

NUTRITIONAL FOOD CHART, TYPE B

- + Highly beneficial “like medicine” (building a healthy blood structure & strong protein net)/eat unlimited
- Neutral “like food”/eat some
- x Avoid “like poison” (causing inflammation, immune/allergy response, weakening protein net)/eat none

Category	Portion Size	Type B		
Meat	Portion Size: Male 4 to 6 oz Female 2 to 5 oz	+ Beneficial	- Neutral	x Avoid
	Frequency: 2 to 7 times per week	Goat Lamb Mutton Rabbit Venison	Beef (organic/ grass-fed) Bison Liver/Calf Ostrich Pheasant Turkey Veal	Bacon/Ham/ All Pork Chicken Cornish Hen Duck Goose Grouse Guinea Hen Heart (Beef) Horse Partridge Quail Squab (Pigeon) Squirrel Sweetbreads Turtle

Category	Portion Size	Type B		
Eggs	Portion Size: 1 egg	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 4 times per week	Caviar/Black or Red	Chicken egg	Duck egg Goose egg Quail egg Salmon/roe

GENERAL FOOD-COMBINING RULES

- Veggies + meat = yes
- Veggies + grains = yes
- Grains + meat = digestive problems
- Fruit = eat alone/in between meals

Category	Portion Size	Type B		
Dairy	Milk & Yogurt	+ Beneficial	- Neutral	x Avoid
	Portion Size: Male 4 to 6 oz Female 2 to 5 oz Frequency: 3 to 4 times per week	Cottage cheese Farmer Cheese Feta Cheese Goat Cheese Kefir Milk/Cow Milk/Goat Mozza Cheese Paneer Ricotta Cheese Yogurt (whole milk)	Brie Cheese Butter Buttermilk Camembert cheese Casein Cheddar cheese Colby Cheese Cream Cheese Edam Cheese Emmental cheese Ghee/Clarified butter Gouda Cheese Gruyere cheese Half and Half Jarlsberg cheese Monterey Jack cheese Munster cheese Neufchatel cheese Parmesan cheese Provolone cheese Quark Cheese Sour Cream Swiss Cheese Whey	American cheese/ Process blue cheese String cheese
	Cheese			
	Portion Size Male 3 oz Female 2 oz Frequency: 3 to 5 times per week			

Category	Portion Size	Type B		
Fish & Seafood	Portion Size:	+ Beneficial	- Neutral	x Avoid
	Male 4 to 6 oz Female 2 to 5 oz			
	Frequency: 3 to 5 times per week	Cod	Abalone	Anchovy
		Croaker	Bluefish	Barracuda
		Flounder	Bullhead	Bass
		Grouper	Carp	Beluga
		Haddock	Catfish	Butterfish
		Hake	Chub	Clam
		Halibut	Cusk	Conch
		Harvest Fish	Drum	Crab
		Mackerel	Halfmoon fish	Eel
		Mahi Mahi	Herring	Frog
		Monkfish	Mullet	Lobster
		Perch/Ocean	Muskellunge	Mussel
		Pickrel	Opaleye	Octopus
		Pike/Walleye	Orange roughy	Oyster
		Porgy	Parrot fish	Pollock
		Salmon	Perch (Silver/ White/Yellow)	Salmon Roe
		Sardine	Pompano	Shrimp
		Shad	Red Snapper	Snail/ Escargot
		Sole	Rosefish	Trout (Brook/ Rainbow/ Sea)
		Sturgeon	Sailfish	
			Scallop	
			Scrod	
			Scup	
			Shark	
			Smelt	
			Squid	
			Sucker/White	
			Sunfish	
			Swordfish	
			Tilapia	
			Tuna	
			Weakfish	
			Whitefish	
			Whiting	

Category	Portion Size	Type B		
Grains	Portion Size: 1 Cup, dry (grains or pastas)	+ Beneficial Essene bread/ Manna bread Millet Oat Rice (rice bran, rice cake, rice flour, rice milk) Spelt	- Neutral Barley Gluten free bread Quinoa Rice (basmati, brown, white, cream of rice) Sago Palm Spelt flour Wheat bread (sprouted)	x Avoid Amaranth Artichoke flour Buckwheat/ Kasha/Soba Corn Couscous Gluten flour Grits Kamut Rice (wild) Rye/rye bread/rye flour Soba noodles Sorghum Tapioca Teff Wheat flour Whole wheat Wheat bran Wheat germ
	Frequency: 4 to 9 times per week			

Remember, “B’s” do very well on 70-80% leafy greens & veggies! Aim high in order to build a healthy blood structure & strong protein net! This will also help to alkalize the blood, which means increased disease reversal & prevention.
Try to include some daily chlorophyll-rich greens smoothies, too.

Category	Portion Size	Type B		
Beans & Legumes	Portion Size: 1 cup cooked	+ Beneficial Kidney Bean Lima Bean Navy Bean	- Neutral Cannellini bean Copper Bean Fava (Broad) bean Green Bean Northern Bean Snap/Yellow Tamarind Bean White Beans	x Avoid Adzuki Bean Black Bean Black eyed pea Garbanzo bean (chickpea) Lentil Mung Bean Mung Sprout Peanut Pinto Bean Soy (all soy foods)
	Frequency: 5 to 7 times per week			

Category	Type B		
Beverages	+ Beneficial	- Neutral	x Avoid
Note: remember coffee is extremely acidic, so limit to smaller amounts. Increase water intake when drinking coffee.	Green Tea	Beer Coffee Tea/Black Red wine White wine	Liquor (distilled) Seltzer water Soda (Cola, Diet, Club, Carbonated)

Category	Portion Size	Type B		
Vegetables	Portion Size: 1 Cup, cooked or raw	+ Beneficial	- Neutral	x Avoid
	Frequency: Beneficial - Unlimited Neutral - 2 to 5 per day			
		Beet	Agar	Aloe
		Beet Greens	Alfalfa seeds/ sprouts	Aloe juice
		Broccoli	Arugula	Artichoke/all
		Broccoli sprout	Asparagus	Olive/all
		Cabbage	Asparagus	Pumpkin
		Cabbage juice	peas	Radish
		Carrot	Bamboo shoot	Radish
		Cauliflower	Bok Choy	sprouts
		Collard Greens	Caper	Rhubarb
		Eggplant	Carrot juice	Tomato
		Ginger Root	Celeriac	Tomato juice/ paste
		Kale	Celery	
		Mushroom/ Shiitake	Celery juice	
		Mustard greens	Chicory Root	
		Parsnip	Cucumber	
		Pepper (green, jalapeno, red, yellow, sweet)	Cucumber juice	
		Sweet potato	Daikon Radish	
		Yam	Dandelion greens	
			Endive	
			Escarole	
			Fennel/Bulb	
			Fiddlehead	
			fern	
			Garlic	
			Horseradish	
			Jicama	
			Kelp	
			Kohlrabi	
			Leek	
			Lettuce (romaine, all)	
			Mushroom (black trumpet, domestic white, enoki, maitake, oyster, portobella, straw)	
			Okra	
			Onion	
			Oyster Plant	
			Peas	
			Pickle/In Brine	
			Pickle/Vinegar	
			Pimento	
			Poi	
			(continued on next page)	

Category	Portion Size	Type B		
Vegetables (continued)	Portion Size: 1 Cup, cooked or raw	+ Beneficial	- Neutral	x Avoid
	Frequency: Beneficial - Unlimited Neutral - 2 to 5 per day			
				Potato/Red/ White Radicchio Rappini/ Broccoli Rabe Rutabaga Sauerkraut Scallion Seaweed Shallots Spinach Squash (all) Swiss Chard Taro/Tahitian/ Dasheen Turnip Water chestnut Watercress Yucca Zucchini

FOOD COMBINING TIPS FOR FRUIT

**Eat fruit by itself, in between meals. Combining fruit with other foods (grains, starches, meats, veggies, etc.) can create digestive problems and fermentation. Different kinds of fruit can be eaten together, except for melon which should always be eaten alone. When making green smoothies, apple or pineapple are okay to include with the greens.

Do not mix acid and/or sub-acid fruits at the same meal. Acid fruits (ex. grapefruit, pineapple, strawberry) can be mixed with sub-acid fruits (ex. apples, grapes, peaches), but neither of these categories should be mixed with sweet fruits (ex. bananas, dates, raisins).

Category	Portion Size	Type B		
Fruit	Portion Size: 1 Cup, or 1 piece	+ Beneficial Banana Cranberry Grape Papaya Pineapple Plum Watermelon	- Neutral Apple Apricot Asian Pear Blackberry Blueberry Boysenberry Breadfruit Canang Melon Cantaloupe Casaba Melon Cherry Christmas melon Crenshaw melon Currants (red/black) Dates Dewberry Elderberry Fig Gooseberry Grapefruit Guava Honeydew melon Kiwi Kumquat Lemon Lime Litchi/Lychee Loganberry Mango Mulberries Musk Melon Nectarine Orange Peach Pear Persian melon Plantain Prune Quince Raisins Raspberries Spanish melon Strawberry Tangerine Youngberries	x Avoid Avocado Bitter melon Coconut Persimmon Pomegranate Prickly pear Starfruit/ Carambola
	Frequency: 3 to 5 Times per day.			

Category	Type B		
Herbs, Spices, & Condiments	+ Beneficial	- Neutral	x Avoid
	Curry powder Licorice root Molasses/ blackstrap Parsley	Agave Alfalfa Anise seed Apple/pectin Arrowroot flour Baking soda Basil Bay leaf Bergamot/peel Caraway seeds Cardamom Carob Chervil Chili powder Chives Cocoa Cilantro/coriander Clove Cumin seed Dill seed Dulse Fructose Honey Mace Maple syrup Marjoram Mayo/with vinegar Molasses Mustard Nutmeg Oregano Paprika Cayenne pepper Chili pepper Peppermint Pickle relish Rice syrup Rosemary Saffron Sage Savory Sea salt Spearmint Sugar (cane) Tamari Tarragon Turmeric Vanilla Veg. glycerine Vinegar (all kind) Wintergreen Yeast/bakers Yeast/nutritional/ brewers	Acacia (gum arabic) Allspice Almond extract Asparatame Barley malt flour Carageenan/ Irish Moss Cinnamon Corn syrup Cornstarch Dextrose Gelatin Guar Gum Guarana Invert sugar Ketchup/with vinegar MSG Maltodextrin Miso Pepper/ black/white Soy sauce Stevia Sucanat

Category	Portion Size	Type B		
Nuts & Seeds	Portion Size: 1 handfuls (seeds, nuts) 1 to 2 tablespoon (nut butters)	+ Beneficial	- Neutral	x Avoid
	Frequency: 4 to 7 times per week	Walnut/black	Almond Beech nut Brazil nut Butternuts Chestnut Flax seed Hickory nuts Macadamia Pecan Walnut/english	Cashew Hazelnut Peanut Pine nut Pistachio Poppy seed Pumpkin seed Safflower seed Sesame seed/Tahini Sunflower seed

** Nuts and seeds should ideally be soaked or sprouted before consuming. Soaking destroys the phytic acid surrounding the nut/seed and allows the body to easily digest and assimilate. Sprouting increases the enzymatic action (digestive power!) and increases nutritional content exponentially.

Category	Portion Size	Type B		
Oils	Portion Size: 1 tablespoon	+ Beneficial	- Neutral	x Avoid
	Frequency: 5 to 8 times per week	Olive oil	Almond oil Black currant seed oil Cod liver oil Evening primrose oil Flax seed oil Walnut oil Wheat germ oil	Avocado oil Borage seed oil Canola oil Coconut oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Soy oil Sunflower oil

For more info:

Book "Eat Right For Your Blood Type" by Dr. Peter D'adamo
Website: <http://www.dadamo.com/program.htm>