**A positive blood type diet**

**Allowed Not Allowed**

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| *Vegetables*   * Alfalfa Sprouts, Artichoke (Domestic, Jerusalem),Beet Leaves, Broccoli * Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish * Kale, Kohlrabi, Leek, Lettuce (Romaine), Okra, Onions (Red, Spanish, Yellow) * Parsley, Parsnips, Pumpkin, Spinach, Swiss chard and Turnips   *Vegetable oils*   * Extra virgin [olive oil](http://www.bewellbuzz.com/body-buzz/olive-oil-for-bone-health/)   *Deep ocean seafood*   * Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel * Red Snapper, Rainbow Trout, Salmon, Sardine, Sea Trout * Silver Perch, Snail, Whitefish Yellow Perch   *Legumes (beans and peas)*   * Aduke, Azuki, Black, Green, Pinto beans * Lentil Beans, Black-eyed peas   *Grains*   * Artichoke Pasta, Buckwheat Kasha, Soba Noodles * Oat, Rice and Rye flours   *Nuts and seeds*   * Pumpkin seeds and peanuts   *Fruits*   * Apricots, Berries (Black, Blue, Boysen, Cran, Cherries), Figs (Dried or Fresh) * [Grapefruit](http://www.bewellbuzz.com/nutrition/grapefruit-benefits/), Lemons, Pineapple, Prunes, Raisins   *Cereals*   * Amaranth, Buckwheat and Kasha   *Breads, muffins, and crackers*   * Essene Bread, Ezekiel Bread * Manna Bread Rice Cakes   *Juices*   * Apricot, Black Cherry, Grapefruit * Pineapple, Prune, Carrot, Celery   *Spices*   * Barley Malt, Blackstrap Molasses, Garlic, Ginger * Miso, Soy Sauce Tamari   *Condiments*   * Mustard   *Herbal Teas*   * Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek * Ginger, Ginseng, Green Tea, Hawthorne, [Milk Thistle](http://www.bewellbuzz.com/healing-herbs/milk-thistle/) * Rose Hips, St. John’s Wort, Slippery Elm, Valerian   *Miscellaneous Beverages*   * Coffee (Water Decaf, Regular) * Green Tea and Red Wine | *Fruits*   * Banana, Cantaloupe, Coconut, Honeydew * Mango, Orange, Papaya, Plantain, Rhubarb, and Tangerine   *Fats and Oils*   * Canola Oil, Corn Oil, Cottonseed Oil * Peanut Oil, Safflower Oil and Sesame Oil   *Nuts and Seeds*   * Brazil, Cashew and Pistachios   *Beans and Legumes*   * Copper, Garbanzo, Kidney, Lima, Navy, Red and Tamarind Beans   *Other beverages*   * Beer, Liquor, Seltzer Water * Soda (Club, Cola, Diet, etc.) * Strong red meats * Crustaceans * Dairy products and eggs * Wheat products * Vegetables like: Cabbage (Chinese, Red, White), Eggplant * Lima Beans, Kidney Beans, Mushrooms (Domestic, Shiitake), Olives (Black, Greek, Spanish) * Peppers (Green, Jalapeno, Red, Yellow), Potatoes (Red, Sweet, White), Tomatoes and Yams |