

Type "B" Foods (pg 1)
 from the book *Eat Right 4 Your Type* by **Dr. Peter J. D'Adamo**

MEATS & POULTRY	SEAFOOD	EGGS & DAIRY
<p>Highly Beneficial</p> <p>Lamb Mutton Rabbit Venison</p> <p>Neutral</p> <p>Beef: regular, ground Buffalo Liver Pheasant Turkey Veal</p> <p>Avoid</p> <p>Bacon Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail</p>	<p>Highly Beneficial</p> <p>Cod Flounder Grouper Haddock Hake Halibut Mackerel Mahimahi Monkfish Ocean perch Pickerel Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)</p> <p>Neutral</p> <p>Abalone Albacore (Tuna) Bluefish Carp Catfish Herring: fresh, pickled Rainbow trout Red snapper Sailfish Scallop</p> <p>Avoid</p> <p>Shark Silver perch Smelt Snapper Squid (calamari) Swordfish Tilefish Weakfish White perch Whitefish Yellow perch</p> <p>Avoid</p> <p>Anchovy Barracuda Beluga Bluegill bass Clam Conch Crab Crayfish Eel Frog Lobster Lox (smoked salmon) Mussels Octopus Oysters Sea Bass Shrimp Snail Striped bass Turtle Yellowtail</p>	<p>Highly Beneficial</p> <p>Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Skim or 2% milk Yogurt: regular, w/ fruit, frozen</p> <p>Neutral</p> <p>Brie Butter Buttermilk Camembert Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey jack Munster Neufchatel Parmesan Provolone Sherbet Soy cheese Soy milk Swiss Whey Whole milk</p> <p>Avoid</p> <p>American cheese Blue cheese Ice cream String cheese</p>



...The Power of Balance

Type "B" Foods (pg 2)
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OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Olive Oil</p> <p>Neutral Cod liver oil Linseed (flaxseed) oil</p> <p>Avoid Canola oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Sunflower oil</p>	<p>Highly Beneficial NONE</p> <p>Neutral Almond butter Nuts: almonds, brazil, chestnuts, hickory, litchi, macadamia, pecans, walnuts</p> <p>Avoid Nuts: cashews, filberts, pignola (pine), pistachio Peanuts Peanut butter Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>Highly Beneficial Beans: kidney, lima, navy, red soy</p> <p>Neutral Beans: broad, cannellini, copper, green, java, jicama, northern, red, snap, string, tamarind, white Peas: green, pods</p> <p>Avoid Beans: aduke, azuki, black, garbanzo, pinto Lentils: domestic, green, red Peas: black-eyed</p>	<p>Highly Beneficial Millet Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p>Neutral Cream of rice Familia Farina Granola Grape nuts</p> <p>Avoid Amaranth Barley Buckwheat Cornflakes Cornmeal Cream of wheat Kamut Kasha Rye Seven-grain Shredded wheat Wheat bran Wheat germ</p>



Type "B" Foods (pg 3)
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BREADS & MUFFINS

Highly Beneficial

Brown rice bread
 Essene bread
 Ezekiel bread
 Fin Crisp
 Millet
 Rice cakes
 Wasa bread

Neutral

Gluten-free bread
 High protein
 no-wheat bread
 Ideal Flat Bread
 Oat bran muffins
 Pumpnickel
 Spelt bread
 Soy flour bread

Avoid

Bagels: wheat
 Corn muffins
 Durum wheat
 Multi-grain bread
 100% rye crisp
 Rye Crisp
 Rye Vita
 Wheat bran muffins
 Whole wheat bread

GRAINS & PASTAS

Highly Beneficial

Oat flour
 Rice flour

Neutral

Flour: Graham,
 spelt, white
 Pasta: semolina,
 spinach
 Quinoa
 Rice: basmati,
 brown, white

Avoid

Buckwheat kasha
 Couscous
 Flour: barley, rye,
 bulgur wheat,
 Durum wheat,
 whole wheat,
 gluten
 Pasta: artichoke
 Noodles: soba
 Rice: wild

VEGETABLES

Highly Beneficial

Beets
 Beet leaves
 Broccoli
 Cabbage: Chinese,
 red, white
 Carrots
 Cauliflower
 Collard greens
 Eggplant
 Kale
 Lima beans
 Mushroom: shiitake
 Mustard greens
 Parsley
 Parsnips
 Peppers: green, red,
 jalapeno, yellow
 Potatoes: sweet
 Sprouts: Brussels
 Yams: all types

Neutral

Arugula
 Asparagus
 Bamboo shoots
 Bok choy
 Celery
 Chervil
 Chicory
 Cucumber
 Daikon radish
 Dandelion
 Dill
 Endive
 Escarole
 Fennel
 Fiddlehead ferns
 Garlic
 Ginger
 Horseradish
 Kohlrabi

Leek
 Lettuce: Bibb,
 Boston, iceberg,
 romaine, mesclun
 Mushrooms: abalone,
 domestic, enoki,
 Portobello, tree
 oyster
 Okra
 Onions: green, red,
 Spanish, yellow
 Potatoes, red, white
 Radicchio
 Rappini
 Rutabaga
 Scallion
 Seaweed
 Shallots
 Snow peas
 Spinach
 Sprouts: alfalfa
 Squash: all types
 Swiss chard
 Turnips
 Water chestnut
 Watercress
 Zucchini

Avoid

Artichoke: domestic,
 Jerusalem
 Avocado
 Corn: white, yellow
 Olives: black, Greek,
 green, Spanish
 Pumpkin
 Radishes
 Sprouts: mung, radish
 Tempeh
 Tofu
 Tomato



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Type "B" Foods (pg 4)
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FRUIT	JUICES & FLUIDS	CONDIMENTS
<p>Highly Beneficial Bananas Cranberries Grapes: black, red, Concord, green Papaya Pineapple Plums: dark, red, green</p> <p>Neutral Apples Apricots Blackberries Blueberries Boysenberries Cherries Currants, black, red Dates Elderberries Figs: dried, fresh Gooseberries Grapefruit Guava Kiwi</p> <p>Avoid Kumquat Lemons Limes Loganberries Mangoes Melon, cantaloupe, canang, Crenshaw, Christmas, casaba, honeydew, musk, Spanish, watermelon Nectarines Oranges Peaches Pears Plantains Prunes Raisins Raspberries Strawberries Tangerines</p>	<p>Highly Beneficial Cabbage Cranberry Grape Papaya Pineapple</p> <p>Neutral Apple Apple cider Apricot Carrot Celery Cherry: black Cucumber Grapefruit Orange Prune Water (with lemon) Vegetable juice (corresponding with with highlighted vegetables)</p> <p>Avoid Tomato</p>	<p>Highly Beneficial NONE</p> <p>Neutral Apple butter Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Pickles: sour, dill, kosher, sweet Relish Salad dressing (low-fat, from acceptable ingredients) Worcestershire sauce</p> <p>Avoid Ketchup</p>



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SPICES

Highly Beneficial

Cayenne pepper
 Curry
 Ginger
 Horseradish
 Parsley

Neutral

Agar
 Anise
 Arrowroot
 Basil
 Bay leaf
 Bergamot
 Brown rice syrup
 Capers
 Caraway
 Cardamom
 Carob
 Chervil
 Chives
 Chocolate
 Clove
 Coriander
 Cream of tartar
 Cumin
 Dill
 Dulse
 Garlic
 Honey
 Kelp
 Maple syrup
 Marjoram
 Mint
 Miso
 Molasses
 Mustard (dry)

Nutmeg
 Oregano
 Paprika
 Pepper: peppercorn,
 red flakes
 Peppermint
 Pimiento
 Rice syrup
 Rosemary
 Saffron
 Sage
 Salt
 Savory
 Soy sauce
 Spearmint
 Sugar: brown, white
 Tamarind
 Tarragon
 Thyme
 Turmeric
 Vanilla
 Vinegar: apple cider,
 balsamic, white,
 red wine
 Wintergreen

Avoid

Allspice
 Almond extract
 Barley malt
 Cinnamon
 Cornstarch
 Corn syrup
 Gelatin, plain
 Pepper: black ground,
 white
 Tapioca

HERBAL TEAS

Highly Beneficial

Ginger
 Ginseng
 Licorice
 Parsley
 Peppermint
 Raspberry leaf
 Rose hips
 Sage

Neutral

Alfalfa
 Burdock
 Catnip
 Cayenne
 Chamomile
 Chickweed
 Dandelion
 Dong quai
 Echinacea
 Elder
 Goldenseal
 Green tea
 Hawthorn
 Horehound
 Licorice root
 Mulberry
 Saint-John's wort
 Sarsaparilla
 Slippery elm
 Spearmint
 Strawberry leaf
 Thyme
 Valerian
 Vervain
 White birch
 White oak bark
 Yarrow
 Yellow dock

Avoid

Aloe
 Coltsfoot
 Corn silk
 Fenugreek
 Gentian
 Hops
 Linden
 Mullein
 Red clover
 Rhubarb
 Senna
 Shepherd's purse
 Skullcap

MISC BEVERAGES

Highly Beneficial

Tea: green

Neutral

Beer
 Coffee: regular,
 decaf
 Tea, black: regular,
 decaf
 Wine: red, white

Avoid

Liquor: distilled
 Seltzer water
 Soda: club, cola,
 diet, other