

EAT RIGHT FOR YOUR BLOOD TYPE

+ ---- **HIGHLY BENEFICIAL, FOOD ACTS LIKE MEDICINE**

O ---- **NEUTRAL, FOOD ACTS LIKE A FOOD**

X ---- **AVOID, FOOD ACTS LIKE A POISON**

ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB
A MEAT & POULTRY					
1	Beef	+	X	O	X
2	Lamb	+	X	+	+
3	Mutton	+	X	+	+
4	Veal	+	X	O	
5	Pork		X		X
6	Chicken	O	O	X	X
7	Duck	O	X	X	X
8	Quail	O	X	X	X
9	Rabbit	O	X	+	+
10	Turkey	O	O	O	+
11	Ham		X	X	X
12	Bacon		X	X	X
13	Goose		X	X	X
B SEAFOOD					
1	Cod	+	+	+	+
2	Mackerel	+	+	+	+
3	Snapper	+	O	O	O
4	Salmon	+	+	O	O
5	Sardines	+	+	+	+
6	Swordfish	+	O	O	O
7	Abalone	O	O	O	O
8	Tuna	O	O	O	+
9	Red Snapper	+	+	O	+
10	Carp	O	+	O	O
11	Anchovy (Ikan Bilis)	O	X	X	X
12	Clams	O	X	X	X
13	Crab	O	X	X	X
14	Crayfish	O	X	X	X
15	Eels	O	X	X	X
16	Frogs's legs	O	X	X	X
17	Grouper	O	+	+	+
18	Haddock	O	X	+	X
19	Herring	O	X	O	X
20	Lobster	O	X	X	X
21	Mussels	O	X	O	O
22	Oysters	O	X	X	X
23	Prawns/shrimp	O	X	X	X
24	Scallops	O	X	O	O
25	Sea bass	O	O	X	X
26	Sea Trout	O	+	+	+
27	Soie		X	O	X
28	Shark	O	O	O	O
29	Squid	O	X	O	O
30	Catfish		X	O	O
31	Octopus		X	X	X
32	Smoked salmon		X	X	X
ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB

1	Eggs	o		o	+		+
2	Soya milk	o		+		o	o
3	Milk - whole	unknown				o	unknown
4	Milk - semi skimmed, skimmed		X	X	+		o
5	Goat's milk		X	o	+		+
6	Yogurt		X	o	+		o
7	Butter		o			o	X
8	Cottage Cheese		X		X	+	+
9	Cheddar Cheese		X		X	o	o
10	Mozarella Cheese	+			o	+	+
11	Ice cream		X		X		X
D OILS & FATS							
1	Olive oil	+		+		+	+
2	Cod liver oil		o		o		o
3	Sesame oil		o		X	X	X
4	Corn oil		X		X	X	X
5	Groundnut oil		X		X	X	o
6	Safflower oil		X		X	X	X
7	Sunflower oil		unknown		o	X	X
8	Rapeseed (Canola) oil		o		o	X	o
E NUTS & SEEDS							
1	Almonds		o		o		o
2	Chestnuts		o		o		+
3	Hazelnuts		o		o	X	X
4	Macadamia nuts		o		o		o
5	Sesame seeds		o		o	X	X
6	Sunflower seeds		o		o	X	X
7	Cashew nuts		X		X	X	o
8	Peanuts		X	+		X	+
9	Peanut butter		X	+		X	+
10	Pumpkin seeds	+		+		unknown	X
11	Brazil nuts		X		X	o	o
12	Walnuts	+			o	o	+
F BEANS							
1	Black-eyed beans	+		+		X	X
2	Black beans		o		+	X	X
3	Chick-peas		o			X	o
4	Green peas		o		o		o
5	Kidney beans		X		X	+	X
6	Soya beans		X		unknown	unknown	+
7	Red soya beans/Red brans		unknown		+	o	+
8	Sugar-snap brans & peas		o		o	o	o
G CEREALS							
1	Barley		o		o	X	o
2	Oat bran		o		o	+	+
3	Oatmeal		o		o	+	+
4	Rice bran		o		o	+	+
5	Rice-puffed		o		o	+	+
6	Cornflakes		X		o	X	X
7	Wheat bran		X		X	X	o
8	Wheatgerm		X		X	X	X
9	Buckwheat		o		+	X	X
ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB		

2	Brown rice bread	o	o	+	+
3	Gluten-free bread	o	o	o	o
4	Multi-grain bread	x	x	x	o
5	Wholewheat bread	x	x	x	o
6	Corn muffins	x	o	x	x
7	Hi-protein bread	unknown	unknown	o	o
I GRAINS & PASTAS					
1	Barley flour	o	o	x	x
2	Rice flour	o	+	+	+
3	Rice vermicelli	o	unknown	unknown	unknown
4	Rice - basmati, brown white	o	o	o	+
5	Oat flour	x	+	+	+
6	Plain flour	x	x	o	o
7	Self-raising flour	x	x	o	o
8	Wholewheat flour	x	x	x	o
9	Tapioca flour	o	o	x	x
J VEGETABLES & SPROUTS					
1	Broccoli	+	+	+	+
2	Avocado	x	o	x	x
3	Brussels sprouts	unknown	unknown	+	o
4	Broad beans	unknown	x	+	x
5	Cabbage - Chinese, red, white	x	x	+	o
6	Cauliflower	x	o	+	+
7	Garlic	+	+	o	+
8	Leeks	+		o	o
9	Okra - ladies' finger	+	+	o	o
10	Onions	+	+	o	o
11	Parsley	+	+		+
12	Peppers, red	+	x	+	x
13	Peppers, green and yellow	o	x	+	x
14	Pumpkin	+	+	x	o
15	Seaweeds	+	o	o	o
16	Spinach	+	+	o	o
17	Sweet potatoes	+	x	+	+
18	Potatoes - red, white	x	x	o	o
19	Tapioca	+	unknown	unknown	unknown
20	Asparagus	o	o	o	o
21	Bamboo shoots	o	o	o	o
22	Carrots	o	o	+	o
23	Celery	o	o	o	+
24	Chilli peppers	o	x	o	x
25	Coriander	o	o	o	o
26	Cucumber	o	o	o	+
27	Ginger	o	+	o	o
28	Lettuce	o	o	o	o
29	Mushrooms - cultivated	x	x	o	o
30	Tofu	o	+	x	+
31	Tomatoes	o	x	x	o
32	Yams	o	x	+	+
33	Sweetcorn	x	o	x	x
34	Mung bean sprouts	o	o	x	x
35	Bak choy	unknown	o	o	o
36	Beat Roots	o	o	+	+
37	Water chestnuts	o	o	o	o
ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB

2	Cranberries			O				+				+
3	Grapes - black, green, purple, red			O				O				+
4	Papaya			O				X				+
5	Pineapple			O				+				+
6	Plums - green, purple, red			+				+				+
7	Raisins			O				O				O
8	Apples			O				O				O
9	Apricots			O				+				O
10	Blackcurrants			O				O				O
11	Blueberries			O				O				O
12	Cherries			O				+				O
13	Dates/Red dates			O				O				O
14	Figs - dried, fresh			+				+				O
15	Grapefruit			O				+				O
16	Guava			O				O				X
17	Kiwi			O				O				O
18	Lemons			O				+				O
19	Limes			O				O				O
20	Lychees			O				O				O
21	Mangoes			O				X				O
22	Melons - honeydew, cantaloupe			X				O				O
23	Watermelons			O				O				O
24	Nectarines			O				O				O
25	Peaches			O				O				O
26	Oranges/Tangerines			X				X				O
27	Pears			O				O				O
28	Prunes			+				+				O
29	Raspberries			O				O				O
30	Strawberries			X				O				O
31	Coconuts			X				X				X
32	Persimmons			O				O				X
33	Star fruit			O				O				X

L JUICES & FLUIDS

1	Cabbage juice			X				O				+
2	Cranberry juice			O				O				+
3	Grape juice			O				O				+
4	Papaya juice			O				X				+
5	Pineapple juice			+				+				O
6	Apple cider			X				O				O
7	Apple juice			X				O				O
8	Apricot juice			O				+				O
9	Carrot juice			O				+				O
10	Celery juice			O				+				O
11	Cucumber juice			O				O				O
12	Grapefruit juice			O				+				O
13	Orange juice			X				X				O
14	Prune juice			+				+				O
15	Water with lemon juice			O				+				O
16	Tomato juice			O				X				unknown

ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB					
M SPICES, DRIED HERBS & FLAVOURINGS										
1	Curry Powder	+		O		+				+
2	Horseradish			O		+				+
3	Parsley			unknown		O		+		+
4	Basil			O		O				O
5	Chocolate			O		O				O

8	Ginger	unknown	o	unknown	unknown
9	Honey	o	o	o	o
10	Mint	o	o	o	o
11	Miso	o	+	o	+
12	Mustard	o	o	o	o
13	Peppermint	o	o	o	o
14	Salt	o	o	o	o
15	Soy sauce	o	+	o	o
16	Sugar - brown, white	o	o	o	o
17	Vinegars	X	X	o	X
18	Cornflour	X	o	X	X
19	Pepper - black & white	X	X	X	X
N	CONDIMENTS				
1	Jam (acceptable fruits above)	o	o	o	o
2	Mayonnaise	X	X	o	o
3	Mustard	o	o	o	o
4	Pickles	X	X	o	X
5	Salad dressing (from acceptable ingredients)	o	o	o	o
6	Tomato ketchup	X	X	X	X
7	Worcester sauce	o	X	o	X
O	BEVERAGES & HERBAL TEAS				
1	Green tea	o	+	+	+
2	Coffee - decaf, regular	X	+	o	+
3	Tea - decaf, regular	X	X	o	X
4	Lager	o	X	o	o
5	Wine - red	o	+	o	o
6	Wine - white	o	o	o	o
7	Distilled spirits	X	X	X	X
8	Soda water	+	unknown	unknown	o
9	Soda - cola, diet, others	X	X	X	X
10	Seltzer water	+	X	X	o
11	Ginger tea	+	+	+	+
12	Ginseng	o	+	+	+
13	Peppermint tea	+	o	+	o
14	Alfalfa	X	+	o	+
15	Echinacea	X	+	o	+
16	Dong quai (Chinese herb)	o	unknown	o	o
17	Aloe	X	+	X	X
P	FOODS ENCOURAGE WEIGHT GAIN	Sweetcorn	Meat	Sweetcorn	Red meat
		Kidney beans	Dairy foods	Peanuts	Kidney beans
		Cabbage	Kidney beans	Sesame seeds	Seeds
		Brussel sprout	Lima beans	Buckwheat	Sweetcorn
		Cauliflower	Wheat	Wheat	Buckwheat
Q	FOODS ENCOURAGE WEIGHT LOSS	Sea food	Vegetable oils	Green vege	Tofu
		Iodized salt	Soya foods	Meat	Seafood
		Liver	Vegetables	Liver	Green vege
		Red meat	Pineapple	Eggs	Dairy products
		Broccoli			Alkaline fruits
					Pineapples