



Blood Type “B” Food List

Reference: Eating Right for your Blood Type
by Dr. Peter D’Adamo

Meat & Poultry:

Beneficial	Neutral	Harmful
Lamb Rabbit	Beef Turkey	Bacon Chicken Duck Ham Pork

Seafood:

Beneficial	Neutral	Harmful
Cod Halibut Mackerel Salmon Sardine	Carp Herring Trout Squid White Fish	Anchovy Clam Crab Lobster Octopus Mussels Oysters Shrimp Snail

Eggs & Dairy

Beneficial	Neutral	Harmful
Cottage Cheese Feta Goat Milk Kefir Mozzarella Ricotta	Butter Buttermilk Cheddar Cream Cheese Edam Gouda Parmesan Provolone Soy Products Whey Whole Milk	American Cheese Blue Cheese Ice Cream

Oils & Fat

Beneficial	Neutral	Harmful
Olive Oil	Cod Liver Oil Flaxseed Oil	Canola Corn Cottonseed Peanut Sun Flower Safflower Sesame Oils

Miscellaneous Beverages

Beneficial	Neutral	Harmful
Green Tea	Coffee Beer Tea Wine	Liquor Seltzer Soda





Beans & Legumes:

Beneficial	Neutral	Harmful
Kidney Lima Navy	Fava Greens Red String White Tamarind Peas	Azuki Black Beans Garbanzos Pinto Lentils Black Eyed Peas

Nuts & Seeds:

Beneficial	Neutral	Harmful
None	Almonds Brazil Nuts Chestnuts Macadamia Pecans Walnuts	Cashews Filberts Peanuts Poppy Seeds Pumpkin Seeds Tahini Sun Ower Seeds Sesame Seeds

Grains & Pasta:

Beneficial	Neutral	Harmful
Oat Flour Rice Flour	Spelt White Flour Pasta Quinoa Rice	Buckwheat Couscous Barley Bulgur Wheat Gluten Our Rye Wild Rice

Cereals:

Beneficial	Neutral	Harmful
Millet Oat Rice Spelt	Granola Cream Of Rice	Amaranth Barley Buckwheat Corn Rye Seven Grain Wheat

Breads & Muffins:

Beneficial	Neutral	Harmful
Brown Rice Essene Ezekiel Bread Millet Wasa	Gluten Free Oat Bran Mu Ns Pumpnickel Spelt	Bagels Corn Multi-Grain Rye Wheat

Juices & Fluids

Beneficial	Neutral	Harmful
Cabbage Cranberry Grape Papaya Pineapple	Apple Carrot Celery Cucumber Grapefruit Orange Prune	Tomato





Spices:

Beneficial	Neutral	Harmful
Cayenne	Arrowroot	Allspice
Curry	Basil	Almond Ex-tract
Ginger	Caraway	Cinnamon
Horseradish	Cardamom	Corn Starch
Parsley	Carob	Corn Syrup
	Chocolate	Gelatin
	Clove	Pepper
	Cumin	Tapioca
	Dill	
	Garlic	
	Honey	
	Kelp	
	Maple Syrup	
	Miso	
	Oregano	
	Salt	
	Soy Sauce	

Fruits

Beneficial	Neutral	Harmful
Banana	Apple	Coconut
Cranberry	Berries	Pomegran-ates
Grapes	Currants	Rhubarb
Papaya	Dates	
Pineapple	Figs	
Plums	Grapefruit	
	Kiwi	
	Lemons	
	Mangoes	
	Melon	
	Oranges	
	Peaches	
	Pears	
	Prunes	
	Raisins	
	Tangerines	

Herbal Teas:

Beneficial	Neutral	Harmful
Ginger	Alfalfa	
Ginseng	Chamomile	Aloe
Licorice	Dandelion	Corn Silk
Peppermint	St. John's	Gentian
Raspberry	Wort	Hops
Rosehips	Strawberry	Mullein
Sage	Leaf	Red Clover
	Valerian	Sienna
	Yarrow	Skullcap

Vegetables

Beneficial	Neutral	Harmful
Beets	Asparagus	Artichoke
Broccoli	Bok Choy	Avocado
Cabbage	Celery	Corn
Carrots	Cucumber	Olives
Cauli Ower	Dandelion	Pumpkin
Eggplant	Dill	Radishes
Shitake	Garlic	Tofu
Parsley	Ginger	Tomato
Peppers	Horseradish	
Sweet Pota-toes	Leek	
Brussels	Lettuce	
Sprouts	Mushroom	
Yams	Onions	
	Potatoes	
	Seaweeds,	
	Spinach	
	Squash	
	Zucchini	

