

## **EAT RIGHT 4 YOUR BLOOD TYPE**

### **BLOOD TYPE "B"**

Best exercise is moderate swimming, biking, or walking three days a week and relaxed exercises like golf or tai chi two days per week

Diet is most varied of all blood types

Foods that encourage weight gain: corn, lentils, peanuts, sesame seeds, buckwheat, wheat

Foods that encourage weight loss: green vegetables, meat, eggs, low fat dairy products, liver, Licorice tea

**The food list below will be divided into "B" for beneficial, "N" for neutral, and "A" for avoid.**

**Meats:** eat meat 2 - 3x per week

B: lamb, mutton, rabbit, venison

N: beef, buffalo, liver, pheasant, turkey, veal

A: bacon, chicken (especially bad for this blood type). cornish hens, duck, goose, ham, heart partridge, pork, quail

**Seafood:** type B's thrive on seafood (no shellfish)

B: cod, flounder, grouper, haddock, halibut, mackerel, ocean perch, pickerel, pike, salmon, sardine, shad, sole, sturgeon, caviar

N: abalone, tuna, bluefish, carp, catfish, herring, rainbow *trout*, red snapper, sailfish, scallop, shark, smelt, snapper, white perch, yellow perch

A: anchovy, barracuda, clam, conch, crab, eel, frog, lobster, smoked salmon, mussels, octopus, oysters, shrimp, snail, striped bass, turtle

**Dairy and Eggs:**

B: cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, skim or 2 % milk, yogurt, eggs (one 34x per week)

N: butter, buttermilk, cheddar, colby, cream cheese, edam, Monterey jack, munster, parmesan, provolone, sherbet, soy cheese, soy milk, Swiss, whey, whole milk

A: American cheese, blue cheese, ice cream, string cheese

**Oils and Fats:**

B: olive oil (one Tab. every other day at least)

N: cod liver oil, flaxseed oil

A: canola, corn. cottonseed, peanut, safflower, sesame, and sunflower oils

**Nuts and seeds:**

B: none

N: almond butter, almonds, brazil, chestnuts, hickory, macadamia, pecans, walnuts

A: cashews, filberts, pistachio, peanuts, peanut butter, poppy seeds, pumpkin seeds, sesame butter, sesame seeds, sunflower butter and seeds.

**Beans and legumes:**

B: kidney, lima, navy and red soy beans

N: broad beans, cannellini, copper, fava, green, jicama, northern, red, snap, string, and white beans. Green peas and pea pods.

A: aduke, azuk'i, black, garbanzo, and pinto beans. lentils (all), black-eyed peas

**Cereals:**

B: millet, oat bran, oatmeal, puffed rice, rice bran, spelt

N: cream of rice, familia, farina, granola, grape nuts

A: amaranth, barley, buckwheat, cornflakes, cornmeal, cream of wheat, rye, seven-grain, shredded wheat, wheat bran, wheat germ

## **EAT RIGHT 4 YOUR BLOOD TYPE**

### **Type “B” cont...**

#### **Breads**

B: brown rice bread, essene, ezeziel, fin crisp, millet, lice cakes, wasa

N: gluten-free, high-protein no-wheat bread, Ideal flat bread, oat bran muffins, pumpernickel, spelt bread, soy flour bread

A: bagels (wheat), corn muffins, durum wheat, multi-grain, 100% rye, rye crisp, rye vita, wheat bran muffins, whole wheat bread

#### **Grains and pasta:**

B: oat flour, rice flour

N: graham flour, spelt flour, white four, semolina pasta, spinach pasta, quinoa, all rice (except wild)

A: buckwheat, couscous, barley flour, bulgar wheat flour, durum wheat flour, rye flour, whole wheat flour, artichoke pasta, soba noodles, wild rice

#### **Vegetables:**

B: beets, broccoli, cabbages, carrots, cauliflower, greens, eggplant, lima beans, parsley, parsnips, all peppers, sweet potatoes, Brussels sprouts, yams

N: all other vegetables unless on the avoid list

A: artichokes, avocado, corn (white or yellow), olives(all), pumpkin, radishes, mung sprouts, radish sprouts, tempeh, tofu, tomato

#### **Fruits:** eat one or two from the beneficial list daily

B: bananas, cranberries, all grapes, papaya, pineapple, all plums

N: apples, apricots, cherries, grapefruit, all melons, oranges, peaches, pears, strawberries, etc.

A: coconuts, persimmons, pomegranates, prickly pear, rhubarb and starfruit

#### **Juices and fluids:**

B: cabbage, cranberry, grape, papaya, pineapple

N: apple, apple cider, apricot, carrot, celery, black cherry, grapefruit, orange, prune, lemon

A: tomato

#### **Spices:**

B: cayenne pepper, curry, ginger, horseradish, parsley

N: many including honey, maple syrup, mint, dry mustard, red pepper flakes, pimiento, soy sauce, vanilla, apple cider vinegar, red wine vinegar all that are not mentioned in the avoid.

A: allspice, almond extract, barley malt, cinnamon, cornstarch, corn syrup, plain gelatin, black pepper, white pepper, tapioca.

#### **Condiments:**

B: none

N: mayonnaise, mustard, dill pickles, apple butter, low flit salad dressing, worcestershire sauce

A: ketchup

For further information on the blood type diet and lifestyle read

**EAT RIGHT FOR YOUR TYPE** by Dr. Peter J. D'Adamo with Catherine Whitney

For information on Zyto Assessments or Biological Terrain Analysis, please contact:

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