

**BLOOD TYPE B****Beneficial****Avoid****Meats**

Lamb, rabbit, venison

Pork, chicken, duck, quail

**Fish**

Cod, flounder, grouper, haddock, halibut, mackerel, mahimahi, sardine sole, sturgeon, trout

All shellfish, bass, lox, octopus, anchovy, turtle

**Cheese**

Cottage, farmer, feta, goat, mozzarella, ricotta

American, blue, string

**Eggs****Milk**

skim

**Other Dairy**

yogurt

**Oils**

olive

Ice cream

**Nuts & Seeds**

Almond, brazil, chestnut, hickory, litchi, macadamia, pecan, walnut

Canola, corn, peanut, safflower, sesame, sunflower, cottonseed

Cashews, pine, pistachio, peanut, pumpkin, poppy, sesame sunflower

**Beans**

Kidney, navy, lima

Aduke, azuki, black, garbanzo, pinto, lentils

**Grains**

Millet, oats, rice, spelt, Ezekiel, essence

Amaranth, barley, buckwheat, corn, kamut, kasha, rye, seven-grain, wheat

**Vegetables**

Beets, broccoli, brussel, sprouts, cabbage, carrots, cauliflower, collard greens, eggplant, kale, mushroom, mustard greens, parsley, parsnip, peppers, sweet potato, yam

Artichoke, avocado, olive pumpkin, radish, tomato

**Fruit**

Banana, cranberry, grapes, papaya, pineapple, plums

Coconut, persimmon, pomegranate, rhubarb, starfruit

**Fruit Juice**

Cranberry, grape, papaya, pineapple

tomato

**Spices**

Mayonnaise, mustard

ketchup