZZARELLA*	CREAM CHEESE	ROMANO CHEESE
PANEER CHEESE	EDAM CHEESE	ROQUEFORT CHEESE
PECORINA CHEESE	EGG WHITE CHICKEN	STRING CHEESE
RICOTTA CHEESE*	EGG WHOLE CHICKEN	
ROMANIAN URDA	EGG YOLK CHICKEN	
YOGHURT	EMMENTAL CHEESE	
	GHEE	
	GOUDA CHEESE	
	GRUYERE CHEESE	
	JARLSBERG CHEESE	
	MANCHEGO CHEESE	
	MONTEREY JACK CHEESE	
	MOUENSTER CHEESE	
	NEUFCHATEL CHEESE	
	PARMESAN CHEESE	
	PROVOLONE CHEESE	
	QUARK CHEESE	
	SHERBET	
	SOUR CREAM	
	STILTON CHEESE	
	WHEY PROTEIN	



## OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CAMELINA OIL	ALMOND OIL	AVOCADO OIL
OLIVE OIL	APRICOT KERNEL OIL	BORRAGE SEED OIL
RICE BRAN OIL	BLK CURRENT SEED OIL	CANOLA OIL
	CHAI SEED OIL	CASTER OIL
	COD LIVER OIL	COCONUT OIL
	EVENING PRIMROSE OIL	CORN OIL
	FLAXSEED OIL	COTTON SEED OIL
	HAZELNUT OIL	LARD
	HEMP SEED OIL	MARGARINE
	MACADAMIA OIL	PALM OIL
	PERILLA SEED OIL	PEANUT OIL
	SOY OIL	PUMPKIN SEED OIL
	SUNFLOWER OIL	SAFFLOWER OIL
	WALNUT OIL	SESAME OIL
	WHEAT GERM OIL	

## NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CHESTNUT CHINESE	ALMOND	CASHEW
WALNUT*	ALMOND BUTTER	CASHEW BUTTER
	ALMOND CHEESE	FILBERT HAZELNUT
	BEECHNUT	PEANUT
	BRAZIL NUT	PEANUT BUTTER
	BUTTERNUT	PEANUT FLOWER
	CAROB	PINE NUT
	CHESTNUT EUROPEAN	PISTACHIO
	CHAI SEED	POPPY SEED
	FLAXSEED	PUMPKIN SEED
	HEMP SEED	SAFFLOWER SEED
	HICKORY	SESAME BUTTER
	LYCHEE	SESAME FLOUR
	MACADAMIA	SESAME SEED
	PECAN	SUNFLOWER BUTTER
	PECAN BUTTER	SUNFLOWER SEED
	WALNUT ENGLISH	
	WATERMELON SEED	



KIDNEY BEAN	BROAD BEAN FAVA	ADZUKI BEAN
LIMA BEAN	CANNELLINI BEAN	BLACK BEAN
NAVY BEAN	COPPER BEAN	BLACK EYED PEA
	GREAT NORTHERN BEAN	BUTTER BEAN
	GREEN BEAN	GARBANZO BEAN
	HARIOCOT-VERT	LENTIL SPROUTED
	JIMACA	LENTIL ALL TYPES
	LIMA BEAN FLOUR	MUNG BEAN SPROUTS
	PEA	NATTO
	SNAP BEAN	PINTO BEAN
	SOYBEAN	PINTO BEAN SPROUTED
	SOYBEAN GRANULES	SOYBEAN CHEESE
	SOYBEAN PASTA	SOYBEAN MEAL
	SOYBEAN SPROUTED	SOYBEAN TOFU
	SOYBEAN TEMPEH	SOY MISO
	STRING BEAN	SOY TEMPEH
	TAMARIND BEAN	
	WHITE BEAN	

## GRAINS & CEREALS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ESSENE MANNA BREAD	BARLEY	AMARANTH
FONIO	BARLEY FLOUR	ARICHOKE FLOUR, PASTA
JOB'S TEARS	BLACK BEAN FLOUR	BUCKWHEAT
MALANGA TANNIA	CREAM OF RICE	BULGUR WHEAT
MILLET	EMMER	COUSCOUS
MILLET FLOUR	FLAXSEED BREAD	CORNFLAKES
OAT BRAN	LARCH FIBRE	CORNMEAL
OATMEAL	LIMA BEAN FLOUR	CREAM OF WHEAT
PUFFED RICE	QUINOA	DURUM WHEAT FLOUR
RICE BRAN	RICE ALL	GARBANZO BEAN FLOUR
RICE FLOUR	SOY BEAN FLOUR	GLUTEN FLOUR
SPELT	TARO	GRAHAM FLOUR
SPELT FLOUR	WHEAT BULGAR	GRITS
	WHEAT DURUM	CAMUT
	WHEAT SEMOLINA	LENTIL
	WHEAT COUSCOUS	MASTIC GUM
	WHITE FLOUR	PAPADUM
		PUFFED WHEAT
		RICE WILD
		RYE



		RYE FLOUR
		SEVEN GRAIN
		SHREDDED WHEAT
		SORGHUM
		TAPIOCA
		TEFF
		WHEAT, BRAN, GERM
		WHEAT WHOLE GRAIN

## VEGETABLES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
BEET GREENS*	ALFALFA SPROUTS	ALOE VERA
BEET	ARUGULA	ATICHOKE
BROCCOLI*	ASPARAGUS	CASSAVA
BRUSSEL SPROUTS	ASPARAGUS PEA	CORN
ABCABBAGE*	BAMBOO SHOOT	OLIVES
CANISTEL	BOK CHOY, PAK CHOY	PUMPKIN
CARROT	CAPERS	QUORN
CAULIFLOWER*	CELERIAC	RADISH SPROUTS
COLLARD GREENS*	CELERY	RADISHES
EGGPLANT*	CHERVIL	RHUBARB
GINGER	CHICORY	TOMATO
GRAPE LEAVES	CHINESE KALE	
KALE*	CILANTRO	
MUSHROOM, SHITAKE*	CUCUMBER	
MUSTARD GREENS*	DANDELION LEAVES	
PARSLEY	DILL	
PARSNIP	ENDIVE	
PEPPERS, BELL	ESCAROLE	
PEPPERS, CHILLI	FENNEL	
PEPPERS, JALAPENO	FENUGREEK	
SEA VEGETABLES	FIDDLEHEAD FERN	
SWEET POTATO	GARLIC	
TURNIP	HEARTS OF PALM	
YAMS	HORSERADISH	
	JICAMA	
	KELP	
	KOHLRABI	
	LEEK	
	LETTUCE	
	MUSHROOM	
	OKRA	
	ONION	



	OYSTER PLANT, SALSIFY	
	PICKLES	
	PIMIENTO	
	POTATO, BLUE,WHITE, YELLOW	
	RADICCHIO	
	RUTABAGA	
	SAUERCRAUT	
	SCALLION	
	SEAWEED	
	SHALLOTS	
	SPINACH	
	SQUASH	
	SWISS CHARD	
	TARO LEAVES	
	TOMATILLO	
	TURNIP	
	WATER CHESTNUT	
	WATERCRESS	
	ZUCCHINI	

## FRUIT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
BANANA	ACAI BERRY	AVOCADO
CRANBERRY	APPLE	BITTER MELLON
GRAPE	APRICOT	COCONUT
MAMEY SAPOTE	ASIAN PEAR	HUCKLEBERRY
MAME APPLE	BLACKBERRY	LOQUAT
PAPAYA	BLUEBERRY	PERSIMMOM
PAWPAW	BOYSENBERRY	POMEGRANATE
PINEAPPLE*	BREADFRUIT	PRICKLY PEAR
PLUM	CANANG MELON	STAR FRUIT
WATERMELON*	CANTALOUPE	
	CASABA	
	CHERRY	
	CHRISTMAS MELON	
	CRENSHAW MELON	
	CURRANT	
	DATE	
	DEWBERRY	
	DURIAN	
	ELDERBERRY	
	FIG	
	GOJI	



	GOOSEBERRY	
	GRAPE FRUIT	
	GUAVA	
	HONEYDEW MELON	
	JACK FRUIT	
	KIWI	
	KUMQUAT	
	LEMON	
	LIME	
	LINGONBERRY	
	LOGANBERRY	
	MANGO	
	MANGOSTEEN	
	MULBERRY	
	MUSK MELON	
	NECTARINE	
	NONI	
	ORANGE	
	PASSION FRUIT	
	PEACH	
	PEAR	
	PUSIAN MELON	
	PLANTAIN	
	PRUNE	
	QUINCE	
	RASPBERRY	
	RAISIN	
	SAGO PALM	
	SPANISH MELON	
	STRAWBERRY	
	TANGERINE	
	YOUNGBERRY	

## BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CRANBERRY JUICE*	ALFALFA TEA	ALOE TEA
GINSENG TEA	ALOE JUICE	COCONUT MILK
GINGERROOT TES	APPLE JUICE	COLTSFOOT TEA
GRAPE JUICE	APPLE CIDER	CORNSILK TEA
GREEN TEA	APRICOT JUICE	FENUGREEK TEA
LICORICE ROOT TEA	BEER	GENTIAN TEA
MILK RICE	BLACK TEA	GOLDENSEAL TEA
PAPAYA JUICE	BLACKBERRY JUICE	HOPS TEA





PARSLEY TEA	BLUEBERRY JUICE	LINDEN TEA
PINEAPPLE JUICE	BURDOCK TEA	LIQUOR DISTILLED
RASPBERRY LEAF TEA	CARROT JUICE	MILK SOY
ROSE HIP TES	CATNIP TEA	MULLEIN TEA
SAGE TEA	CAYENNE TEA	POMEGRANATE JUICE
WATERMELON JUICE	CELERY JUICE	RED CLOVER TEA
	CHAMOMILE TEA	RHUBARB TEA
	CHERRY JUICE	SELZER WATER
	CHICKWEED TEA	SENNA TEA
	COCONUT WATER	SHEPHERDS PURSE TEA
	COFFEE	SKULLCAP TEA
	CUCUMBER JUICE	SODA TOMATO JUICE
	DANDELION TEA	
	DONG QUAI TEA	
	ELDERBERRY JUICE	
	ELDER TEA	
	GOJI BERRY JUICE	
	GRAPEFRUIT JUICE	
	HAWTHORN TEA	
	HOREHOUND TEA	
	LEMON AND WATER	
	LIME JUICE	
	MILK ALMOND	
	MULBERRY TEA	
	NECTARINE JUICE	
	NONI JUICE	
	ORANGE JUICE	
	PEAR JUICE	
	PEPPERMINT TEA	
	PRUNE JUICE	
	ST JOHNS WORT TEA	
	SARSAPARILLA TEA	
	SLIPPERY ELM TEA	
	SPEARMINT TEA	
	STRAWBERRY LEAF TEA	
	TANGERINE JUICE	
	THYME TEA	
	VALERIAN TEA	
	WHITE BIRCH TEA	
	WHITE OAK BARK TEA	
	WINE	
	YARROW TEA	
	YELLOW DOCK TEA	
	YERBA MATE TEA	



## HERBS & SPICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CAYENNE PEPPER	ANISE	ACACIA
CURRY	ARROWROOT	ALLSPICE
GINGER	BASIL	CINNAMON
HORSERADISH	BAY LEAF	CORNSTARCH
LICORICE ROOT	BERGAMOT	GUARANA
PARSLEY	CARAWAY	PEPPER WHITE
	CARDAMON	
	CHERVIL	
	CHILI POWDER	
	CHIVES	
	CHOCOLATE	
	CILANTRO	
	CLOVE	
	CORIANDER	
	CREAM OF TARTAR	
	CUMIN	
	DILL	
	DULSE	
	FENNEL	
	GARLIC	
	MACE	
	MARJORAM	
	MUSTARD	
	NUTMEG	
	OREGANO	
	PAPRIKA	
	PEPPER RED FLAKES	
	PEPPER CORN	
	PEPPERMINT	
	ROSEMARY	
	SAFFRON	
	SAGE	
	SALT SEA	
	SAVORY	
	SENNA	
	SPEARMINT	
	TARRAGON	
	THYME	
	TURMERIC	
	VANILLA	
	WINTERGREEN	



## CONDIMENTS, SWEETENERS & ADDITIVES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
MOLASSES BLACKSTRAP	AGAR	ACACIA
	AGAVE SYRUP	ASPARTAME
	APPLE BUTTER	BARLEY MALLT
	APPLE PECTIN	CARRAGEENAN
	BAKING SODA	CORNSTARCH
	CAROB SYRUP	CORN SYRUP
	FRUCTOSE	DEXTROSE
	FRUIT PECTIN	GELATIN
	HONEY	HIGH FRUCTOSE CORN SYRUP
	JAM	HIGH MALTOSE CORN SYRUP
	LECITHIN	INVERT SUGAR
	MAPLE SYRUP	KETCHUP
	MAYONNAISE	MSG
	MOLASSES	MAYONNAISE TOFU SOY
	MUSTARD	MISO
	PICKLE RELISH	POLYSORBATE 80
	RICE SYRUP	STEVIA
	SOYBEAN SAUCE	SUCANAT
	SUGAR	TRAGACANTH GUM
	VEGETABLE GLYCERINE	UMEBOSHI
	VINEGAR	
	WORCESTERSHIRE SAUCE	
	YEAST BAKERS	
	YEAST NUTRITIONAL	

*This Blood type diet was developed by Dr Peter J. D'Adamo with Catherine Whitney*