

# 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
<b>A</b>	<b>MEAT &amp; POULTRY</b>				
1	Beef	+	X	O	X
2	Lamb	+	X	+	+
3	Mutton	+	X	+	+
4	Veal	+	X	O	X
5	Pork	X	X	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	X
12	Bacon	X	X	X	X
13	Goose	X	X	X	X
<b>B</b>	<b>SEAFOOD</b>				
1	Cod	+	+	+	+
2	Mackeral	+	+	+	+
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	Sole	X	X	O	X
28	Shark	O	O	O	O
29	Squid	O	X	O	O
30	Catfish	X	X	O	O
31	Octopus	X	X	X	X
32	Smoked salmon	X	X	X	X
ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB

1	Eggs	O		O		+			+		O
2	Soya milk	O				+			O		O
3	Milk - whole	unknown			X				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	Ica cream		X		X				X		X
<b>D OILS &amp; FATS</b>											
1	Olive oil					+			+		+
2	Cod liver oil		O						O		O
3	Sesame oil		O							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	Rapseed (Canola) oil									X	O
<b>E NUTS &amp; SEEDS</b>											
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					O	X	O
12	Walnuts					+			O	O	+
<b>F BEANS</b>											
1	Black-eyed beans					+				X	X
2	Black beans			O						X	X
3	Chick-peas			O					O	X	O
4	Green peas			O					O	O	O
5	Kidney beans			X					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
<b>G CEREALS</b>											
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				+			+	
3	Gluten-free bread		o			o			o
4	Multi-grain bread			x			x		o
5	Wholewheat bread			x			x		o
6	Corn muffins			x		o		x	
7	Hi-protein bread		unknown			unknown		o	
<b>I GRAINS &amp; PASTAS</b>									
1	Barley flour			o				x	
2	Rice flour			o		+		+	
3	Rice vermicelli			o		unknown		unknown	unknown
4	Rice - basmati, brown white			o			o		+
5	Oat flour			x		+		+	
6	Plain flour			x			x		o
7	Self-raising flour			x			x		o
8	Wholewheat flour			x			x		o
9	Tapioca flour			o			o		x
<b>J VEGETABLES &amp; SPROUTS</b>									
1	Broccoli		+			+		+	
2	Avocado			x			o		x
3	Brussels sprouts		unknown			unknown		+	o
4	Broad beans		unknown				x		+
5	Cabbage - Chinese, red, white			x			x		+
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		+
13	Peppers, green and yellow			o			x		+
14	Pumpkin		+			+		x	
15	Seaweeds		+				o		o
16	Spinach		+			+		o	o
17	Sweet potatoes		+				x		+
18	Potatoes - red, white			x			x		o
19	Tapioca		+			unknown		unknown	unknown
20	Asparagus			o			o		o
21	Bamboo shoots			o			o		o
22	Carrots			o			o		+
23	Celery			o			o		+
24	Chilli peppers			o			x		o
25	Coriander			o			o		o
26	Cucumber			o			o		+
27	Ginger			o		+		o	o
28	Lettuce			o			o		o
29	Mushrooms - cultivated			x			x		o
30	Tofu			o		+		x	+
31	Tomatoes			o			x		o
32	Yams			o			x		+
33	Sweetcorn			x			o		x
34	Mung bean sprouts			o			o		x
35	Bak choy		unknown				o		o
36	Beat Roots			o			o		+
37	Water chestnuts			o			o		o

ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB
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2	Cranberries		O		O		+		+
3	Grapes - black, green, purple, red		O		O		+		+
4	Papaya		O			X	+		O
5	Pineapple		O		+		+		O
6	Plums - green, purple, red	+			+		+		+
7	Raisins		O		O				O
8	Apples		O		O		O		O
9	Apricots		O		+		O		O
10	Blackcurrants		O		O		O		O
11	Blueberries		O		O		O		O
12	Cherries		O		+		O		+
13	Dates/Red dates		O		O		O		O
14	Figs - dried, fresh	+			+		O		+
15	Grapefruit		O		+		O		O
16	Guava		O		O		O		X
17	Kiwi		O		O		O		O
18	Lemons		O		+		O		O
19	Limes		O		O		O		O
20	Lychees		O		O		O		O
21	Mangoes		O			X	O		X
22	Melons - honeydew, cantaloupe		X			X	O		O
23	Watermelons		O		O		O		O
24	Nectarines		O		O		O		O
25	Peaches		O		O		O		O
26	Oranges/Tangerines		X			X	O		O
27	Pears		O		O		O		O
28	Prunes	+			+		O		O
29	Raspberries		O		O		O		O
30	Strawberries		X		O		O		O
31	Coconuts		X			X		X	X
32	Persimmons		O		O		X		X
33	Star fruit		O		O		X		X
<b>L JUICES &amp; FLUIDS</b>									
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		O
7	Apple juice		X		O		O		O
8	Apricot juice		O		+		O		O
9	Carrot juice		O		+		O		+
10	Celery juice		O		+		O		+
11	Cucumber juice		O		O		O		O
12	Grapefruit juice		O		+		O		O
13	Orange juice		X			X	O		X
14	Prune juice	+			+		O		O
15	Water with lemon juice				+		O		O
16	Tomato juice		O			X		X	unknown
<b>ITEM</b>	<b>DESCRIPTION</b>	<b>GROUP O</b>		<b>GROUP A</b>		<b>GROUP B</b>		<b>GROUP AB</b>	
<b>M SPICES, DRIED HERBS &amp; FLAVOURINGS</b>									
1	Curry Powder	+			O		+		+
2	Horseradish		O		O		+		+
3	Parsley		unknown		O		+		+
4	Basil		O		O		O		O
5	Chocolate		O		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
<b>N    <i>CONDIMENTS</i></b>					
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
<b>O    <i>BEVERAGES &amp; HERBAL TEAS</i></b>					
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 qual (Chinese herb)	O	unknown	O	O
17	Aloe	X	+	X	X
<b>P    <i>FOODS ENCOURAGE WEIGHT GAIN</i></b>					
		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
<b>Q    <i>FOODS ENCOURAGE WEIGHT LOSS</i></b>					
		Sea food	Vegetable oils	Green vage	Tofu
		Iodized salt	Soya foods	Meat	Seafood
		Liver	Vegetables	Liver	Green vege
		Red meat	Pineapple	Eggs	Dairy products
		Spinach			Alkaline fruits
		Broccoli			Pineapples