

## Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
<b>Meat and Poultry</b>	Ram	Buffalo	Duck
	Game	Beef	Bacon
	Hare	Ground beef	Chicken
	Lamb	Liver	Goose
	Rabbit	Organ meats	Ham
		Ostrich	Horse
		Pheasant	Partridge
		Turkey	Pig
		Veal	Quail
		Snails	
<b>Fish &amp; Seafood</b>	Allis (May fish)	Bass / Yellow perch	Barracuda
	Anchovies	Bluefish	Barramundi
	Atlantic redfish	Carp	Crabs
	Butterfish	Catfish	Crawfish
	Caviar	Crawfish	Crayfish
	Cod	Cusk	Eel
	Flounder	Cusk	Frog legs
	Gold bass	Fanfish	Lobster
	Gold mackerel	Flounder	Mussels
	Grouper	Freshwater drum	Octopus
	Hake	Grunt bass	Oysters
	Halibut	Herring	Pollock
	Mackerel	Mullet (Grey mullet)	Rainbow trout
	Monkfish	Muskellunge	Scallop
	Pike	Oar fish	Sea bass (Loup de mer)
	Pike perch	Perch	Sea trout
	Pollock	Pompano	Shrimp
	Redfish	Ruffe / Perch	Smoked salmon
	Sardine	Salmon	Snails (escargot)
	Sea bass	Scallops	Striped bass
	Shad	Scrod	Sunfish
	Sole	Sea bass	Trophy trout
	Squid	Sea ear	Venus clams
	Sturgeon	Sea snails	White sturgeon
	Trout	Shark	Wrasse
		Smelt	Yellowtail
		Snapper	
		Snapper / Red Snapper	
		Sour carp	
		Squid (Calamari)	
		Sunfish	
		Swordfish	
	Tilapia		
	Tilefish		
	Tuna		
	Wels (Catfish)		
	White bass		
	Yellow bass		

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<b>Diary Products</b>	Cottage cheese	Brie	American processed cheese
	Farmer's cheese	Butter	Blue cheese
	Goat cheese	Buttermilk	Ice cream
	Goat milk	Camembert	Processed cheese
	Kefir	Casein cheese	
	Low-fat cheese (1.5% fat)	Cheddar	
	Mozzarella	Colby	
	Ricotta	Cream cheese	
	Sheep cheese (Feta)	Edam	
	Skim milk	Emmental	
	String cheese	Ghee	
	Yogurt, all types	Gouda	
		Gruyère	
		Jarlsberg	
		Monterey Jack	
		Münster	
		Neufchâtel	
		Parmesan	
		Provolone	
		Quark	
	Sour cream		
	Soy cheese		
	Soy milk		
	Whey		
	Whole milk		
<b>Eggs</b>		Chicken egg	Duck egg
		Egg white (chicken)	Goose egg
		Egg yolk (chicken)	Quail egg
<b>Oils &amp; Fats</b>	Olive Oil	Black currant seed oil	Avocado oil
		Cod liver oil	Borage seed oil
		Evening primrose oil	Thistle oil (Safflower oil)
		Flaxseed oil	Peanut oil
		Walnut oil	Coconut oil
		Wheat germ oil	Corn germ oil
			Almond oil
			Canola oil (Rapeseed oil)
			Castor oil
			Sesame oil
			Soybean oil
		Sunflower oil	

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<b>Nuts &amp; Seeds</b>		Almonds, puree & milk	Cashew nuts
		Beech nuts	Coconut
		Brazil nuts	Coconut cream
		Coconut milk	Hazelnuts
		Flaxseeds	Peanut butter
		Macadamia nuts	Peanuts
		Pecan nuts	Pine nuts
		Sweet chestnuts	Pistachios
		Walnuts	Poppy seeds
			Pumpkin seeds
			Sesame paste (Tahini)
			Sesame seeds
			Sunflower seed butter
			Sunflower seeds
<b>Beans &amp; Legumes</b>	Adzuki beans	Beans (green & red)	Adzuki beans
	Kidney beans	Broad beans (fava)	Black beans
	Lima beans	Cannellini beans	Black-eyed peas
		Field beans	Chickpeas
		Horse beans	Green & red lentils
		Miso	Mountain lentils
		Peas	Mung bean sprouts
		Pinto beans	Pinto beans
		Red beans	
		Soybeans	
		Sugar snap peas	
		White beans	
	Yam beans		

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<b>Grains, Bread &amp; Pastries</b>	Essen bread	Arrowroot flour	Amaranth
	Ezekiel bread	Barley	Artichoke pasta
	Millet	Basmati rice	Bagels
	Millet bread	Brown rice	Barley flour
	Oat bran	Crunchy	Buckwheat
	Oat flour	Glass noodles	Buckwheat flour
	Oat groats	Gluten-free bread	Bulgur
	Oatmeal	Oat bran muffins	Corn flour
	Puffed rice	Pasta (semolina wheat)	Cornflakes
	Rice bran	Quinoa	Cornstarch
	Rice cakes	Rice (brown/white)	Couscous
	Rice flour	Rice flakes	Crispbread (Knäckebrot)
	Rice milk	Rice noodles	Gluten-containing flour
	Spelt	Soy bread	Jerusalem artichoke
	Whole grain rice bread	Soy flakes	Kamut (ancient wheat)
		Soy granules	Popcorn
		Spelt bread	Pumpernickel
		Spelt flour	Rye
		Spinach pasta	Rye bread
		Wheat germ flour	Rye flour
		White rice	Semolina
			Semolina bread & flour
			Soba noodles
			Sorghum
			Tapioca
			Wheat
			Wheat bran
			Wheat flakes
		Wheat groats	
		Whole wheat bread	
		Whole wheat flour	
		Wild rice	

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<b>Vegetables</b>	Beet greens	Abalone mushrooms	Aloe
	Beetroot	Alfalfa sprouts	Artichokes
	Bell peppers	Arugula	Avocados
	Broccoli	Asparagus	Pumpkin
	Brussels sprouts	Bamboo shoots	Corn
	Carrots	Button mushrooms	Olives (green & black)
	Cauliflower	Capers	Radishes
	Chili peppers	Carrot juice	Radish
	Chinese cabbage	Celery, juice, root	Tempeh
	Eggplant	Chestnuts	Tofu
	Ginger	Chicory	Tomatoes
	Jalapeño	Cucumbers (incl. juice)	Jerus. artichoke(Topinambur)
	Kale	Daikon (Jap. radish)	Juniper
	Mustard greens	Dandelion	
	Parsnips	Endive	
	Red cabbage	Enoki mushrooms	
	Shiitake mushrooms	Fennel	
	Sweet potatoes	Fern fronds	
	White cabbage	Garlic	
	Yam root	Head lettuce	
		Horseradish	
		Iceberg lettuce	
		Kohlrabi	
		Leeks	
		Melon squash	
		Okra	
		Onions	
		Oyster mushrooms	
		Pak choi	
		Potatoes	
		Radicchio	
		Romaine lettuce	
		Sauerkraut	
		Seaweed	
		Seaweed (green & red)	
		Shallots	
		Spinach	
		Spring onions	
		Straw mushrooms	
		Swede (rutabaga)	
	Swiss chard		
	Taro root		
	Vegetable onions		
	Water chestnuts		
	Watercress		
	White turnips		
	Yellow turnips		
	Yucca root		
	Zucchini		

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Food	Good & healthy for your body	Neutral	Avoid
<b>Fruits</b>	Bananas	Apples	Bitter melon
	Cranberries	Apricots	Coconuts
	Grapes	Blackberries	Persimmons
	Papaya	Blueberries	Pomegranate
	Pineapple (including juice)	Blueberries	Prickly pears
	Plums	Boysenberries	Rhubarb
	Watermelon	Breadfruit	Starfruit
		Cantaloupe melon	
		Casaba melon	
		Cherries	
		Currants	
		Dates	
		Dwarf oranges	
		Elderberries	
		Figs	
		Gooseberries	
		Grapefruits	
		Guavas	
		Honeydew melon	
		Kiwi	
		Kumquat	
		Lemons (incl. juice)	
		Limes	
		Loganberries	
		Lychee	
		Mangoes	
		Nashi pear	
		Nectarines	
		Oranges	
		Peaches	
		Pears	
		Plantains	
	Prunes		
	Quinces		
	Raisins		
	Raspberries		
	Santa Claus melon		
	Strawberries		
	Tangerines		
	Winter melons		

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Food	Good & healthy for your body	Neutral	Avoid
<b>Herbs &amp; Spices</b>	Cayenne pepper	Anise	Allspice (Piment)
	Curry	Basil	Arabic gum
	Ginger	Bay leaves	Barley malt
	Horseradish	Bergamot oil	Black/white pepper
	Licorice root	Brown rice syrup	Cinnamon
	Parsley	Capers	Clove pepper
		Caraway	Corn syrup
		Cardamom	Cornstarch
		Carob tree	Gelatin
		Chervil	Guarana
		Chives	Tapioca
		Cloves	
		Cocoa	
		Coriander	
		Cumin	
		Dill	
		Honey	
		Kombu seaweed	
		Maple syrup	
		Marjoram	
		Mint	
		Molasses	
		Mustard	
		Nutmeg	
		Oregano	
		Paprika powder	
		Pickled in brine	
		Pickled in vinegar	
		Red algae	
		Red chili peppers	
		Red peppercorns	
		Rosemary	
		Saffron	
	Sage		
	Salt		
	Soy sauce		
	Tamarind		
	Tarragon		
	Thyme		
	Turmeric		
	Vanilla		
	Vinegar (red & white)		

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Food	Good & healthy for your body	Neutral	Avoid
<b>Spices &amp; Thickeners</b>		Agar-Agar	Carrageenan
		Apfelessig	Gelantine
		Apfelpektin	Gelantine
		Balsamico Essig	Guarkernmehl
		Gewürzgurken	Ketchup
		Hefe	Sojasauce
		Mayonnaise	
		Meeressalz	
		Senf	
		Tamari (glutenfrei)	
		Wrocester Sauce	
		Würzsauce	
<b>Sweeteners</b>	Black Molasses	Fructose	Almond Extract
		Honey	Aspartame
		Maple Syrup	Barley Malt
		Molasses	Cane Sugar
			Corn Syrup
			Dextrose
			Invert Sugar
			Maltodextrin
			Rice Syrup
			Stevia
		Sugar (white/brown)	
<b>Herbal Teas</b>	Ginseng	Alfalfa	Aloe
	Green Tea	Black Tea	Coltsfoot
	Rosehip	Burdock	Corn Silk
	Raspberry Leaf	Catnip	Fenugreek
	Ginger	Chamomile	Gentian
	Peppermint	Chickweed	Hops
	Sage	Cloves	Linden Flowers
	Licorice Root	Curled Sorrel	Mullein
		Dandelion	Red Clover
		Dong Quai	Rhubarb
		Echinacea	Shepherd's Purse
		Elderberry	Skullcap
		Hawthorn	Turmeric
		Mulberry	
		Red Elm Bark	
		Sarsaparilla	
		Senna Leaves	
		St. John's Wort	
		Strawberry Leaf	
		Thyme	
	Valerian		
	Verbena		
	White Birch		
	White Horehound		
	White Oak Bark		
	Yarrow		



## Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
<b>Beverage</b>	Still Water	Beer	Cola drinks
		Coffee	Diet soda
		Red wine	Lemonade
		White wine	Mineral water
			Soft drinks
			Spirits

### Generally, the following applies:

Corn, Lentils & Buckwheat	<i>...inhibit insulin effectiveness, reduce metabolic performance, and can cause hypoglycemia (low blood sugar).</i>
Peanuts & Sesame Seeds	<i>...impair metabolic function, reduce insulin effectiveness, cause hypoglycemia, and hinder liver function.</i>
Wheat	<i>...inhibit insulin effectiveness, reduce metabolic performance, and can cause hypoglycemia (low blood sugar).</i>
Leafy Greens, Meat, Liver, Eggs, Low-Fat Dairy	<i>...support the efficiency of metabolism.</i>
Licorice Tea	<i>...helps counteract hypoglycemia (low blood sugar).</i>

### B-Type: The Nomad

<b>Strengths:</b>	Strong immune system, Adaptable to dietary and environmental changes, Balanced nervous system
<b>Weakness:</b>	No inherent weaknesses, but an imbalance can lead to the collapse of the autoimmune system and increase the risk of rare, fast-growing viral diseases.
<b>Health Risks:</b>	Type 1 Diabetes, Chronic Fatigue Syndrome Autoimmune diseases such as: Amyotrophic Lateral Sclerosis (ALS), Lupus, Multiple Sclerosis (MS)
<b>Diet Profile:</b>	Meat, Dairy products, Grains, Vegetables, Fruits
<b>Weight Reduction:</b>	<u>Avoid:</u> Chicken, Corn, Lentils, Peanuts, Sesame, Buckwheat, Wheat <u>Increase:</u> Leafy greens, Eggs, Game meat (wild meat), Liver, Licorice tea
<b>Nutrient Supplements:</b>	Magnesium, Licorice, Ginkgo, Lecithin
<b>Fitness &amp; Sports:</b>	Moderate physical activity balanced with mental relaxation, such as: Hiking, Cycling, Tennis, Swimming, Yoga, Tai-Chi, Qigong