

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Meat and Poultry	Game	Buffalo	Bacon
	Hare	Beef	Chicken
	Lamb	Ground beef	Duck
	Mutton	Liver	Goose
	Rabbit	Organ meats	Ham
		Ostrich	Horse
		Pheasant	Partridge
		Turkey	Pig
		Veal	Quail
			Snails
Fish & Seafood	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 trout
	Pike perch	Perch	Shrimp
	Pollock	Pompano	Smoked salmon
	Redfish	Ruffe / Perch	Snails (escargot)
	Sardine	Salmon	Striped bass
	Shad	Scallops	Sunfish
	Sole	Scrod	Trophy trout
	Squid	Sea bass	Venus clams
	Sturgeon	Sea ear	White sturgeon
	Trout	Sea snails	Wrasse
		Shark	Yellowtail
		Smelt	
		Snapper	
		Snapper / Red Snapper	
		Sour carp	
		Squid (Calamari)	
		Sunfish	
		Swordfish	
		Tilapia	
		Tilefish	
		Tuna	
		Wels (Catfish)	
		White bass	
		Yellow bass	

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Diary Products	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	
Eggs		Chicken egg	Duck egg
		Egg white (chicken)	Goose egg
		Egg yolk (chicken)	Quail egg
Oils & Fats	Olive Oil	Black currant seed oil	Almond oil
		Cod liver oil	Avocado oil
		Evening primrose oil	Borage seed oil
		Flaxseed oil	Canola oil (Rapeseed oil)
		Walnut oil	Castor oil
		Wheat germ oil	Coconut oil
		Sesame oil	Corn germ oil
			Peanut oil
			Soybean oil
			Sunflower oil
			Thistle oil

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Nuts & Seeds		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
		Sesame seeds	Poppy seeds
		Sesame paste (Tahini)	Pumpkin seeds
Beans & Legumes		Walnut	Sunflower seed butter
			Sunflower seeds
	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
		Red beans	Pinto beans
		Soybeans	
		Sugar snap peas	
		White beans	
		Yam beans	

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Cereals, Bread & Pastries	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	Gluten-free pasta	Corn flour
	Puffed rice	Oat bran muffins	Cornflakes
	Rice bran	Pasta (semolina wheat)	Cornstarch
	Rice cakes	Quinoa	Couscous
	Rice flour	Rice (brown & white)	Crispbread
	Rice milk	Rice flakes	Gluten-containing flour
	Spelt	Rice noodles	Jerusalem artichoke
	Whole grain rice bread	Soy bread	Kamut
		Soy flakes	Popcorn
		Soy granules	Pumpernickel
		Spelt bread	Rye
		Spelt flour	Rye bread
		Spinach pasta	Rye flour
		Wheat germ flour	Semolina
			Semolina bread & flour
			Soba noodles
			Sorghum
			Tapioca
			Wheat
			Wheat bran
			Wheat flakes
			Wheat groats
			Whole wheat bread
			Whole wheat flour
			Wild rice

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Vegetables	Beet greens	Abalone mushrooms	Aloe
	Beetroot	Alfalfa sprouts	Artichokes
	Bell pepper (all types)	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
	Kale	Daikon	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	
		Miso	
		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	

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Fruits	Bananas	Apples	Bitter melon
	Cranberries	Apricots	Coconuts
	Grapes	Blackberries	Persimmons
	Papaya	Blueberries	Prickly pears
	Pineapple, incl. juice	Boysenberries	Rhubarb
	Plums	Breadfruit	Starfruit
	Watermelon	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	
		Pomegranate	
		Prunes	
		Quinces	
		Raisins	
		Raspberries	
		Santa Claus melon	
		Strawberries	
		Tangerines	
		Winter melons	

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Herbs & Spices	Cayenne pepper	Anise	Allspice (Piment)
	Curry	Basil	Arabic gum
	Ginger	Bay leaves	Barley malt
	Horseradish	Bergamot oil	Clove pepper
	Liquorice root	Brown rice syrup	Corn syrup
	Parsley	Capers	Cornstarch
		Caraway	Gelatine
		Cardamom	Guarana
		Carob tree	Pepper (black & white)
		Chervil	Tapioca
		Chives	
		Cinnamon	
		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)	

Blood Type B

Food	Good & healthy for your body	Neutral	Avoid
Condiment		Agar-Agar	Carrageenan
		Apple Cider Vinegar	Gelatine
		Apple Pectin	Gelatine
		Balsamic Vinegar	Guar Gum
		Mayonnaise	Ketchup
		Mustard	
		Pickled Cucumbers	
		Sea Salt	
		Seasoning Sauce	
		Tamari (gluten-free)	
Sweetener		Worcestershire Sauce	
		Yeast	
	Black Molasses	Fructose	Almond Extract
		Honey	Aspartame
		Maple Syrup	Barley Malt
		Molasses	Cane Sugar
			Corn Syrup
			Dextrose
			Invert Sugar
			Maltodextrin
Herbal Teas			Rice Syrup
			Stevia
			Sugar (white/brown)
	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
	Liquorice 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
Beverage	Still Water	Beer	Coke, Diet Coke
		Coffee	Diet Soft Drinks
		Red wine	Lemonade
		White wine	Mineral water
			Soft drinks
			Spirits

Generally, the following applies:

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

B-Type: The Nomad

Strengths:	Strong immune system, Adaptable to dietary and environmental changes, Balanced nervous system
Weakness:	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.
Health Risks:	Type 1 Diabetes, Chronic Fatigue Syndrome Autoimmune diseases such as: Amyotrophic Lateral Sclerosis (ALS), Lupus, Multiple Sclerosis (MS)
Diet Profile:	Meat, Dairy products, Grains, Vegetables, Fruits
Weight Reduction:	<u>Avoid:</u> Chicken, Corn, Lentils, Peanuts, Buckwheat, Wheat <u>Increase:</u> Leafy greens, Eggs, Game meat (wild meat), Liver, Licorice tea
Nutrient Supplements:	Magnesium, Licorice, Ginkgo, Lecithin
Fitness & Sports:	Moderate physical activity balanced with mental relaxation, such as: Hiking, Cycling, Tennis, Swimming, Yoga, Tai-Chi, Qigong