

Some Blood Type B Foods for your shopping list

Unless I have indicated that you may have a sensitivity to these, or to avoid

Some of the Blood Type B avoid foods (avoid 80% of the time) are: chicken, chicken liver, duck, duck liver, ham, partridge, pork, bacon, quail, sweetbreads, anchovy, bass, clam, crab, crayfish, eel, herring, lobster, mussels, octopus, oyster, pollock, salmon roe, sea bream, shrimp, skate, snail, rainbow trout, sea trout, ice cream, duck egg, goose egg, quail egg, Roquefort cheese, avocado oil, coconut oil, corn oil, lard, margarine, palm oil, peanut oil, pumpkin seed oil safflower oil, sesame oil, cashew, peanuts, pine nuts, pistachio, poppy seed, pumpkin seed, safflower seed, sesame butter, tahini, sunflower butter, sunflower seed, adzuki bean, black bean, black-eyed pea, butter bean, chickpea, lentils all types, natto, pinto bean, soyabean tofu, amaranth, buckwheat, couscous, cornflakes, gluten flour / wheat, Graham flour (chickpea), lentil flour, dahl, Poppadum, wild rice, tapioca, teff, aloe vera, artichoke, corn, popcorn, Jerusalem artichoke, black olives, green olives, pumpkin, Quorn, radish, rhubarb, tomato, tomato juice, avocado, coconut, coconut milk, distilled liquor pomegranate, allspice, cinnamon, Cornstarch, black and white pepper, carrageenan, aspartame, barley, cornstarch, Ketchup, MSG, mayonnaise, Miso, Stevia,

Produce	Fruit	Herbs & Spices
<input type="checkbox"/> Beetroot <input type="checkbox"/> Beetroot greens <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Aubergine <input type="checkbox"/> Ginger <input type="checkbox"/> Kale <input type="checkbox"/> Mushroom shitake <input type="checkbox"/> Mustard greens <input type="checkbox"/> Peppers <input type="checkbox"/> Parsnip <input type="checkbox"/> Peppers bell, chili, jalapeno <input type="checkbox"/> Irish moss <input type="checkbox"/> Sea vegetables: kelp, kombu, nori, bladderwrack, spirulina, wakame <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Turnip greens <input type="checkbox"/> Yam	<input type="checkbox"/> Cranberries <input type="checkbox"/> Grapes (high sugar) <input type="checkbox"/> Pineapple (high sugar) <input type="checkbox"/> Watermelon <input type="checkbox"/> Papaya <input type="checkbox"/> Pawpaw <input type="checkbox"/> Plum <input type="checkbox"/> Cranberry	<input type="checkbox"/> Parsley <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Curry <input type="checkbox"/> Ginger <input type="checkbox"/> Horseradish <input type="checkbox"/> Liquorice root (avoid with high blood pressure)

Baking	Protein	Nuts and Seeds
<input type="checkbox"/> Brown rice flour <input type="checkbox"/> Oat flour <input type="checkbox"/> Millet flour <input type="checkbox"/> Baking powder <input type="checkbox"/> Sea salt <input type="checkbox"/> Blackstrap molasses <input type="checkbox"/> Agave <input type="checkbox"/> Chestnut flour	<input type="checkbox"/> Lamb <input type="checkbox"/> Mutton <input type="checkbox"/> Goat <input type="checkbox"/> Rabbit <input type="checkbox"/> Venison <input type="checkbox"/> Turkey <input type="checkbox"/> Cod <input type="checkbox"/> Flounder <input type="checkbox"/> Salmon <input type="checkbox"/> Halibut <input type="checkbox"/> Grouper <input type="checkbox"/> Haddock <input type="checkbox"/> Hake <input type="checkbox"/> Mackerel <input type="checkbox"/> Monkfish <input type="checkbox"/> Perch <input type="checkbox"/> Sardine <input type="checkbox"/> Scallop <input type="checkbox"/> Tuna yellowfin	<input type="checkbox"/> Walnuts <input type="checkbox"/> Almonds <input type="checkbox"/> Almond butter <input type="checkbox"/> Chinese chestnut <input type="checkbox"/> Carob <input type="checkbox"/> Flaxseed <input type="checkbox"/> Hemp seed <input type="checkbox"/> Macadamia <input type="checkbox"/> Pecan <input type="checkbox"/> Chia seed <input type="checkbox"/> European chestnut
Oils	Beans and legumes	Grains and Cereals
<input type="checkbox"/> Olive oil <input type="checkbox"/> Rice Bran Oil	<input type="checkbox"/> Kidney beans <input type="checkbox"/> Navy beans (baked beans) <input type="checkbox"/> Lima bean <input type="checkbox"/> Harico-vert <input type="checkbox"/> Tamarind bean	<input type="checkbox"/> Millet <input type="checkbox"/> Oats <input type="checkbox"/> Rice bran
Dairy	Beverages	
<input type="checkbox"/> Eggs <input type="checkbox"/> Butter <input type="checkbox"/> Feta cheese <input type="checkbox"/> Pecorino cheese <input type="checkbox"/> Goat's cheese	<input type="checkbox"/> Ginger tea <input type="checkbox"/> Peppermint tea <input type="checkbox"/> Green tea <input type="checkbox"/> Cranberry juice <input type="checkbox"/> Raspberry leaf tea <input type="checkbox"/> Rose hip tea <input type="checkbox"/> Vegetable juice	