

Blood Type “B” Food List

Ref. by Dr. Peter D’Adamo, *Eating Right for your Blood Type*



MEATS & POULTRY	SEAFOODS	EGGS & DAIRY
Highly Beneficial • Lamb • Mutton • Rabbit • Venison Neutral • Beef: regular, ground • Buffalo • Liver • Pheasant • Turkey • Veal Avoid • Bacon • Chicken • Cornish Hens • Duck • Goose • Ham • Heart • Partridge • Pork • Quail	Highly Beneficial • Cod • Flounder • Grouper • Haddock • Hake • Halibut • Mackerel • Mahi-mahi • Monkfish • Ocean Perch • Pickerel • Pike • Porgy • Salmon • Sardine • Sea Trout • Shad • Sole • Sturgeon • Sturgeon Eggs (Caviar) Neutral • Abalone • Albacore (Tuna) • Bluefish • Carp • Catfish • Herring: fresh, pickled • Rainbow Trout • Red Snapper • Sailfish • Scallop • Shark • Silver Perch • Smelt • Snapper • Squid (Calamari) • Swordfish • Tilefish • Weakfish • White Perch • Whitefish • Yellow Perch Avoid • Anchovy • Barracuda • Beluga • Bluegill Bass • Clam Conch • Crab • Crayfish • Eel • Frog • Lobster • Lox (Smoked Salmon) • Mussels • Octopus • Oysters • Sea Bass • Shrimp • Snail • Striped Bass • Turtle • Yellowtail	Highly Beneficial • Cottage Cheese • Farmer • Feta • Goat Cheese • Goat Milk • Kefir • Mozzarella • Ricotta • Skim or 2% Milk • Yogurt: regular, with fruit, frozen Neutral • Brie • Butter • Buttermilk • Camembert • Casein • Cheddar • Colby • Cream Cheese • Edam • Emmenthal • Gouda • Gruyere • Jarlsberg • Monterey Jack • Munster • Neufchatel • Parmesan • Provolone • Sherbet • Swiss • Whey • Whole Milk Avoid • American Cheese • Blue Cheese • Ice Cream • String Cheese

Blood Type “B” Food List [Pg.2]

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OILS & FATS	NUTS & SEEDS	BEANS & LEGUMES
Highly Beneficial - Olive Oil Neutral - Cod Liver Oil - Linseed (flaxseed) Oil Avoid - Canola Oil - Corn Oil - Cottonseed Oil - Peanut Oil - Safflower Oil - Sesame Oil - Sunflower Oil	Highly Beneficial - NONE Neutral - Almond Butter - Nuts: almonds, brazil, chestnuts, hickory, litchi, macadamia, pecans, walnuts Avoid - Nuts: cashews, filberts, pignola (pine), pistachio - Peanuts - Peanut Butter - Poppy Seeds - Pumpkin Seeds - Sesame Butter (tahini) - Sesame Seeds - Sunflower Butter - Sunflower Seeds	Highly Beneficial - Beans: kidney, lima, navy Neutral - Beans: broad, cannellini, copper, green, java, jacamar, northern, red, snap, string, tamarind, white - Peas: green, pods Avoid - Beans: aduke, azuki, black, garbanzo, pinto - Lentils: domestic, green, red - Peas: black-eyed

CEREALS	BREADS & MUFFINS
Highly Beneficial - Millet - Oat Bran - Oatmeal - Rice: puffed - Rice Bran - Spelt Neutral - Cream or Rice - Familla - Farina - Granola - Grape Nuts Avoid - Amaranth - Barley - Buckwheat - Cornflakes - Cornmeal - Cream of Wheat - Kamut - Kasha - Rye - Seven-Grain - Shredded Wheat - Wheat Bran - Wheat Germ	Highly Beneficial - Brown Rice Bread - Essene Bread - Ezekiel Bread - Fin Crisp - Millet - Rice Cakes - Wasa Bread Neutral - Gluten-free Bread - High Protein, No-Wheat Bread - Ideal Flat Bread - Oat Bran Muffins - Pumpernickel - Spelt Bread - Soy Flour Bread Avoid - Bagels: Wheat - Corn Muffins - Durum Wheat - Multi-grain Bread 100% Rye Crisp - Rye Crisp - Rye Vita - Wheat Bran Muffins - Whole Wheat Bread

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GRAINS & PASTA	VEGETABLES	
Highly Beneficial • Oat Flour • Rice Flour Neutral • Flour: graham, spelt, white • Pasta: semoline, spinach • Quinoa • Rice: basmati, brown, white Avoid • Buckwheat • Kasha • Couscous • Flour: barley, rye, bulgur wheat, durum wheat, whole wheat gluten • Pasta: artichoke • Noodles: soba • Rice: wild	Highly Beneficial • Beets • Beet Leaves • Broccoli • Cabbage: chinese, red white • Carrots • Cauliflower • Collard Greens • Eggplant • Kale • Lima Beans • Mushroom: shiitake • Mustard Greens • Parsley • Parsnips • Peppers: green, red, jalapeno, yellow • Potatoes: sweet • Sprouts: brussels • Yams: all types Neutral • Arugula • Asparagus • Bamboo Shoots • Bok Choy • Celery • Chervil • Chicory • Cucumber • Daikon Radish • Dandelion • Dill • Endive • Escarole • Fennel • Fiddlehead Ferns • Garlic • Ginger • Horseradish • Kohlrabi	Avoid • Artichoke: domestic, jerusalem • Avocado • Corn: white, yellow • Olives: black, greek, green spanish • Pumpkin • Radishes • Sprouts: mung, radish • Tempeh • Tofu • Tomato • Leek • Lettuce: bibb, boston, iceberg, romaine, mesclun • Mushrooms: abalone, domestic, enoki, portabello, tree oyster • Okra • Onions: green red, spanish, yellow • Potatoes: red, white • Radicchio • Rappini • Rutabaga • Scallion • Seaweed • Shallots • Snow Peas • Spinach • Sprouts: alfalfa • Squash: all types • Swiss Chard • Turnips • Water Chestnut • Watercress • Zucchini

Blood Type “B” Food List [Pg.4]

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FRUITS		JUICES & FLUIDS	CONDIMENTS
Highly Beneficial - Bananas - Cranberries - Grapes: black, red, concord, green - Papaya - Pineapple - Plums: dark, red, green		Highly Beneficial - Cabbage - Cranberry - Grape - Papaya - Pineapple	Highly Beneficial NONE
Avoid - Coconuts - Persimmons - Pomegranates - Prickly Pear - Rhubarb - Star Fruit (carambola)		Neutral - Apple - Apple Cider - Apricot - Carrot - Celery - Cherry: black - Cucumber - Grapefruit - Orange - Prune - Water (with lemon) - Vegetable Juice (corresponding with highlighted vegetables)	Neutral - Apple Butter - Jam (from acceptable fruits) - Jelly (from acceptable fruits) - Mayonnaise - Mustard - Pickles: sour, dill, kosher, sweet - Relish - Salad Dressing (low-fat, from acceptable fruits) - Worcestershire Sauce
Neutral - Apples - Apricots - Blackberries - Blueberries - Boysenberries - Cherries - Currants: black, red - Dates - Elderberries - Figs: dried, fresh - Gooseberries - Grapefruit - Guava - Kiwi - Kumquat - Lemons - Limes - Loganberries - Mangoes - Melon: cantaloupe, canang, Crenshaw, Christmas, casaba, honeydew, musk, spanish, watermelon - Nectarines - Oranges - Pears - Peaches - Plantains - Prunes - Raisins - Raspberries - Strawberries - Tangerines		Avoid Tomato	Avoid Ketchup

MISC BEVERAGES	
Highly Beneficial Tea: Green	Neutral - Beer - Coffee: regular, decaf - Tea Black: regular, decaf - Wine: red, white
Avoid - Liquor: distilled - Seltzer Water - Soda: club, cola, diet, other	

Notes

Blood Type “B” Food List [Pg.5]

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SPICES		HERBAL TEAS	
Highly Beneficial • Cayenne Pepper • Curry • Ginger • Horseradish • Parsley	Avoid • Allspice • Almond Extract • Barley Malt • Cinnamon • Cornstarch • Corn Syrup • Gelatin: plain • Pepper: black ground, white • Tapioca	Highly Beneficial • Ginger • Ginseng • Licorice • Parsley • Peppermint • Raspberry Leaf • Rose Hips • Sage	Avoid • Aloe • Coltsfoot • Corn Silk • Fenugreek • Gentian • Hops Linden • Mullein • Red Clover • Rhubarb • Senna • Shepherd’s Purse
Neutral • Agar • Anise • Arrowroot • Basil • Bay Leaf • Bergamot • Brown Rice Syrup • Capers • Caraway • Cardamom • Carob • Chervil • Chives • Chocolate • Clove • Coriander • Cream of Tartar • Cumin • Dill • Dulce • Garlic • Honey • Kelp • Maple Syrup • Marjoram • Mint • Miso • Molasses • Mustard (dry) • Nutmeg	• Oregano • Paprika • Pepper: peppercorn, red flakes • Peppermint • Pimiento • Rice Syrup • Rosemary • Saffron • Sage • Salt • Savory • Soy Sauce • Spearmint • Sugar: brown, white • Tamarind • Tarragon • Thyme • Turmeric • Vanilla • Vinegar: apple cider, balsamic, white • Red Wine • Winter Green	Neutral • Alfalfa • Burdock • Catnip • Cayenne • Chamomile • Chickweed • Dandelion • Dong Quai • Echinacea • Elder • Goldenseal • Green Tea • Hawthorn • Horehound • Licorice Root • Mulberry • Saint-John’s Wort • Sarsaparilla • Slippery Elm • Spearmint • Strawberry Leaf • Thyme • Valerian • Vervain • White Birch • White Oak Bark • Yarrow • Yellow Dock	