

## Health Recovery Diet – Blood Type B

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

### **Therapeutic Foods – Eat Daily**

**Veggies:** Beets, Broccoli, Cabbage, Carrots, Cauliflower, Collard Greens, Eggplant, Kale, Mustard Greens, Parsley, Parsnips, Peppers, Potato (sweet), Brussel Sprouts, Yams, Shiitake mushrooms

**Fruits:** Bananas, Cranberries, Grapes, Papaya, Pineapple, Plums

**Grains:** Oats, Rice, Spelt, Millet, Essene & Ezekial bread, Wasa

**Oils:** Olive, Flaxseed

**Cheeses:** Cottage, Farmer, Feta, Goat, Kefir, Mozzarella, Ricotta, Paneer

**Dairy:** Milk, Yogurt

**Nuts & Seeds:** Black Walnut

**Beans:** Kidney, Lima, Navy, Red soy

**Meat & Fish:** Lamb, Venison, Rabbit, Cod, Croaker, Flounder, Haddock, Halibut, Salmon, Sardines, Sea Trout, Shad, Sturgeon, Grouper, Mackerel, Ocean Perch, Pickerel, Pike, Mahi Mahi

**Spices & Condiments:** Curry, Ginger, Blackstrap Molasses, Parsley

**Misc:** Ginger, Ginseng, Licorice, Cayenne, Raspberry leaf, Rosehips, Sage, Green teas, Valerian, Wood Betony, Kava, Never Eight, Apple Cider Vinegar (okay)

### **Inflammatory Foods- Avoid**

**Veggies:** Artichokes, Avocado Oils, Pumpkin, Radishes, Sprouts (Mung & radish), Tempeh, Tofu, Tomato (big trigger)

**Fruits:** Persimmons, Rhubarb, Pomegranates, Prickly Pear, Starfruit

**Grains:** Corn, Wheat, Barley, Rye, Buckwheat, Amaranth, Kamut, Kasha, Couscous, Wild Rice, Sorghum, Tapioca,

**Oils:** Canola, Corn, Cottonseed, Peanut, Safflower, Sesame, Sunflower

**Cheeses:** American, Blue, String

**Dairy:** Ice Cream

**Nuts & Seeds:** Cashews, Filberts, Pignoli, Pistachio, Peanuts, Poppy, Pumpkin, Sesame, Sunflower

**Beans:** Aduke, Azuki, Black, Garbanzo, Pinto, Lentils, Black-eyed peas, Mung, Soy

**Meat & Fish:** Chicken, Pork, Cornish Hens, Goose, Quail, Duck, Partridge, Anchovy, Clam, Crab, Bluegill Bass, Lobster, Lox, Oysters, Shrimp, Striped & Sea Bass, Trout

**Spices & Condiments:** Allspice, Almons extract, Cinnamon, Cornstarch, Black & White Pepper, Tapioca, Ketchup, Gelatin, Soy sauce

**Misc:** Aloe, Cornsilk, Fenugreek, Gentian, Goldenseal, Hops, Mullein, Red Clover, Senna, Shepard's Purse, Skullcap, Sucanat, Stevia

Adapted from *Eat Right for Your Type*, Dr. Peter J. D'Adamo

