Blood Type B.txt

Type B

------

BENEFICIAL

meat:

Goat

Lamb

Mutton

Rabbit

Venison

fish:

Caviar

Cod\*

Croaker

Flounder

Grouper

Haddock

Hake

Halibut

Harvest Fish

Mackerel\*

Mahi-Mahi

Monkfish\*

Perch\*

Pickerel\*

Pike

Porgy

Salmon\*

Sardine\*

Shad

Sole

Sturgeon

dairy:

Cottage Cheese

Farmer Cheese

Feta Cheese

Goat Cheese

Kefir

Milk (cow,goat)

Mozzarella Cheese

Paneer

Ricotta Cheese

Yogurt- CARRAGEENAN IS DETRIMENTAL (added to most yogurt, cottage

cheese, soy milk, dairy products)

bean/legume:

Kidney Bean

Lima Bean

Navy Bean

nut/seed:

Walnut (Black)\*

grain:

Essene Bread (Manna Bread)\*

Ezekiel Bread\*

Millet

Oat Flour\*

Oat/Oat Bran/Oatmeal\*

Rice (puffed)

Rice Bran

Rice Cake/Flour

Rice Milk

vegetable/veg juice:

Beet

Beet Greens\*

Broccoli\*

Brussels Sprouts

Cabbage/Cabbage juice

Carrot\*

Cauliflower

Collard Greens\*

Eggplant

Ginger\*

Kale\*

Mushroom (Shitake)

Mustard Greens

Parsnip\*

Pepper (Green/Yellow/Jalapeno)

Pepper (Red/Cayenne)

Potato (sweet)

Yam

fruit/fruit juice:

Banana

Cranberry\*

Cranberry Juice

Grape (all)

Papaya/Papaya Juice

Pineapple/Pineapple Juice\*

Plum\*

Watermelon

oil:

Olive Oil\*

herb/spice:

Curry

Licorice Root

Parsley\*

condiment:

(none)

sweetener:

Molasses (Blackstrap)\*

beverage:

Green Tea\*

Reasons BENEFICIAL:

Contains component that positively influences known disease

susceptibility;

nutrient-dense food;

contains an agglutinin that modifies disease susceptibility;

contains component that either blocks polyamine synthesis or lowers

indican levels;

healthy alternative to more common variety of foods which are classed as

avoids

-----------

DETRIMENTAL - AVOID

meat:

Bacon/Ham/Pork

Chicken

Cornish Hen

Duck

Goose

Grouse

Guinea Hen

Heart (beef)

Horse

Partridge

Quail

Squab

Squirrel

Sweetbreads

Turtle

fish:

Anchovy

Barracuda

Bass (Bluegill)

Bass (Sea)

Bass (Striped)

Beluga

Butterfish

Clam

Conch

Crab

Eel/Japanese Eel

Frog

Lobster

Mussels

Octopus

Oyster

Pollack

Salmon Roe

Shrimp

Snail/Escargot

Trout

Yellowtail

dairy:

American Cheese

Blue Cheese

Ice Cream

String Cheese

egg:

Duck

Goose

Quail

bean/legume:

Adzuki Bean

Black Bean

Black-eyed Pea

Garbanzo Bean (Chickpea)

Lentil (Domestic)

Lentil (Green)

Lentil (Red)

Mung Bean/Sprouts

Pinto Bean

Soy (Cheese/Flakes/Granules-Lecithin/Milk)

Tempeh (Fermented Soy)

Tofu (Soy Cake)

nut/seed:

Cashew

Filbert (Hazelnut)

Peanut/Peanut Butter

Pine Nut (Pignola)

Pistachio

Poppy Seed

Pumpkin Seed

Sunflower Seed

Sesame Butter/Tahini

Sesame Seed

grain:

Amaranth

Buckwheat/Kasha

Corn (all)

Cornmeal

Couscous (Cracked Wheat)

Gluten Flour

Kamut

Popcorn

Rice (Wild)

Rye Flour/Bread

Soba Noodles (100% Buckwheat)

Sorghum

Teff

Wheat (Bran)

Wheat (Germ)

Wheat (Gluten Flour Products)

Wheat (Whole Wheat Products)

vegetable/veg juice:

Aloe/Aloe Tea/Aloe Juice

Artichoke

Juniper

Olive (Black)

Olive (Greek/Spanish)

Olive (Green)

Pumpkin

Radish

Radish Sprouts

Rhubarb

Tomato/Tomato Juice

Avocado

Bitter Melon

Coconut

Coconut Milk

Persimmon

Pomegranate

Prickly Pear

Starfruit (Carambola)

oil:

Borage Seed Oil

Canola Oil

Castor Oil

Coconut Oil

Corn Oil

Cottonseed Oil

Peanut Oil

Safflower Oil

Sesame Oil

Soy Oil

Sunflower Oil

herb/spice:

Acacia (Arabic Gum)

Allspice

Cinnamon

Cornstarch

Guarana

Pepper (Black/White)

Ketchup

Miso

MSG

condiment:

Carrageenan (added to most yogurt, cottage cheese, soy milk, dairy products)

Gelatin, Plain

Guar Gum

Soy Sauce

Worcestershire Sauce

sweetener:

Almond Extract

Aspartame

Barley Malt

Corn Syrup

Dextrose

Invert Sugar

Maltodextrin

Stevia

Sucanat

beverage:

Liquor (distilled)

Seltzer Water

Club Soda

Soda (Misc./Diet/Cola)

Reasons DETRIMENTAL:

Provokes abnormal blood reaction;

inhibits proper gastric function or blocks assimilation;

secretory insufficiency;

increased intestinal imbalance;

increases polyamine or indican levels;

contains lectin or other agglutinin;

metabolic inhibitor;

provokes reaction in blood (non-lectin);

flocculates serum or precipitates serum proteins;

interferes with cardiovascular activity;

increases lectin activity and binding;

induces intestinal imbalance.

-------

\* - corresponds to Beneficial Blood Type A