|  |  |  |
| --- | --- | --- |
| Lamb Mutton Beef Turkey Venison Veal Salmon Trout Flounder Cod | Halibut Sole Oatmeal Rice Spelt Rice cakes Brown Bread Fin Crisp Curry Rose hips Cayenne pepper | Green Tea Feta Kefir Olive Oil Pineapples Bananas Cranberries Papaya Plums Grapes |

Type B Blood Diet

**Foods to Eat**

**Foods to Avoid**

|  |  |  |
| --- | --- | --- |
| Chicken Patridge Goose Duck Black-eyed peas Mussels Barracuda Octopus Wheat products (flour, bread, noodles) Cream of wheat Rye Radish Lentils Artichoke | Corn Barley Muffins Bagels Peanuts Sesam Cottonseed Safflower Canola Tomatoes Buckwheat Olives (pickled and cured) Pumpkin Avocado Coconut | Pomegranates Rhubarb Prickly pear Persimmons Star fruit Cinnamon Almond extract Pepper Aloe Fenugreek Cornstarch Allspice Gelatin American cheese String cheese |