

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 | |

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|----------------|---------------------------------|------------------------|---------------------------|
| Dairy 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 |

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| 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 |
| | | Walnut | Sunflower seed butter |
| | | | Sunflower seeds |
| | | | |
| Beans & Legumes | 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 | |
| | | | |

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| 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 | Pumpnickel |
| | | 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 |

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| 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 |
| | Jalapeno | 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 | |

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|--------|---------------------------------|---------------------|---------------|
| 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 | |

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| 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) | |

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| 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) | |
| | | Worcestershire Sauce | |
| | | Yeast | |
| Sweetener | 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) |
| | | | |
| Herbal Teas | 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 | |

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|-----------------|------------------------------|------------|------------------|
| 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 | <i>...inhibit insulin effectiveness, reduce metabolic performance, and can cause hypoglycemia (low blood sugar).</i> |
| Peanuts & Sesame Oil | <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

| | |
|------------------------------|--|
| 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 |