

Blood Group B – The Eat Right Diet by Dr. Peter D'Adamo or Healthy Happy Eating by Sue Visser.

<http://www.dadamo.com/typebase4/typeindexer.htm>

Food Type	Beneficial Food	Neutral Food	Foods to Avoid
Meat, Poultry, Game	Lamb, Mutton, Rabbit, Venison	Beef, including minced, Liver – calf, chicken, Turkey, Veal	Bacon, Chicken (lectin), Ham, Pork
Seafood	Cod, Haddock, Hake, Halibut, Mackerel, Sardines, Shad, Sturgeon	Tuna, Carp, Catfish, Caviar, Herring – fresh, pickled, Mussels, Red snapper, Rainbow trout, Salmon, Shark, Snapper, Sole, Squid, Swordfish	Anchovy, Clams, Crab, Crayfish, Lobster, Octopus, Oysters, Prawns, Sea bass, Smoked salmon
Dairy Products, Eggs	Cottage cheese, Feta cheese, Goats cheese, Goats milk, Milk: skimmed, semi-skimmed, Mozzarella, Ricotta, Yoghurt, frozen with fruit	Brie, Butter, Buttermilk, Camembert, Cheddar, Crème fracche, Edam, Emmenthal, Fromage frais, Gouda, Gruyère, High- / low fat soft cheese, Milk – whole, Parmesan, Soya milk, Whey	Blue cheese, Ice-cream
Oils, Fats	Olive oil		Corn oil, Cottonseed oil, Ground nut oil, Safflower oil, Sunflower oil, Sesame oil
Nuts, Seeds		Almonds, Brazil nuts, Macadamia nuts, Walnuts	Cashew, Hazelnuts, Peanuts, Peanut butter, Pistachio nuts, Pine nuts, Poppy seeds, Sesame seeds, Sunflower margarine, Sunflower seeds, Tahini (sesame seed paste)
Beans, Pulses	Kidney beans, Lima beans	Broad beans, Green beans, Mangetouts, Peas – green, sugar, snap, Red Soya beans	Black beans, Black eyed beans / peas, Chick peas, Lentils – brown, green, red
Cereals	Oat bran, Oat meal, Puffed rice	Granola, Grape nuts	Barley, Buckwheat, Cornflakes, Cornmeal, Rye, Shredded wheat, Wheat bran, Wheat germ
Breads, Crispbreads, Muffins	Rice cakes	Oat bran muffins, Hi-protein bread, Soya flour bread	Bagels, Cornbread, Corn muffins - NO MEALIES, Durum wheat bread, Multi-grain bread, Polenta, Rye bread, Ryvita, Wheat bran muffins, Wholewheat bread
Grains, Pastas	Oat flour, Rice flour	Plain flour, Rice – basmati, brown, white, Self raising flour, Semolina, Spinach pasta, Tomato pasta	Barley flour, Buckwheat flour, Couscous, Durum wheat flour, Gluten flour, Rye flour, Tapioca, Wholewheat flour, Wild rice
Vegetables, Herbs	Beetroot, Beetroot leaves, Brussel sprouts, Cabbage – Chinese, red, white, Carrots, Cauliflower, Egg plant, Mushrooms – shitake, Parsley, Parsnips, Peppers – green, red, yellow, Sweet potato	Alfalfa sprouts, Asparagus, Baby marrow, Bamboo shoots, Celery, Chervil, Chilli peppers - Jalapero, Coriander, Cucumbers, Dill, Endive, Garlic, Ginger, Kohlrabi, Leeks, Lettuce – all types, Mange touts, Mushrooms – all types, Okra, Onions – all types, Potatoes, Rocket, Spinach, Squash – all types, Turnips, Watercress	Avocado, Artichokes, Olives – all types, Pumpkin, Radishes, Sweetcorn & mealies, Tofu, Tomatoes
Fruits	Bananas, Cranberries, Grapes – all, Paw paw, Pineapple, Plums	Apples, Apricots, Blackberries, Black currants, Blue berries, Cherries, Dates, Figs – dry, fresh, Gooseberries, Grapefruit, Guava, Kiwi, Kumquats, Lemons, Lychees, Mangoes, Melons – all, Naartjies, Oranges, Peaches, Pears, Prunes, Raspberries, Red currants, Strawberries, Watermelon	Coconuts, Pomegranates, Prickly pears
Juices, Other Fluids	Cranberry juice, Grape juice, Paw paw juice, Pineapple juice	Apple cider, Apple juice, Apricot juice, Carrot juice, Celery juice, Cucumber juice, Grapefruit juice, Orange juice, Other vegetable juices, Prune juice, Water (with lemon juice)	Tomatoe juice
Spices, Herbs, Flavouring	Curry powder, Horseradish, Parsley	Anise, Basil, Bay leaf, Capers, Caraway seeds, Cardamom, Carob, Cayene, Chervil, Coriander, Cream of tartar, Cumin, Dill, Garlic, Marjoram, Mint, Molasses, Nutmeg, Paprika, Pepper – red flakes, Pimento, Rosemary, Saffron, Sage, Salt, Spearmint, Soy sauce, Tarragon, Thyme, Vinegars – balsamic, cider, herb, red, white,	Allspice, Almond essence, Barley malt, Cinnamon, Cornflour, Corn syrup, Gelatine, Pepper – ground black & white, peppercorns
Condiments	Limit use as they have no real benefits	Pickles – all, Worcestershire sauce	Tomatoe sauce
Beverages	Ginger tea, Ginseng, Liquorice, Peppermint	Green tea, Try to limit to water, juices, green tea and permitted herbal teas	Soda – all carbonated drinks, Seltzer water