Blood Type Diet

|  |  |  |  |
| --- | --- | --- | --- |
| Type A Diet List | Type B Diet List | Type AB Diet List | Type O Diet List |
| Acceptable for Consumption | Acceptable for Consumption | Acceptable for Consumption | Acceptable for Consumption |
| * Artichokes * Arugula * Asparagus * Beets * Broccoli * Celery * Endive * Fennel * Garlic * Kale * Lettuce * Mushrooms * Watercress * [Ezekiel Bread](http://diet.lovetoknow.com/wiki/Where_Can_I_Purchase_Ezekiel_Bread) * Oat Bran * Rye * Black Beans * Tofu * Apples * Blueberries * Cherries * Dates * Guava * Raspberries * Watermelon * Chicken * Cornish Hens * Turkey * Cod * Perch * Tuna * Almond Milk * Kefir * Ricotta Cheese * Soy Milk * Yogurt | * Alfalfa * Bok Choy * Cabbage * Celery * Collard Greens * Eggplant * Fennel * Jicama * Lettuce * Mushrooms * Peppers * Rutabaga * Yams * Apricot * Cranberries * Currants * Grapes * Mango * Melons * Pineapple * Strawberries * Beef * Lamb * Pheasant * Turkey * Veal * Carp * Halibut * Sardines * Millet * Oats * [Quinoa](http://vegetarian.lovetoknow.com/What_Is_Quinoa) * Rice * Cheeses * Butter * Milk * Whey * Yogurt | * Agar * Bamboo * Brussels Sprouts * Carrots * Cucumbers * Ginger * Leek * Okra * Olives * Tomatoes * Zucchini * Lamb * Liver * Mutton * Turkey * Abalone * Mussels * Red Snapper * Squid * Apples * Blueberries * Cranberries * Currants * Figs * Kiwi * Papaya * Peach * Tangerine * Watermelon * Eggs * Couscous * Gluten-free Breads * Quinoa * Spelt | * Asparagus * Garlic * Ginger * Kelp * Leek * Lettuce * Onions * Pumpkin * Radishes * Sweet Potato * Swiss Chard * Tomato * Turnips * Yucca * Barley * Ezekiel Bread * [Rice Flour](http://gluten.lovetoknow.com/rice-flour-bread-recipes) * Spelt * Black Beans * Fava Beans * Beef * Chicken * Duck * Liver * Rabbit * Turkey * Venison * Bass * Clams * Crab * Hake * Lobster * Perch * Salmon * Shrimp * Tilapia * Whitefish * Apples * Banana * Boysenberry * Cherry * Dates * Figs * Kiwi * Lemon * Lime * Mulberry * Nectarine * Plum * Raisin * Watermelon * Almond Milk * Feta Cheese * Rice Milk * Soy Milk |