

**TYPE B: BENEFICIAL FOODS**

<b>Meats &amp; Poultry</b>	<b>Cereals</b>	Plums, dark	
Goat	Millet	Plums, red	
Lamb	Oat bran	Plums, green	
Mutton	Oatmeal	Watermelon	
Rabbit	Rice, puffed		
Venison	Rice, bran	<b>Juices &amp; Fluids</b>	
	Spelt	Cabbage	
<b>Seafood</b>		Cranberry	
Caviar	<b>Breads &amp; Muffins</b>	Grape	
Croaker	Brown rice bread	Paw Paw	
Cod	Essene bread	Pineapple	
Flounder	Ezekiel bread		
Grouper	Fin crisp	<b>Spices</b>	
Haddock	Millet	Cayenne pepper	
Hake	Rice cakes	Curry	
Halibut	Wasa bread	Ginger	
Mackerel		Horseradish	
Mahimahi	<b>Grains &amp; Pasta</b>	Licorice root	
Monkfish	Flour, oat	Molasses	
Ocean Perch	Flour, rice	Parsley	
Pickrel			
Pike	<b>Vegetables</b>	<b>Herbal teas</b>	
Porgy	Beets	Ginger	
Salmon	Beet leaves	Ginseng	
Sardine	Broccoli	Licorice	
Sea Trout	Cabbage, Chinese	Parsley	
Shad	Cabbage, red	Peppermint	
Sole	Cabbage, white	Raspberry Leaf	
Sturgeon	Carrots	Rosehips	
Sturgeon eggs (caviar)	Cauliflower	Sage	
	Collard greens		
<b>Diary &amp; Eggs</b>	Egg Plant	<b>Misc. beverages</b>	
Cottage Cheese	Ginger	Green tea	
Cows milk	Kale		
Farmer cheese	Mushroom, shiitake	<b>Nuts &amp; Seeds</b>	
Feta cheese	Mustard Greens	Walnuts	
Goat cheese	Parsley		
Goat milk	Parsnips		
Kefir	Pepper, green		
Mozzarella	Peppers, jalapeno		
Paneer	Peppers, red		
Ricotta	Peppers, yellow		
Skim or 2 % milk	Potatoes, sweet		
Yoghurt	Sprouts, Brussels		
Yoghurt with fruit	Yams all types		
Yoghurt frozen			
	<b>Fruits</b>		
<b>Oils &amp; Fats</b>	Bananas		
Olive oil	Cranberries		
	Grapes, black		
<b>Beans &amp; Legumes</b>	Grapes, concord		
Beans, kidney	Grapes, green		
Beans, lima	Grapes, red		
Beans, navy	Paw paw		
Beans, red soy	Pineapple		

**TYPE B DIET: FOOD TO AVOID**

<b>Meats &amp; Poultry</b>	Peanut oil	Whole wheat bread	Guarana
Bacon	Safflower oil		Guar gum
Chicken	Sesame oil	<b>Grains &amp; Pasta</b>	MSG
Duck	Sunflower oil	Buckwheat kasha	Pepper, black ground
Goose		Couscous	Pepper, white
Ham	<b>Nuts &amp; Seeds</b>	Flour, barley	Tapioca
Heart	Nuts, cashew	Flour, bulgur	
Partridge	Nuts, hazelnuts	Flour, durum wheat	<b>Condiments</b>
Pork	Nuts, pine	Flour, gluten	Tomato sauce
Quail	Nuts, pistachio	Flour, rye	
	Peanut butter	Flour, whole wheat	<b>Herbal tea</b>
<b>Seafood</b>	Peanuts	Noodles, soba	Aloe
Anchovy	Poppy seeds	Pasta, artichoke	Coltsfoot
Barracuda	Pumpkin seeds	Rice, wild	Corn silk
Beluga	Sesame butter (tahini)		Fenugreek
Bass, all	Safflower	<b>Vegetables</b>	Gentian
Butterfish	Sunflower seeds	Artichokes, domestic	Hops
Clam	Sunflower butter	Artichokes, Jerusalem	Linden
Crab		Avocado	Mullein
Crayfish	<b>Beans &amp; Legumes</b>	Corn, white	Red clover
Conch	Beans, aduke	Corn, yellow	Rhubarb
Eel	Beans, azuki	Olives, black	Senna
Frog	Beans, black	Olive, Greek	Shepherd's-purse
Lobster	Beans, garbanzo	Olives, green	Skull cap
Mussels	Beans, pinto	Olives, Spanish	
Pollack	Lentils, domestic	Pumpkin	<b>Misc. beverages</b>
Octopus	Lentils, green	Radishes	Aspartame
Oysters	Lentils, red	Sprouts, radish	Liquor, distilled
Salmon roe	Peas, black eyed	Sprouts, mung	Seltzer water
Shrimp		Tempeh	Soda, club
Smoked salmon	<b>Cereals</b>	Tofu	Soda, cola
Snail	Amaranth	Tomato	Soda, diet
Trout	Buckwheat		Soda, other
Turtle	Cornflakes	<b>Fruits</b>	
Yellowtail	Cornmeal's	Bitter, melon	
	Cream of wheat	Coconut	
	Kamut	Persimmons	
<b>Diary &amp; Egg</b>	Kasha	Pomegranates	
American cheese	Mixed grain	Prickly pear	
Blue cheese	Rye	Rhubarb	
Coconut milk	Soy, granules	Star fruit	
Duck eggs	Soy, flakes		
Goose eggs	Wheat bran	<b>Juices</b>	
Ice-cream	Wheat germ	Tomato	
Quail eggs	Wheat shredded		
String cheeses		<b>Spices</b>	
Soy cheese	<b>Breads &amp; muffins</b>	Acacia	
Soy milk	Bagels, wheat	Allspice	
	Corn muffins	Almond extract	
<b>Oils &amp; Fats</b>	Durum wheat	Barley malt	
Borage seed oil	100% rye bread	Cinnamon	
Canola oil	Multi-grain bread	Cornstarch	
Castor oil	Rye crisp breads	Corn syrup	
Corn oil	Sorghum	Dextrose	
Cottonseed oil	Wheat bran muffins	Gelatin	