

Blood Type 'B' food recommendations



Meats & Poultry		
Highly Beneficial	Neutral	Avoid
Venison	Beef – steak, ground	Pork – bacon, ham
Lamb	Turkey	Heart
Rabbit	Buffalo	Chicken, duck, goose, quail
	Veal	

Seafood		
Highly Beneficial	Neutral	Avoid
Salmon, halibut, sea trout	Albacore (tuna fish)	Clam, snail, mussels, crab, oysters
Cod, flounder, mackerel	Carp, catfish, smelt	Shrimp, lobster
Mahimahi	Herring, Salmon, snapper	Eel, turtle
	Swordfish, squid	
	Perch – white / yellow	

Eggs, Dairy and Substitutes		
Highly Beneficial	Neutral	Avoid
Cottage cheese, yogurt	Cheddar, colby, munster, parmesan, provolone, swiss	Ice cream
Goat – milk, cheese	Butter	String cheese
Kefir	Cream cheese	American cheese
Mozzarella, ricotta	Brie	Blue cheese
	Soy – milk, cheese	
	Sherbert	

Oils & Fats		
Highly Beneficial	Neutral	Avoid
Olive oil	Cod liver oil, flaxseed oil	Canola, corn, peanut, safflower, sunflower, sesame oils

Nuts & Seeds		
Highly Beneficial	Neutral	Avoid
Pumpkin seeds	Almond butter	Cashews
	Chestnuts	Pistachios
	Hickory, macadamia, pine, poppy	Brazil nuts
	Sesame, sunflower, walnuts	

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Beans & Legumes		
Highly Beneficial	Neutral	Avoid
Kidney	Green bean, string bean	Black-eyed, black bean
Navy	White, soy, snap, red, pods	Garbanzo, pinto, red
Lima	Jicama	Lentils – green, red, domestic

Cereals		
Highly Beneficial	Neutral	Avoid
Oatmeal, oat bran	Granola, grape nuts	Rye, 7 grain
Rice – puffed, bran	Cream of rice	Wheat – bran, germ, shredded
Spelt, millet	Familia	Cornmeal, Cornflakes

Breads		
Highly Beneficial	Neutral	Avoid
Brown rice bread	Spelt bread	Wheat bagel, Corn muffin
Rice cakes	Gluten-free, wheat free	Rye, wheat bran, durum
Millet	Pumpernickel	
Ezekiel bread	Flat bread	

Grains & Pasta		
Highly Beneficial	Neutral	Avoid
Flour – oat, rice	Flour – graham, spelt, white	Couscous
	Pasta – semolina, spinach	Wheat
	Rice – brown, white, basmati	Buckwheat

Vegetables		
Highly Beneficial	Neutral	Avoid
Broccoli, cauliflower, sprouts	Lettuce – bibb, iceberg, romaine	Artichoke
Sweet potatoes, yams	Mushroom – Portobello, domestic, tree oyster	Corn – yellow, white
Cabbage, collard greens, parsley	Asparagus, celery, cucumber	Olives – black, green, greek
Carrots	Onions – green, red, yellow	Avocado, artichoke
Pepper – yellow, green, jalapeno	Potatoes – red, white	Sprouts
	Garlic, ginger, dill	Tofu, tempeh

Fruits		
Highly Beneficial	Neutral	Avoid
Banana, pineapple, papaya	Apple, orange, pear, lemon/lime	Coconuts
Grape – black, green, red	Guava, kiwi, strawberries	Pomegranates, starfruit
Plum – green, red	Melon – cantaloupe, honeydew, musk, Spanish, watermelon	Rhubarb

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Juices & fluids		
Highly Beneficial	Neutral	Avoid
Papaya	Apple, cider	Tomato
Pineapple	Apricot, prune, cherry	
Grape	Carrot, celery, cucumber	
Cranberry	Grapefruit, orange	

Misc. Beverages		
Highly Beneficial	Neutral	Avoid
Tea - green, ginger, Licorice root, peppermint, Sage, parsley	Alfalfa, catnip, cayenne, Echinacea, St John's Wart, spearmint, valerian, thyme, wine, coffee, beer, black tea	Aloe, corn silk, goldenseal, hops, soda, seltzer water, distilled liquor

Condiments		
Highly Beneficial	Neutral	Avoid
NO benefit	Apple butter, jam, jelly	Ketchup
	Mayonnaise, mustard	
	Pickles, relish	

Supplemental Nutrition Advisory (type 'B' only)		
Highly Beneficial	Your usage	Link to product – information and sales
Digest Ease	Aids in digestion	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W6201&id=D
Spark	Increase mental focus	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=A2095&id=E&flavor=M&size=C
IntelleQ	Increase mental focus	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W2951&id=D
Immuno Guard	Increasing immune health	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3311&id=D

Additional Options for a <i>paleo lifestyle</i>	
Customized meal planning <i>Making it easy for you and your family</i>	http://www.sevenwellness.com/Meal-Planning.html
Nutrition Coaching via Skype	http://www.sevenwellness.com/Goals.html
Test your pH at home with this kit	http://astore.amazon.com/queshealandwe-20/detail/B002ZYVU4O
The Paleo Solution - book	http://astore.amazon.com/queshealandwe-20/detail/0982565844
The GenoType Diet - book	http://astore.amazon.com/queshealandwe-20/detail/B002VJY8E2
The Paleo Diet - Cookbook	http://astore.amazon.com/queshealandwe-20/detail/0470913045
Paleo Resource Website Page <i>Complimentary info for your review</i>	http://www.sevenwellness.com/Paleo-and-Blood-type-diet-information.html

