



Henley House, Upton, St. Michael, Barbados BB11103

Tel: (246)431-9415 Fax: (246) 435-8456

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. Please note this diet is NOT anti-yeast or anti-fungal.

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, "A" for avoid

Meats:

B: lamb, mutton, rabbit, venison, goat

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, mahi-mahi, tilapia, flying fish, swordfish(well cooked)

N: abalone, tuna(limited amounts), 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: butter, cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, skim or 2% milk, yogurt, eggs (one 3x per week max)

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

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

Oils and Fats:

B: olive oil, coconut, oils, flaxseed oil.

A: canola, com. cottonseed, peanut, safflower, sesame, and sunflower oils, vegetable oil.

Nuts and Seeds:

B: almonds, macadamia nuts, sunflower seeds, pumpkin seeds almond butter, flaxseeds

A: all other seeds and nuts

Beans and Legumes:

B: kidney, lima, navy and red soy beans, chick peas, chana, string beans and green peas, mung beans

A: all other peas/beans

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

Breads:

B: brown rice bread, essene, ezekiel, fin crisp, millet, rice cakes, wasa, rice cakes, soya flour bread, spelt flour, cassava flour, tapioca flour, soy flour

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

A: graham flour, white four, semolina pasta, spinach pasta, wild buckwheat, couscous, barley flour, bulgar wheat flour, durum wheat flour, rye flour, whole wheat flour, artichoke pasta, soba noodles, wild rice

Vegetables:

B: alfalfa sprouts, arugula, asparagus, artichoke avocado bamboo, beet/beet leaves, bok choy, breadfruit broccoli, carrots, cassava/ yucca, courgettes, collard greens, celery, chicory, chives, christophene, collards, cucumber, chickpeas, caraway, dasheen, dandelion, eddoes, endive, fennel, garlic, ginger, green olives, horseradish, jalapeno peppers, kale, kelp, kohlrabi, Romaine lettuce, other lettuce, tomatoes, okra, onions, parsnips, parsley, parsnips, plantains pumpkin, radishes, rutabaga, shallots squash, spinach, scallions, Swiss chard sweet potatoes, pumpkin, tempeh, tufu, turnip, water chestnut, water-cress, yam, kelp or dulse/seaweed, zucchini, red/green/yellow peppers, zucchini

A: Cabbage, eggplant, mushrooms

Fruits:

B: bananas, cranberries, grapes, papaya, pineapple, all plums, strawberries, raspberries, blueberries, blackberries, grapefruit, lemons, limes, apples, bajan cherries, soursop, coconuts

N: apricots, all melons, oranges, peaches, pears,

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

Juices and Fluids:

B: cabbage, cranberry, grape, papaya, pineapple, grapefruit

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

A: tomato

Spices:

B: cayenne pepper, curry, ginger, horseradish, parsley, bragg Liquid Aminos, vanilla, black pepper, white pepper

N: mint, dry mustard, red pepper flakes, pimiento

A: barley malt, cornstarch, corn syrup, plain gelatin, soy sauce, red wine vinegar

Condiments:

B: none

N: mayonnaise, mustard, dill pickles, apple butter, low fat salad dressing, Worcestershire sauce

A: ketchup, peppersauce

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