

MEATS & POULTRY (continued)

Food Type	A	AB	B	o
heArT	Avoid	Avoid	Avoid	Ben
lAmB	Avoid	neut	Ben	Ben
liVer	Avoid	neut	neut	Ben
muTTon	Avoid	neut	Ben	Ben
pArTridGe	Avoid	Avoid	Avoid	neut
pheAsAnT	Avoid	neut	neut	neut
pork	Avoid	Avoid	Avoid	Avoid
quAiL	Avoid	Avoid	Avoid	Avoid
rABBIT	Avoid	neut	Ben	neut
Turkey	neut	Ben	neut	neut
VeAl	Avoid	Avoid	neut	Ben
Venison	Avoid	Avoid	Ben	Ben

NUTS & SEEDS

Food Type	A	AB	B	o
Almonds	neut	neut	neut	neut
Almond ButTer	neut	neut	neut	neut
BrAzil	Avoid	neut	neut	Avoid
cAsheW	Avoid	neut	Avoid	Avoid
chesTnuTs	neut	Ben	neut	Avoid
FilBerTs	neut	Avoid	Avoid	neut
hickory	neut	neut	neut	neut
liTchi	neut	neut	neut	Avoid
mAcAdAmiA	neut	neut	neut	neut
peAnuTs	Ben	Ben	Avoid	Avoid
peAnuT ButTer	Ben	Ben	Avoid	Avoid
pecAns	neut	neut	neut	neut
piGnola (pine)	neut	neut	Avoid	neut
pisTachios	Avoid	neut	Avoid	Avoid
poppy seeds	neut	Avoid	Avoid	Avoid
pumpkin	Ben	Avoid	Avoid	Ben
sesAme seeds	neut	Avoid	Avoid	neut
sunFloWer ButTer	neut	Avoid	Avoid	Avoid
sunFloWer seeds	neut	Avoid	Avoid	Avoid
TAhini	neut	Avoid	Avoid	neut
WAlnuTs	Ben	Ben	neut	Ben

OILS & FATS

Food Type	A	AB	B	o
cAnola oil	neut	neut	Avoid	neut
cod liVer oil	neut	neut	neut	neut
corn oil	Avoid	Avoid	Avoid	Avoid
coTTonseed oil	Avoid	Avoid	Avoid	Avoid
linseed/FlAxseed oil	Ben	neut	neut	Ben
oliVe oil	Ben	Ben	Ben	Ben
peAnuT oil	Avoid	neut	Avoid	Avoid
sAFFloWer oil	neut	Avoid	Avoid	Avoid
sesAme oil	neut	Avoid	Avoid	neut
sunFloWer oil	neut	Avoid	Avoid	Avoid

VEGETABLES

Food Type	A	AB	B	o
ArTichokes	Ben	Avoid	Avoid	Ben
AruGula	neut	neut	neut	neut
AspArAGus	neut	neut	neut	neut
AVocAdo	neut	Avoid	Avoid	Avoid
BAmBoo shooTs	neut	neut	neut	neut
BeeT leAVes	Ben	Ben	Ben	Ben
BeeTs	neut	Ben	Ben	neut
Bok choy	neut	neut	neut	neut
Broccoli	Ben	Ben	Ben	Ben
cABBAGe	Avoid	neut	Ben	neut
cArAWAy	neut	neut	neut	neut
cArroTs	Ben	neut	Ben	neut
cAuliFloWer	neut	Ben	Ben	Avoid
celery	Ben	Ben	neut	neut
cherVil	neut	neut	neut	neut
chicory	Ben	neut	neut	Ben
collArd Greens	Ben	Ben	Ben	Ben
coriAnder	neut	neut	neut	neut
corn	neut	Avoid	Avoid	Avoid
cucumBer	neut	Ben	neut	Avoid
dAiKon rAdish	neut	neut	neut	neut
dAnelion	Ben	Ben	neut	Ben
dill	neut	neut	neut	neut
eGGpLAnT	Avoid	Ben	Ben	neut
endiVe	neut	neut	neut	neut
escArole	Ben	neut	neut	Ben

VEGETABLES(continued)

Food Type	A	AB	B	o
Fennel	Ben	neut	neut	neut
FiddleheAd Ferns	neut	neut	neut	neut
GArlc	Ben	Ben	neut	neut
GiNGer	Ben	neut	Ben	Ben
horserAdish	Ben	neut	neut	Ben
kAle	Ben	Ben	Ben	Ben
kohlRAGBBi	Ben	neut	neut	Ben
leek	Ben	neut	neut	Avoid
leTTuce	neut	neut	neut	neut
leTTuce romAine	Ben	neut	neut	Ben
limA BeAns	Avoid	Avoid	Ben	neut
mushroom ABAlone	neut	Avoid	neut	neut
mushroom domesTic	Avoid	neut	neut	Avoid
mushroom enoki	neut	neut	neut	neut
mushroom porToBello	neut	neut	neut	neut
mushroom shiTAc	Avoid	Avoid	Ben	Avoid
mushroom oysTer	neut	neut	neut	neut
muSTArD Greens	neut	Ben	Ben	Avoid
okrA	Ben	neut	neut	Ben
oliVes BlAcK	Avoid	Avoid	Avoid	Avoid
oliVes Greek/spAnish	Avoid	neut	Avoid	neut
oliVes Green	neut	neut	Avoid	neut
onions	Ben	neut	neut	Ben
pArsley	Ben	Ben	Ben	Ben
pArsnips	Ben	Ben	Ben	Ben
peppers	Avoid	Avoid?	Ben	neut
peppers - red	Avoid	Avoid	Ben	Ben
poTAToes red/WhiTe	Avoid	neut	neut	Avoid
poTAToes sWeeT	Avoid	Ben	Ben	Ben
pumpkin	Ben	neut	Avoid	Ben
rAdicchio	neut	neut	neut	neut
rAdishes	neut	Avoid	Avoid	neut
rAppini	Ben	neut	neut	neut
ruTABAG	neut	neut	neut	neut
scAllion	neut	neut	neut	neut
seAWeed	neut	neut	neut	Ben
shAlloTs	neut	neut	neut	neut
spinAch	Ben	neut	neut	Ben
sprouTs AIFAIFA	Ben	Ben	neut	Avoid
sprouTs Brussel	neut	neut	Ben	neut
sprouTs munG/rAdish	neut	Avoid	Avoid	neut
squAsh	neut	neut	neut	neut
sWiss chArD	Ben	neut	neut	Ben
Tempeh	Ben	Ben	Avoid	neut
ToFu	Ben	Ben	Avoid	neut
TomATo	Avoid	neut	Avoid	neut
Turnips	Ben	neut	neut	Ben
WATER chesTnuT	neut	neut	neut	neut
WATERcress	neut	neut	neut	neut
yAms	Avoid	Ben	Ben	neut
zucchini	neut	neut	neut	neut

SPICES(Avoids Only - all others are Neut/Ben. See website for the full list.)

Food Type	A	AB	B	o
Allspice	neut	Avoid	Avoid	neut
Almond exTrAcT	neut	Avoid	Avoid	neut
Anise	neut	Avoid	neut	neut
BARley mAiT	Ben	Avoid	Avoid	neut
cApers	Avoid	Avoid	neut	Avoid
cinnAmon	neut	neut	Avoid	neut
corn syrup	neut	Avoid	Avoid	Avoid
corn sTArch	neut	Avoid	Avoid	Avoid
GeLATin pLAin	Avoid	Avoid	Avoid	neut
miso	Ben	Ben	Avoid	neut
nuTmeG	neut	neut	neut	Avoid
pepper BlAcK Ground	Avoid	Avoid	Avoid	Avoid
pepper cAYenne	Avoid	Avoid	Ben	Ben
pepper peppercorn	Avoid	Avoid	neut	neut
pepper red FlAKes	Avoid	Avoid	neut	neut
pepper WhiTe	Avoid	Avoid	Avoid	Avoid
soy sAUce	Ben	neut	Avoid	neut
sucAnAT	Avoid	Avoid	Avoid	neut
TAPiocA	neut	Avoid	Avoid	neut
VineGAR Apple cidEr	Avoid	Avoid	neut	neut
VineGAR BAIsAmic	Avoid	Avoid	neut	Avoid
VineGAR red Wine	Avoid	Avoid	neut	Avoid
VineGAR WhiTe	Avoid	Avoid	neut	Avoid
WinTerGreen	Avoid	neut	neut	neut

Neut = Neutral Ben = Beneficial

Eat For Your Blood Type

A Healthy Eating Guide To Eating Right For Your Blood Type



BEANS & LEGUMES

Food Type	A	AB	B	o
BeAns Adzuki	Ben	Avoid	Avoid	Ben
BeAns BlAcK	Ben	Avoid	Avoid	neut
BeAns BroAd	neut	neut	neut	neut
BeAns cAnellini	neut	neut	neut	neut
BeAns copper	Avoid	neut	neut	Avoid
BeAns FAVA	Ben	Avoid	neut	neut
BeAns GARBANzo	Avoid	Avoid	Avoid	neut
BeAns Green	Ben	neut	neut	neut
BeAns JicAmA	neut	neut	neut	neut
BeAns kidney	Avoid	Avoid	Ben	Avoid
BeAns limA	Avoid	Avoid	Ben	neut
BeAns nAVy	Avoid	Ben	Ben	Avoid
BeAns norThern	neut	neut	neut	neut
BeAns pinTo	Ben	Ben	Avoid	Avoid
BeAns red	Avoid	Ben	neut	neut
BeAns soy	Ben	Ben	neut	neut
BeAns snAp	neut	neut	neut	neut
BeAns sTrinG	neut	neut	neut	neut
BeAns TAmArind	Avoid	neut	neut	Avoid
BeAns WhiTe	neut	neut	neut	neut
lenTils domesTic	Ben	neut	Avoid	Avoid
lenTils Green	Ben	Ben	Avoid	Avoid
peAs Green	neut	neut	neut	neut
peA pods	neut	neut	neut	neut

BEVERAGES

Food Type	A	AB	B	o
Beer	Avoid	neut	neut	Avoid
coFFee decAF	Ben	Avoid	neut	Avoid
coFFee reGulAr	Ben	Avoid	neut	Avoid
liquor disTilled	Avoid	Avoid	Avoid	Avoid
selTzer WATer	Avoid	neut	Avoid	Ben
sodA cluB	Avoid	neut	Avoid	Ben
sodA colA	Avoid	Avoid	Avoid	Avoid
sodA diet	Avoid	Avoid	Avoid	Avoid
sodA oTher	Avoid	Avoid	Avoid	Avoid
TeA BlAcK decAF	Avoid	Avoid	neut	Avoid
TeA BlAcK reGulAr	Avoid	Avoid	neut	Avoid
TeA Green	Ben	Ben	Ben	Ben
Wine red	Ben	neut	neut	neut
Wine WhiTe	neut	neut	neut	Avoid

BREADS & MUFFINS

Food Type	A	AB	B	o
BAGels WheAT	neut	neut	Avoid	Avoid
BreAd BroWn rice	neut	Ben	neut	neut
BreAd essence	Ben	Ben	Ben	Ben
BreAd ezekeL	neut	Ben	neut	neut
BreAd GluTen Free	neut	neut	neut	neut
BreAd hiGh proTein	Avoid	neut	Avoid	Avoid
BreAd ideAl FlAT	neut	neut	neut	neut
BreAd mulTi GrAin	Avoid	neut	Avoid	Avoid
BreAd pumpernickel	Avoid	neut	Avoid	Avoid
BreAd rye 100%	neut	Ben	Avoid	neut
BreAd soy Flour	Ben	Ben	neut	neut
BreAd spell	neut	neut	Ben	neut
BreAd sprouTed WheAT	Ben	Ben	neut	Avoid
BreAd WAsA	neut	Ben	Avoid	neut
BreAd Whole WheAT	Avoid	neut	Avoid	Avoid
durum WheAT	neut	neut	Avoid	Avoid
Fin crisp	neut	Ben	neut	neut
MATzo's WheAt	Avoid	neut	Avoid	Avoid
milleT	neut	Ben	Ben	neut
muffFins corn	neut	Avoid	Avoid	Avoid
muffFins enGlish	Avoid	Avoid	Avoid	Avoid
muffFin oAT BrAn	neut	neut	Ben	neut
muffFins WheAT BrAn	Avoid	neut	Avoid	Avoid
rice cAKes	Ben	Ben	Ben	neut
rye crisp	neut	Ben	Avoid	neut
rye ViTA	neut	Ben	Avoid	neut

CEREALS

Food Type	A	AB	B	o
AmArAnTh	Ben	Ben	Avoid	neut
BARley	neut	neut	neut	Avoid
BuckWheAT	Ben	Avoid	Avoid	neut
cornFlAKes	neut	Avoid	Avoid	Avoid
cornmeAl	neut	Avoid	Avoid	Avoid

CEREALS(continued)				
Food Type	A	AB	B	o
creAm oF rice	neut	neut	neut	neut
creAm oF WheAT	Avoid	neut	Avoid	Avoid
FAMiliA	Avoid	neut	neut	Avoid
FArinA	Avoid	neut	neut	Avoid
GrAnolA	Avoid	neut	neut	Avoid
GrApe nuTs	Avoid	neut	neut	Avoid
kAmuT	neut	Avoid	Avoid	neut
kAshA	Ben	Avoid	Avoid	neut
milleT	neut	Ben	Ben	neut
oAT BrAn	neut	Ben	Ben	neut
oATmeAl	neut	Ben	Ben	neut
rice BrAn	neut	Ben	Ben	neut
rice puFFed	neut	Ben	Ben	neut
rye	neut	Ben	Avoid	neut
seVen GrAin	Avoid	neut	Avoid	Avoid
shredded WheAT	Avoid	neut	Avoid	Avoid
soy FlAKes	Ben	neut	Avoid	neut
soy GrAnules	Ben	neut	Avoid	neut
spelT	neut	Ben	Ben	neut
WheAT BrAn	Avoid	neut	Avoid	Avoid
WheAT Germ	Avoid	neut	Avoid	Avoid

CONDIMENTS				
Food Type	A	AB	B	o
JAM FM oK'D Fruits	neut	neut	neut	neut
Jelly FM oK'D Fruits	neut	neut	neut	neut
keTchup	Avoid	Avoid	Avoid	Avoid
mAYonnAise	Avoid	neut	neut	neut
musTArD no VineGAR	Ben	neut	neut	neut
pickles dill	Avoid	Avoid	neut	Avoid
pickles kosher	Avoid	Avoid	neut	Avoid
pickles sour	Avoid	Avoid	neut	Avoid
pickles sWeeT	Avoid	Avoid	neut	Avoid
relish	Avoid	Avoid	neut	Avoid
sAIAd dressinG per list	neut	neut	neut	neut
WorcesTershire sAuce	Avoid	Avoid	neut	neut

DAIRY & EGGS				
Food Type	A	AB	B	o
buTter	Avoid	Avoid	neut	neut
buTtermilk	Avoid	Avoid	neut	Avoid
cheese AmericAn	Avoid	Avoid	Avoid	Avoid
cheese Blue	Avoid	Avoid	Avoid	Avoid
cheese Brie	Avoid	Avoid	neut	Avoid
cheese cAmemBerT	Avoid	Avoid	neut	Avoid
cheese cAsein	Avoid	neut	neut	Avoid
cheese cheddAr	Avoid	nuet	neut	Avoid
cheese colBy	Avoid	nuet	neut	Avoid
cheese coTTIAGe	Avoid	Ben	Ben	Avoid
cheese creAm	Avoid	neut	neut	Avoid
cheese edAm	Avoid	neut	neut	Avoid
cheese emmenThAl	Avoid	neut	neut	Avoid
cheese FArmer	neut	Ben	Ben	neut
cheese FeTA	neut	Ben	Ben	neut
cheese GoAT	neut	Ben	Ben	neut
cheese GoudA	Avoid	neut	neut	Avoid
cheese Gruyere	Avoid	neut	neut	Avoid
cheese JARlsBerG	Avoid	neut	neut	Avoid
cheese monTerrey Jack	Avoid	neut	neut	Avoid
cheese mozzArellA	neut	Ben	Ben	neut
cheese muenster	Avoid	nuet	neut	Avoid
cheese neuFchAnTel	Avoid	nuet	neut	Avoid
cheese pArmesAn	Avoid	Avoid	neut	Avoid
cheese proVolone	Avoid	Avoid	neut	Avoid
cheese ricotta	neut	Ben	Ben	Avoid
cheese soy	Ben	neut	Avoid	neut
cheese sTrinG	Avoid	neut	Avoid	Avoid
cheese sWiss	Avoid	neut	neut	Avoid
eGGs	neut	neut	neut	neut
GoAT milk	neut	Ben	Ben	Avoid
ice creAm	Avoid	Avoid	Avoid	Avoid
keiFir	neut	Ben	Ben	Avoid
sherBerT	Avoid	Avoid	neut	Avoid
skim or 2% milk	Avoid	neut	Ben	Avoid
sour creAm (loW FAT)	neut	Ben	neut	Avoid
soy milk	Ben	neut	Avoid	neut
Whey	Avoid	neut	neut	Avoid
Whole milk	Avoid	Avoid	Ben	Avoid
yoGuri	neut	Ben	Ben	Avoid

FISH & SEAFOOD				
Food Type	A	AB	B	o
ABAlone	neut	neut	neut	Avoid
AnchoVy	Avoid	Avoid	Avoid	neut
BArrAcudA	Avoid	Avoid	Avoid	Avoid
BeluGA	Avoid	Avoid	Avoid	neut
BlueFish	Avoid	neut	neut	neut
BlueGill Bass	Avoid	Avoid	Avoid	Ben
cArp	Ben	neut	neut	neut
cATFish	Avoid	neut	neut	Avoid
cAViAr	Avoid	neut	Ben	neut
ciAm	Avoid	Avoid	Avoid	neut
cod	Ben	Ben	Ben	Ben
conch	Avoid	Avoid	Avoid	Avoid
crAB	Avoid	Avoid	Avoid	neut
crAyFish	Avoid	Avoid	Avoid	neut
eel	Avoid	Avoid	Avoid	neut
Flounder	Avoid	Avoid	Ben	neut
FroG	Avoid	Avoid	Avoid	neut
GrAy sole	Avoid	Avoid	neut	neut
Grouper	Avoid	Ben	Ben	neut
hAddock	Avoid	Avoid	Ben	neut
hAke	Avoid	Avoid	Ben	neut
hAliBuT	Avoid	Avoid	Ben	Ben
herringG (Fresh)	Avoid	neut	neut	neut
herringG (pickled)	Avoid	Avoid	neut	Avoid
loBsTer	Avoid	Avoid	Avoid	neut
lox	Avoid	Avoid	neut	Avoid
mAckerel	Ben	Ben	Ben	neut
mAhi mAhi	neut	Ben	Ben	neut
monkFish	Ben	Ben	Ben	neut
mussels	Avoid	neut	Avoid	neut
oceAn perch	neut	neut	Ben	Ben
ocTOpus	Avoid	Avoid	Avoid	Avoid
oysTers	Avoid	Avoid	Avoid	neut
pickerel	Ben	Ben	Ben	neut
pike	neut	Ben	Ben	Ben
porGy	neut	Ben	Ben	neut
rAinBoW TrouT	Ben	Avoid	neut	Ben
red snApper	Ben	Ben	neut	Ben
sAilFish	neut	Ben	neut	neut
sAlmon	Ben	Ben	Ben	neut
sArdine	Ben	Ben	Ben	neut
scAllop	Avoid	neut	neut	neut
seA Bass	neut	Avoid	Avoid	neut
seA TrouT	Ben	Avoid	Ben	neut
shAd	Avoid	Ben	Ben	Ben
shArk	neut	neut	neut	neut
shrimp	Avoid	Avoid	Avoid	neut
silVer perch	Ben	neut	neut	Ben
smelT	neut	neut	neut	neut
snAil	Ben	Ben	Avoid	neut
snApper	neut	neut	neut	Ben
sole	Avoid	Avoid	Ben	Ben
sguid	Avoid	neut	neut	Avoid
sTriped Bass	Avoid	Avoid	Avoid	Ben
sTurGeon	neut	Ben	Ben	Ben
sWordFish	neut	neut	neut	Ben
TileFish	Avoid	neut	neut	Ben
TunA	neut	Ben	neut	neut
TurTle	Avoid	Avoid	Avoid	neut
WeAkFish	neut	neut	neut	neut
WhiTe perch	neut	neut	neut	Ben
WhiteFish	Ben	neut	neut	neut
yelloW perch	Ben	neut	neut	Ben
yelloWTail	neut	Avoid	Avoid	Ben

FRUITS				
Food Type	A	AB	B	o
Apples	neut	neut	neut	neut
ApricoTs	Ben	neut	neut	neut
BAnAnAs	Avoid	Avoid	Ben	Ben
BlAckBerries	Ben	Ben	neut	Avoid
BlueBerries	Ben	neut	neut	Ben
BoysenBerries	Ben	neut	neut	neut
cherries	Ben	Ben	neut	Ben
coconuTs	Avoid	Avoid	Avoid	Avoid
crAnBerries	Ben	Ben	Ben	neut
currAnTs BlACK	neut	neut	neut	neut
currAnTs red	neut	neut	neut	neut
dATes	neut	neut	neut	neut
elderBerries	neut	neut	neut	neut

FRUITS (continued)				
Food Type	A	AB	B	o
FIGs	Ben	Ben	neut	Ben
GooseBerries	neut	Ben	neut	neut
GrApeFruiT	Ben	Ben	neut	neut
GrApes BlACK	neut	Ben	Ben	neut
GrApes concord	neut	Ben	Ben	neut
GrApes Green	neut	Ben	Ben	neut
GrApes red	neut	Ben	Ben	neut
GuAVA	neut	Avoid	neut	Ben
kiWi	neut	Ben	neut	Avoid
kumquAT	neut	neut	neut	neut
lemons	Ben	Ben	neut	neut
limes	Ben	neut	neut	neut
loGAn Berries	neut	Ben	neut	neut
mAnGoes	Avoid	Avoid	neut	Ben
melon cAnAnG	neut	neut	neut	neut
melon cAnTAloupe	neut	neut	neut	Avoid
melon cAsABA	neut	neut	neut	neut
melon chrisTmAs	neut	neut	neut	neut
melon crenshAW	neut	neut	neut	neut
melon honeydeW	Avoid	neut	neut	Avoid
melon musk	neut	neut	neut	neut
melon spAnish	neut	neut	neut	neut
melon wATermelon	neut	Ben	Ben	neut
nectArines	neut	neut	neut	neut
orAnGes	Avoid	Avoid	neut	Avoid
pApAyA	Avoid	neut	Ben	neut
peAches	neut	neut	neut	neut
peArs	neut	neut	neut	neut
persimmons	neut	Avoid	Avoid	neut
pineApple	Ben	Ben	Ben	neut
pAnTAins	Avoid	neut	neut	Avoid
plums dArk	Ben	Ben	Ben	Ben
plums Green	Ben	Ben	Ben	Ben
plums red	Ben	Ben	Ben	Ben
pomeGrAnATes	neut	Avoid	Avoid	neut
prickly peArs	neut	Avoid	Avoid	neut
prunes	Ben	neut	neut	Ben
rAisins	neut	neut	neut	neut
rAspBerries	neut	neut	neut	neut
rhuBARB	Avoid	Avoid	Avoid	Avoid
sTArFruiT (cArAmBoIA)	neut	Avoid	Avoid	neut
sTrAWBerries	neut	neut	neut	neut
TAnGerines	Avoid	neut	neut	Avoid

GRAINS & PASTA				
Food Type	A	AB	B	o
BuckWheAT	Ben	Avoid	Avoid	neut
couscous	neut	neut	Avoid	Avoid
Flour Barley	neut	neut	neut	Avoid
Flour BulGur WheAT	neut	neut	Avoid	Avoid
Flour durum WheAT	neut	neut	Avoid	Avoid
Flour GluTen	neut	neut	Avoid	Avoid
Flour GrAhAm	neut	neut	neut	Avoid
Flour oAT	Ben	Ben	Ben	neut
Flour rice	Ben	Ben	Ben	neut
Flour rye	Ben	Ben	Avoid	neut
Flour spelT	neut	neut	neut	neut
Flour sprouTed WheAT	neut	Ben	neut	Avoid
Flour WhiTe	neut	neut	neut	Avoid
Flour Whole WheAT	Avoid	neut	Avoid	Avoid
kAshA	Ben	Avoid	Avoid	neut
noodles soBA	Ben	Avoid	Avoid	neut
noodles spelT	neut	neut	neut	neut
pAsTA Artichoke	Ben	Avoid	Avoid	neut
pAsTA semolinA	neut	neut	neut	Avoid
pAsTA spinAch	Avoid	neut	neut	Avoid
quinoA	neut	neut	neut	neut
rice BAsmATi	neut	Ben	neut	neut
rice BroWn	neut	Ben	neut	neut
rice WhiTe	neut	Ben	neut	neut
rice Wild	neut	Ben	Avoid	neut

HERBS & HERBAL TEAS				
Food Type	A	AB	B	o
AIFAIFA	Ben	Ben	neut	Avoid
Aloe	Ben	Avoid	Avoid	Avoid
Burdock	Ben	Ben	neut	Avoid
cATnip	Avoid	neut	neut	neut
cAyenne	Avoid	Avoid	Ben	Ben

HERBS & HERBAL TEAS				
Food Type	A	AB	B	o
chAmomile	Ben	Ben	neut	neut
chickWeed	neut	neut	neut	Ben
colTsFoot	neut	Avoid	Avoid	Avoid
cornsilk	Avoid	Avoid	Avoid	Avoid
dAndelion	Ben	neut	neut	Ben
donG quAi	neut	neut	neut	neut
echinAceA	Ben	Ben	neut	Avoid
elder	neut	neut	neut	neut
FenuGreek	Ben	Avoid	Avoid	Ben
GentIAn	neut	Avoid	Avoid	neut
GinGer	Ben	neut	Ben	Ben
GinsenG	Ben	Ben	Ben	neut
GoldenseAl	neut	neut	Avoid	neut
Green TeA	Ben	Ben	Ben	Ben
hAWThorn	Ben	Ben	neut	neut
hops	neut	Avoid	Avoid	Ben
horehound	neut	neut	neut	neut
licorice root	neut	neut	Ben	neut
linden	neut	Avoid	Avoid	Ben
mulBerry	neut	neut	neut	neut
mullein	neut	Avoid	Avoid	neut
pArsley	Ben	Ben	Ben	Ben
pepperminT	neut	neut	neut	neut
rAspBerry leAF	neut	neut	neut	neut
red cloVer	Avoid	Avoid	Avoid	Avoid
rhuBARB	Avoid	Avoid	Avoid	Avoid
rosehips	Ben	Ben	Ben	Ben
sAGE	neut	neut	neut	neut
st John''''s WArt	Ben	neut	neut	Avoid
sArsApArillA	neut	neut	neut	Ben
sennA	neut	Avoid	Avoid	Avoid
shepherD's purse	neut	Avoid	Avoid	Avoid
skullAp	neut	Avoid	Avoid	neut
slippery elm	Ben	neut	neut	Ben
speArminT	neut	neut	neut	neut
sTrAWBerry leAF	neut	Ben	neut	neut
Thyme	neut	neut	neut	neut
VAleriAn	Ben	neut	neut	neut
VerVAin	neut	neut	neut	neut
WhiTe Birch	neut	neut	neut	neut
WhiTe oAk BArk	neut	neut	neut	neut
yArroW	neut	neut	neut	neut
yelloW dock	Avoid	neut	neut	Avoid

JUICES				
Food Type	A	AB	B	o
Apple cideR/Juice	neut	neut	neut	neut
ApricoT Juice	Ben	neut	neut	neut
BlAck cherry Juice	Ben	Ben	neut	Ben
cABBAGe Juice	Avoid	Ben	Ben	neut
cArroT Juice	Ben	Ben	neut	neut
celery Juice	Ben	Ben	neut	neut
crAnBerry Juice	Ben	Ben	Ben	neut
cucumBer Juice	neut	neut	neut	Avoid
GrApe Juice	neut	Ben	Ben	neut
GrApeFruiT Juice	Ben	neut	neut	neut
orAnGe Juice	Avoid	Avoid	neut	Avoid
pApAyA Juice	Avoid	Ben	Ben	neut
pineApple Juice	Ben	neut	Ben	Ben
prune Juice	Ben	neut	neut	Ben
TomATo Juice	Avoid	neut	Avoid	neut
VeGeTABLE Juice per list	neut	neut	neut	neut
WATER & lemon	Ben	neut	neut	neut

MEATS & POULTRY				
Food_Type	A	AB	B	o
BAcon	Avoid	Avoid	Avoid	Avoid
BeeF	Avoid	Avoid	neut	Ben
BuFFAlO	Avoid	Avoid	neut	Ben
chicken	neut	Avoid	Avoid	neut
cornish hens	neut	Avoid	Avoid	neut
duck	Avoid	Avoid	Avoid	neut
Goose	Avoid	Avoid	Avoid	neut
hAm	Avoid	Avoid	Avoid	Avoid