**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
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