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| --- | --- | --- |
| LambMuttonBeefTurkeyVenisonVealSalmonTroutFlounderCod | HalibutSoleOatmeal RiceSpeltRice cakesBrown BreadFin CrispCurryRose hipsCayenne pepper | Green TeaFetaKefirOlive OilPineapplesBananasCranberriesPapayaPlumsGrapes |

Type B Blood Diet

**Foods to Eat**

**Foods to Avoid**

|  |  |  |
| --- | --- | --- |
| ChickenPatridgeGooseDuckBlack-eyed peasMusselsBarracudaOctopusWheat products (flour, bread, noodles)Cream of wheatRyeRadishLentilsArtichoke | CornBarleyMuffinsBagelsPeanutsSesamCottonseedSafflowerCanolaTomatoesBuckwheatOlives (pickled and cured)PumpkinAvocadoCoconut | PomegranatesRhubarbPrickly pearPersimmonsStar fruitCinnamonAlmond extractPepperAloeFenugreekCornstarchAllspiceGelatinAmerican cheeseString cheese |