

Table 1

	O Blood	A Blood	B Blood	AB Blood		
			Meats and Poultry			
Beef - Grass Fed	B	A	N	A		
Beef - Grass Fed - liver, calf liver	B	A	N	N		
Beef - Grass Fed - tongue	B	A	N	A		
Beef - Grass Fed - heart	B	A	N	A		
Buffalo, bison	B	A	N	A		
Caribou	?	A	?	A		
Lamb	B	A	B	N		
Marrow soup	B	A	N	A		
Moose	B	A	B	A		
Mutton	B	A	B	N		
Sweetbreads	B	A	A	A		
Veal	B	A	N	A		
Venison	B	A	B	A		
Bear	N	A	A	A		
Bone soup, from allowable meats	N	A	N	A		
Chicken	N	N	A	A		
Chicken liver	N	N	A	A		
Cornish hen	N	N	A	A		
Duck	N	A	A	A		
Duck liver	A	A	A	A		
Goat	N	A	B	N		
Goose	N	A	A	A		
Goose liver	A	A	A	A		
Grouse	N	N	A	A		
Guinea hen	N	N	A	A		
Horse	N	A	A	A		
Kangaroo	?	A	?	A		
Opossum	?	A	?	A		
Ostrich	N	N	N	N		
Partridge	N	A	A	A		
Pheasant	N	A	N	N		
Rabbit	N	A	B	N		
Squab	N	N	A	A		
Squirrel	N	A	A	A		
Turkey	N	N	N	B		
Pork - bacon, ham	A	A	A	A		
Quail	A	A	A	A		
Turtle	A	A	A	A		
			Seafood			
Bass - blue gill	B	A	A	A		
Bass - sea, lake	B	N	A	A		

	O Blood	A Blood	B Blood	AB Blood		
Bass - striped	B	A	A	A		
Cod	B	B	B	B		
Halibut	B	A	B	A		
Mackerel, Spanish	B	N	B	N		
Perch - fresh	B	B	N	N		
Perch - ocean	B	N	B	N		
Pike	B	N	B	B		
Red Snapper	B	B	N	B		
Shad	B	A	B	B		
Sole	B	A	B	A		
Sturgeon	B	N	B	B		
Swordfish	B	N	N	N		
Tilefish	B	A	N	N		
Trout - Rainbow (wild)	B	B	A	A		
Yellowfish	?	?	?	A		
Yellowtail	B	N	A	A		
Anchovy	N	A	A	A		
Beluga	N	?	A	A		
Bluefish	N	A	N	N		
Bullhead	N	N	N	N		
Butterfish	N	N	A	N		
Carp	N	B	N	N		
Caviar	N	A	B	N		
Chub	N	N	N	N		
Clam	N	A	A	A		
Crab	N	A	A	A		
Crayfish	?	A	A	A		
Croaker	N	N	B	N		
Cusk	N	N	N	N		
Drum	N	N	N	N		
Eel	N	A	A	A		
Flounder	N	A	B	A		
Grouper	N	A	B	B		
Haddock	N	A	B	A		
Hake	N	A	B	A		
Halfmoon fish	N	N	N	N		
Harvest fish	N	A	B	N		
Herring, fresh	N	A	N	N		
Herring, pickled	N	A	A	A		
Herring, smoked	N	A	?/A	A		
Lobster	N	A	A	A		
Mackerel, Atlantic	N	B	B	B		
Mahi-mahi	N	N	B	B		
Mullet	N	N	N	N		
Monkfish	N	B	B	B		
Mussels	N	A	A	N		

	O Blood	A Blood	B Blood	AB Blood		
Ocean pout	N	N	N	N		
Opaleye fish	N	A	N	N		
Orange roughy	N	N	N	N		
Oyster	N	A	A	A		
Parrotfish	N	N	N	N		
Pickarel, Walleye	N	B	B	B		
Pilchards	N	N	B	N		
Pompano	N	N	N	N		
Porgy	N	N	B	B		
Rosefish	N	N	N	N		
Sailfish	N	N	N	B		
Sailfish roe	N	N	N	B		
Salmon, Atlantic (wild)	N	B	B	B		
Salmon, Chinook	N	B	B	B		
Salmon, roe	N	N	A	A		
Salmon, smoked (lox)	N	A	A	A		
Salmon, sockeye	N	B	B	B		
Sardine	N	B	B	B		
Scallop	N	A	N	N		
Scrod	N	N	N	N		
Scud	N	A	N	N		
Sea bream	N	N	A	N		
Shark	N	N	N	N		
Shrimp	N	A	A	A		
Skate	N	A	A	A		
Smelt	N	N	N	N		
Snail, escargot	N	B	A	B		
Sole, gray/Dover	N	A	A	A		
Sucker	N	N	N	N		
Sunfish, pumpkin seed	N	N	N	N		
Tilapia	N	N	N	N		
Trout - sea	N	B	A	A		
Trout- steelhead	N	N	A	A		
Tuna- bluefin	N	N	N	B		
Tuna - skipjack	N	N	N	B		
Trout - yellowfin	N	N	B	B		
Turbot - European	N	N	N	?		
Weakfish	N	N	N	N		
Whitefish	N	B	N	N		
Whiting	N	B	N	A		,
Abalone, sea ear, mutton fish	A	N	N	N		
Barracuda	A	A	A	A		
Catfish	A	A	N	N		

	O Blood	A Blood	B Blood	AB Blood		
Conch	A	A	A	A		
Frog	A	A	A	A		
Muskellunge	A	N	N	N		
Octopus	A	A	A	A		
Pollack - Atlantic	A	B	A	A		
Squid - calamari	A	A	N	N		
			Dairy and Eggs			
Pecorino Cheese	B	B	B	B		
Romanian urda, sheep or goat	B	B	B	B		
Butter	N	A	A	A		
Egg white, chicken	N	N	N	B		
Egg whole, chicken	N	N	N	N		
Egg whole, duck	N	N	A	A		
Egg yolk , chicken	N	N	N	N		
Cheeses - feta	N	N	B	B		
Cheeses - goat	N	N	B	B		
Ghee	N	N	N	N		
Cheeses- Mozzarella, all types	N	N	B	B		
Buttermilk	A	A	N	A		
Cheeses, American, blue	A	A	A	A		
Cheese, Brie	A	A	N	A		
Cheeses - Farmers	A	A	B	B		
Cheese, Gorgonzola	A	A	A	A		
Cheese, casein, cheddar, Colby, cream, Edam, Emmental, Swiss, Gouda, Gruyère, Jarlsberg Monterey Jack, Muenster, Neufchâtel, Parmesan, Provolone, Stilton, string	A	A	N	N		
Cheese, Camembert, Parmesan, Provolone	A	A	N	A		
Cheese, Manchego	A	N	N	B		
Cheese, paneer	A	N	B	N		
Cheese, Quark	A	N	N	N		
Cheese, ricotta	A	N	B	B		
Cheese, Romano, Roquefort	A	N	A	A		
Cheese, Swiss	A	?	?	N		

	O Blood	A Blood	B Blood	AB Blood		
Cottage cheese	A	A	B	B		
Egg, goose	A	N	A	N		
Egg quail	A	N	A	N		
Half & half	A	A	N	A		
Ice cream	A	A	A	A		
Kefir	A	N	B	B		
Milk - cow (skim or 2%)	A	A	B	N		
Milk - cow (whole)	A	A	B	A		
Milk - goat	A	N	B	B		
Sherbert	A	A	N	A		
Sour cream	A	N	N	B		
Whey protein	A	A	N	N		
Yogurt	A	N	B	B		
			Oils & Fats			
Borage seed oil	B	N	A	N		
Camelina oil	B	B	B	B		
Flaxseed, Linseed oil	B	B	N	N		
Olive oil	B	B	B	B		
Rice bran oil	B	B	B	N		
Almond oil	N	N	N	N		
Apricot kernel oil	N	N	N	B		
Black currant seed oil	N	N	N	N		
Chia seed oil	N	N	N	N		
Cod liver oil	N	N	N	N		
Hazelnut oil	?	?	N	N		
Hemp seed oil	N	N	N	B		
Macadamia oil	N	N	N	N		
Perilla seed oil	B	N	N	N		
Pumpkin seed oil	N	N	A	A		
Sesame oil	N	N	A	A		
Walnut oil	N	N	N	B		
Avocado oil	A	A	A	A		
Canola oil	A	A	A	N		
Caster oil	A	A	A	N		
Coconut oil	A	A	A	A		
Corn oil	A	A	A	A		
Cotton seed oil	A	A	A	A		
Evening primrose oil	A	A	N	N		
Lard	A	A	A	A		
Margarine	A	A	A	A		
Palm oil	A	A	A	A		
Peanut oil	A	A	A	N		
Safflower oil	A	A	A	A		

	O Blood	A Blood	B Blood	AB Blood		
Soy oil	A	A	N	N		
Sunflower oil	A	A	N	A		
Wheat germ oil	A	A	N	N		
			Nuts & Seeds			
Carob	B	N	N	N		
Chestnut, Chinese	B	B	B	B		
Flaxseed	B	B	N	N		
Hemp seed	B	N	N	N		
Pumpkin seed	B	B	A	A		
Walnut	B	B	B	B		
Walnut, English	?	?	N	?		
Almond	N	N	N	N		
Almond butter	N	N	N	N		
Almond cheese	N	N	N	N		
Almond milk	N	N	?	N		
Butternut	N	N	N	N		
Chia seed	N	N	N	N		
Hazelnut	N	N	A	A		
Hickory	N	N	N	N		
Macadamia	N	N	N	N		
Pecan	N	N	N	N		
Pecan butter	N	N	N	N		
Pine nut	N	N	A	N		
Safflower seed	N	N	A	N		
Sesame butter, tahini, flour	N	N	A	A		
Watermelon seed	N	N	N	N		
Sesame seed	N	N	?	A		
Beechnut	A	N	N	N		
Brazil nut	A	A	?	N		
Cashew	A	A	A	A		
Cashew butter	A	A	A	A		
Chestnut, European	A	N	N	B		
Litchi, lychee	A	N	N	N		
Peanut	A	B	A	B		
Peanut butter	A	B	A	B		
Peanut flour	A	B	A	B		
Pistachio	A	A	A	N		
Poppy seed	A	N	A	A		
Sunflower butter	A	N	A	A		
Sunflower seed	A	N	A	A		
			Beans & Legumes			
Adzuki bean	B	B	A	A		
Black-eyed peas	B	B	A	A		
Black bean	N	B	A	A		
Fava	N	B	N	A		

	O Blood	A Blood	B Blood	AB Blood		
Butter bean	N	N	A	A		
Butternut	N	?	?	?		
Cannellini bean	N	N	N	N		
Garbanzo bean	N	A	A	A		
Great Northern bean	N	B	N	N		
Green bean, snap	N	B	N	N		
Haricot-vert bean	N	N	N	A		
Jicama	N	N	N	N		
Lima bean	N	A	B	A		
Natto	N	B	A	B		
Mung beans, sprouts	N	N	A	A		
Northern bean	?	N	?	?		
Peas - green, snow	N	N	N	N		
Soybean	N	B	N	B		
Soybean cheese	N	B	A	B		
Soybean, granules, lecithin	N	B	N	N		
Soybean meal	N	B	A	N		
Soybean, sprouted	N	B	N	B		
Soybean, tempeh	N	B	N	B		
Soybean, tofu	N	B	A	B		
Soy, cheese	?	?	?	N		
Soy, flakes	N	B	?	?		
Soy milk	N	B	?	N		
Soy miso	N	B	A	B		
Soy tempeh	?	?	A	?		
White bean	N	N	N	N		
Yellow bean	N	?	?	?		
Copper bean	A	A	N	N		
Kidney bean	A	A	B	A		
Lentils, all types, sprouted	A	B	A	N		
Lentils, green	?	?	?	B		
Navy bean	A	A	B	B		
Pinto bean, sprouted	A	B	A	B		
Soybean, pasta	A	B	N	N		
Tamarind bean	A	A	N	N		
			Grains & Cereals			
Artichoke flour, pasta	B	B	A	A		
Essence, manna bread	B	B	B	B		
Flaxseed bread, w/ allowable grains	B	B	N	N		

	O Blood	A Blood	B Blood	AB Blood		
Larch fiber	B	B	N	N		
Amaranth	N	B	A	B		
Black bean flour	N	N	N	N		
Buckwheat, kasha, soba	N	B	A	A		
Cream of rice	N	N	N	N		
Fonia	N	N	B	B		
Garbanzo bean flour	N	A	A	A		
Job's tears	N	N	B	B		
Lima bean flour	N	A	N	A		
Malanga, Tania, Xanthosma	N	B	B	B		
Millet & flour	N	N	B	B		
Oatmeal, oat flour, oats & bran	N	B	B	B		
Quinoa	N	N	N	N		
Rice, basmati	N	N	N	B		
Rice bran	N	N	B	B		
Rice, brown & white	N	N	N	B		
Rice, puffed, rice cakes	N	N	N	B		
Rice, wild	N	N	A	B		
Rice flour, brown	N	N	N	B		
Rice flour, white	N	N	N	N		
Rye & flour	N	N	A	B		
Rye berry	?	?	?	B		
Soybean flour	N	B	N	B		
Spelt, whole grain	N	N	B	B		
Spelt flour, noodles	N	N	B	N		
Tapioca, manioc, cassava, yucca,	N	N	A	A		
Taro, Tahitian, poi, dasheen	N	N	N	N		
Teff	N	A	A	A		
Wheat, whole grain kamut	N	?	?	?		
Barley, flour	A	N	N	N		
Bulgur wheat flour	?	?	A	?		
Cornflakes	A	N	A	A		
Cornmeal, hominy, polenta, grits, all corn grains	A	N	A	A		
Couscous	A	N	A	N		
Cream of wheat	A	A	A	?		
Emmer	A	N	N	N		
Familia	A	A	?	?		
Farina	A	A	?	?		
Faro	A	?	?	?		

	O Blood	A Blood	B Blood	AB Blood		
Gluten flour	A	?	A	?		
Graham flour	A	N	A	N		
Grape-Nuts	A	A	?	?		
Kamut	A	N	A	A		
Lentil flour, Dahl	A	B	A	N		
Mastic gum	A	N	A	N		
Papadum	A	B	A	N		
Puffed wheat	A	N	A	N		
Seven grain	A	A	A	N		
Shredded wheat	A	A	A	N		
Sorghum	A	N	A	A		
Wheat, bran, germ	A	A	A	A		
White flour	A	N	A	A		
Whole wheat flour	A	A	?	A		
Wheat, bulgur, durum, semolina	A	N	N	A		
Durum wheat flour	?	?	A	?		
Wheat, whole grain	A	N	A	N		
Wheat, sprouted	?	B	?	?		
Wheat flour, sprouted	A	B	?	?		
			Vegetables			
Artichoke	B	B	A	A		
Beet greens	B	B	B	B		
Broccoflower	B	B	B	B		
Broccoli	B	B	B	B		
Canistel	B	B	B	B		
Chicory	B	B	N	N		
Collard greens	B	B	B	B		
Dandelion greens	B	B	N	B		
Escarole	B	B	N	N		
Fenugreek	B	N	N	A		
Fennel	N	B	N	N		
Garlic	N	B	N	B		
Ginger	B	B	B	N		
Grape leaves	B	B	B	B		
Horseradish	B	B	N	N		
Jerusalem artichoke	B	B	A	A		
Kale	B	B	B	B		
Kelp	B	N	N	N		
Kohlrabi	B	B	N	N		
Lettuce, romaine	B	B	N	N		
Okra	B	B	N	N		
Onions, all	B	B	N	N		
Parsley	B	B	B	B		

	O Blood	A Blood	B Blood	AB Blood		
Parsnip	B	B	B	B		
Pumpkin	B	B	A	N		
Sea vegetables, Irish moss	B	B	B	B		
Sea vegetables, kombu, nori, bladder-wrack, wakame	B	N	B	N		
Seaweed	B	N	N	?		
Spinach	B	B	N	B		
Spirulina	B	N	B	B		
Sweet potato	B	A	B	B		
Swiss chard	B	B	N	N		
Turnip	B	B	N	N		
Turnip greens	B	B	B	B		
Arugula	N	N	N	N		
Asparagus	N	N	N	N		
Asparagus pea	N	N	N	N		
Bamboo shoot	N	N	N	N		
Beet	N	N	B	B		
Bok choy	N	N	N	N		
Broccoli, Chinese	N	B	N	B		
Broccoli leaves	N	N	N	N		
Broccoli, rabe rapini	N	B	N	N		
Brussels sprouts	?	N	B	N		
Cabbage	N	A	B	N		
Carrot	N	B	B	N		
Cassava	N	N	A	A		
Celeriac	N	N	N	N		
Celery	N	B	N	B		
Chayote, pipinella, vegetable pear	N	N	N	N		
Chervil	N	N	N	N		
Chinese kale	N	N	N	N		
Cilantro	N	N	N	N		
Coriander	N	?	?	?		
Daikon radish	N	N	N	N		
Dill	N	?	B	?		
Eggplant	N	A	N	B		
Endive	N	N	N	N		
Fennel	N	B	N	N		
Fiddlehead fern	N	N	N	N		
Garlic	N	B	N	B		
Hearts of palm	N	N	N	B		
Jicama	N	N	N	N		

	O Blood	A Blood	B Blood	AB Blood		
Lettuce, Bibb, Boston, green leaf, iceberg, mesclun	N	N	N	N		
Mushroom, abalone, tree	N	N	N	?		
Mushroom, black, trumpet, enoki, oyster, portobello. Straw	N	N	N	N		
Mushroom, Maitake	N	B	N	B		
Olive Greek & Spanish	N	A	A	?		
Olive green	N	N	A	N		
Olive Kalamata	N	?	?	?		
Oyster plant, salsify	N	N	N	N		
Pepper, Bell	N	A	B	N		
Peppers, chili, jalapeño	N	A	B	A		
Pimiento	N	N	N	N		
Radicchio	N	N	N	N		
Radish & sprouts	N	N	A	A		
Rutabaga	N	N	N	?		
Sauerkraut	N	A	N	N		
Scallion	N	N	N	N		
Shallot	N	N	N	N		
Squash	N	N	N	N		
Tomatillo	N	B	N	N		
Tomato	N	A	A	N		
Water chestnut	N	N	N	N		
Watercress	N	N	N	N		
Yam	N	A	B	B		
Yucca	N	A	?	?		
Zucchini	N	N	N	N		
Alfalfa sprouts	A	B	N	B		
Aloe Vera	A	B	A	A		
Capers	A	A	N	A		
Cauliflower	A	N	B	B		
Corn, popcorn	A	N	A	A		
Cucumber	A	N	N	B		
Juniper	?	A	?	?		
Leek	A	B	N	N		
Mushrooms, shiitake	A	A	B	A		
Mushroom, white, silver dollar	A	B	N	N		
Mustard greens	A	N	B	B		
Olives, black	A	A	A	A		
Pickles, all	A	A	N	A		

	O Blood	A Blood	B Blood	AB Blood		
Potato, blue, red, yellow, white	A	A	N	N		
Quorn	A	N	A	N		
Rhubarb	A	A	A	A		
Taro, leaves, shoots	A	N	N	N		
			Fruits			
Banana	B	A	B	A		
Blueberry	B	B	N	N		
Cherry	B	B	N	B		
Durian	B	N	N	N		
Fig	B	B	N	B		
Guava	B	N	N	A		
Mamey sapote & apple	B	N	B	B		
Mango	B	A	N	A		
Plum	B	B	B	B		
Prune	B	B	N	N		
Açaí berry	N	N	N	N		
Apple	N	N	N	N		
Apricot	N	B	N	N		
Boysenberry	N	B	N	N		
Breadfruit	N	N	N	N		
Cranberry	N	B	B	B		
Currant	N	N	N	N		
Date	N	N	N	N		
Dewberry	N	N	N	A		
Elderberry	N	N	N	N		
Goji, wolf berry	N	N	N	N		
Gooseberry	N	N	N	B		
Grapefruit	N	B	N	B		
Grape	N	N	B	B		
Huckleberry	N	N	A	A		
Jack fruit	N	B	N	B		
Kumquat	N	N	N	N		
Lemon	N	B	N	B		
Lime	N	B	N	N		
Lingonberry	N	N	N	N		
Loganberry	N	N	N	B		
Loquat	N	A	A	A		
Mangosteen	N	N	N	N		
Melon, canang, casaba, Christmas, Crenshaw, musk, Persian, Spanish	N	N	N	N		
Mulberry	N	N	N	N		
Nectarine	N	N	N	N		
Noni	N	N	N	N		

	O Blood	A Blood	B Blood	AB Blood		
Papaya	N	A	B	N		
Passion fruit	N	N	N	N		
Pawpaw	N	B	B	B		
Peach	N	N	N	N		
Pear	N	N	N	N		
Persimmon	N	N	A	A		
Pineapple	N	B	B	B		
Pomegranate	N	N	A	A		
Prickly pear	N	N	A	A		
Quince	N	N	N	A		
Raisin	N	N	N	N		
Raspberry	N	N	N	N		
Sago palm	N	N	N	A		
Starfruit	N	N	A	A		
Strawberry	N	N	N	N		
Watermelon	N	N	B	B		
Youngberry	N	N	N	N		
Asian pear	A	N	N	?		
Avocado	A	N	A	A		
Bitter melon	A	A	A	A		
Blackberry	A	B	N	A		
Cantaloupe	A	N	N	N		
Coconut, meat	A	A	A	A		
Honeydew melon	A	A	N	N		
Kiwi	A	A	N	B		
Orange	A	A	N	A		
Plantain	A	A	N	N		
Tangerine	A	A	N	N		
			Beverages, Teas, & Coffee			
Cherry & Black cherry juice	B	B	N	B		
Blueberry juice	B	B	N	N		
Cayenne tea	B	A	N	N		
Chickweed tea	B	N	N	N		
Club soda/seltzer water	B	A	A	N		
Dandelion tea	B	N	N	N		
Fenugreek tea	B	B	A	A		
Gingerroot tea	B	B	B	N		
Green tea, kukicha, bancha, genmaicha	B	B	B	B		
Guava juice	B	N	?/N	A		
Hops tea	B	N	A	A		
Linden tea	B	N	A	A		
Mango juice	B	A	?	A		
Mulberry tea	B	N	N	N		

	O Blood	A Blood	B Blood	AB Blood		
Parsley tea	B	N	B	N		
Peppermint tea	B	N	N	N		
Pineapple juice	B	B	B	B		
Prune juice	B	B	N	N		
Rose hips tea	B	B	B	B		
Sarsaparilla tea	B	N	N	N		
Slippery elm tea	B	B	N	N		
Vegetable juice, from beneficial veggies	B	B	B	B		
Apple, cider & juice	N	N	N	N		
Apricot juice	N	B	N	N		
Beet juice	N	N	?/B	?/B		
Cabbage juice	N	N	?/B	?/N		
Carrot juice	N	?/B	N	?/N		
Catnip tea	N	A	N	N		
Celery juice	N	?/N	N	?/B		
Chamomile tea	N	B	N	B		
Coconut water	N	N	N	?		
Cranberry juice	N	N	B	B		
Dong quai tea	N	N	N	N		
Elderberry juice	N	N	N	N		
Elder tea	N	N	N	N		
Ginseng tea	N	B	B	B		
Goji berry juice	N	N	N	?/N		
Grape juice	N	N	B	B		
Grapefruit juice	N	B	N	N		
Hawthorne Tea	N	B	N	B		
Horehound tea	N	N	N	N		
Lemon & water	N	B	N	B		
Lime juice	N	B	N	?		
Licorice root tea	N	N	B	N		
Milk, almond	N	N	N	N		
Milk, rice	N	N	B	B		
Milk, soy	N	B	A	N		
Milk thistle tea	?	B	?	?		
Mullein tea	N	N	A	A		
Nectarine juice	N	N	N	N		
Noni juice	N	N	N	N		
Papaya juice	N	A	B	N		
Pear juice	N	N	N	N		
Pomegranate juice	N	N	A	A		
Raspberry leaf tea	N	N	B	N		
Sage tea	N	N	B	N		
Skullcap tea	N	N	A	A		

	O Blood	A Blood	B Blood	AB Blood		
Spearmint tea	N	N	N	N		
Thyme tea	N	N	N	N		
Tomato juice	N	A	A	N		
Vegetable juice, from neutral list veggies	N	?/N	?/N	?/N		
Valerian tea	N	B	N	N		
Vervain tea	N	N		N		
Watermelon juice	N	N	B	B		
White birch tea	N	N	N	N		
White oak bark tea	N	N	N	N		
Wine, red	N	B	N	N		
Yarrow tea	N	N	N	N		
Yerba mate tea	N	N	N	N		
Alfalfa tea	A	B	N	B		
Aloe juice	A	B	N	?		
Aloe tea	A	B	A	A		
Beer	A	A	N	N		
Black tea, all forms	A	A	N	A		
Blackberry juice	A	B	N	N		
Burdock tea	A	B	N	B		
Coconut milk	A	A	A	A		
Coffee	A	B	N	A		
Coltsfoot	A	N	A	A		
Corn silk tea	A	A	A	A		
Cucumber juice	A	N	N	N		
Echinacea tea	A	B	?	B		
Gentian tea	A	N	A	A		
Goldenseal tea	A	N	A	N		
Liquor, distilled	A	A	A	A		
Orange juice	A	A	N	A		
Red clover tea	A	A	A	A		
Rhubarb tea	A	A	A	A		
Saint John's wort tea	A	B	N	N		
Senna tea	A	N	A	A		
Shepherd's purse tea	A	N	A	A		
Soda, pop, cola, and diet colas	A	A	A	A		
Strawberry leaf tea	A	B	N	B		
Tangerine juice	A	A	N	N		
Wine, white	A	N	N	N		
Yellow dock tea	A	A	N	?		
			Herbs & Spices			
Carob	B	?	?	?		

	O Blood	A Blood	B Blood	AB Blood		
Curry	B	N	B	B		
Dulce	B	N	N	N		
Garlic	B	B	N	B		
Ginger	B	B	B	B & N		
Horseradish	B	B	B	B		
Kelp	B	N	N	N		
Parsley	B	B	B	B		
Pepper, cayenne	B	A	B	?		
Pepper, red flakes	B	?	N	A		
Turmeric	B	B	N	N		
Allspice	N	N	A	A		
Anise	N	N	N	A		
Arrowroot	N	N	N	N		
Basil	N	N	N	N		
Bay leaf	N	N	N	N		
Bergamot	N	N	N	N		
Caraway	N	N	N	N		
Cardamom	N	N	N	N		
Chervil	N	N	N	N		
Chili powder	N	A	N	N		
Chives	N	N	N	N		
Chocolate	N	N	N	N		
Cilantro	N	N	N	N		
Cinnamon	N	N	A	N		
Clove	N	N	N	N		
Coriander	N	N	N	N		
Cream of tartar	N	N	N	N		
Cumin	N	N	N	N		
Dill	N	N	N	N		
Fennel	N	B	N	N		
Licorice root	N	N	B	N		
Marjoram	N	N	N	N		
Mustard, dry	N	N	N	N		
Oregano	N	N	N	B		
Paprika	N	N	N	N		
Peppermint	N	N	N	N		
Rosemary	N	N	N	N		
Saffron	N	N	N	N		
Sage	N	N	N	N		
Salt, sea salt	N	N	N	N		
Savory	N	N	N	N		
Senna	N	N	N	N		
Spearmint	N	N	N	N		
Tarragon	N	N	N	N		
Thyme	N	N	N	N		
Vanilla	N	N	N	N		

	O Blood	A Blood	B Blood	AB Blood		
Wintergreen	N	A	N	N		
Cornstarch	?	N	A	?		
Guarana	A	N	A	A		
Mace	A	N	N	N		
Nutmeg	A	N	N	N		
Pepper, black	A	A	A	A		
Pepper, peppercorn	?/A	A	N	?/A		
Pepper, white	A	A	A	?		
			Condiments, Sweeteners, & Additives			
Agar	N	N	N	N		
Agave syrup	N	N	N	N		
Apple butter	N	N	N	N		
Apple cider vinegar	N	?	?	?		
Apple pectin	N	N	N	N		
Aloe	?	?	?	A		
Almond extract	N	N	?	A		
Baking soda	N	N	N	N		
Barley malt	N	B	A	A		
Brown rice syrup	N	N	?	N		
Carob syrup	N	N	N	N & A?		
Fruit pectin	N	N	N	N		
Gelatin plain	N	A	A	A		
Honey	N	N	N	N		
Jam, jelly from neutral fruit	N	N	N	N		
Lecithin	N	N	N	N		
Maple syrup	N	N	N	N		
Mayonnaise	N	A	N	N		
Miso	N	B	A	B		
Molasses, blackstrap	N	B	B	B		
Molasses	N	B	N	N		
Mustard, wheat & vinegar free	N	N	N	N		
Rice syrup	N	N	N	N		
Salad dressing, low fat from acceptable veggies	N	N	N	N		
Soybean sauce, tamari, wheat free	N	B	N	N		
Soy sauce	?	?	?	A		
Sugar, brown or white	N	N	N	N		
Umeboshi plum, vinegar	N	N	A	N		

	O Blood	A Blood	B Blood	AB Blood		
Vegetable glycerine	N	N	N	N		
Yeast, baker's, nutritional	N	N	N	N		
Yeast, brewers	?	?	?	N		
Acacia	A	A	A	A		
Aspartame	A	A	A	A		
Carrageenan	A	A	A	A		
Cornstarch	A	A	A	A		
Dextrose	A	N	A	A		
Fructose	A	N	N	N		
Guar gum	A	A	?	A		
Corn syrup	?	N	A			
Corn syrup, high-fructose, maltose, maltodextrin	A	A	A	A		
Invert sugar	A	N	A	A		
Ketchup	A	A	A	A'		
MSG	A	A	A	A		
Mayonnaise w/ tofu or soy	A	N	A	N		
Methyl cellulose	A	A	?	A		
Mustard with vinegar & wheat	A	A	N	A		
Pickle relish	A	A	N	A		
Polysorbate 80	A	A	A	A		
Sodium carbohydrates-methyl cellulose	A	A	A	A		
Stevia, fresh or dried leaf. Not processed.	N	N	A	N		
Sucanat	A	?	A	A		
Sucrose	A	?	?	?		
Tamarind	?	A	A	?		
Tragacanth gum	A	A	A	A		
Vinegar, all types	A	A	N	A		
Worcestershire sauce	A	A	N	A		
			Notes			
Reference: book by Dr. Peter D'Adamo	<i>Eat Right 4 Your Type</i> (revised and updated)					
B= Highly beneficial food	Acts like medicine, advancing health & protecting against maladies					
N=neutral food	Provides required macronutrients & caloric energy					

