

Type B Food List 1/4

Based on
Eat Right 4 Your Type
by Peter D'Adamo, N.D.

OK To Eat

This list may not be reproduced for commercial purposes or used as part of a fee based consultation

Meat

Beef
Buffalo
Lamb *
Liver (Calf)
Mutton *
Pheasant -
Rabbit *
Turkey -
Veal
Venison *

Fish

Abalone
Bluefish
Carp
Catfish
Caviar *
Cod *
Flounder *
Grouper *
Haddock *
Hake *
Halibut *
Herring/Kippers (fresh)
Herring/Kippers (pickled)
Mackerel *
Mahimahi *
Monkfish *
Perch (Ocean) *
Perch (Silver)
Perch (White)
Perch (Yellow)
Pickerel *
Pike *
Porgy *
Red Snapper
Sailfish
Salmon (Ocean: Pacific, Norwegian) *
Salmon (Farm Raised)
Sardine *
Scallop
Shad *
Shark
Smelt
Snapper
Sole *
Squid
Sturgeon *
Swordfish
Tilefish
Trout (Rainbow)
Trout (Sea) *
Tuna
Weakfish
Whitefish

Dairy

Almond Milk
Brie Cheese
Butter
Buttermilk
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese *
Cream Cheese
Edam Cheese
Emmenthal Cheese
Farmer Cheese *
Feta Cheese *
Ghee (Clarified Butter)
Goat Cheese *
Gouda Cheese
Gruyere Cheese
Half & Half
Jarlsberg Cheese
Kefir *
Milk (Cow-Skim or 2%) *
Milk (Cow-Whole)
Milk (Goat) *
Monterey Jack Cheese
Mozzarella Cheese *
Munster Cheese
Neufchatel Cheese
Paneer *
Parmesan Cheese
Provolone Cheese
Quark Cheese
Rice Milk *
Ricotta Cheese *
Sherbet
Sour Cream (low/non-fat)
Swiss Cheese
Whey
Whey Protein Supplement
Yogurt *

Egg

Egg (chicken) ?
Egg White (chicken) ?
Egg Yolk (chicken) ?

Fruit/Fruit Juice

Apple
Apple Cider/Apple Juice
Apricot/Apricot Juice
Banana *
Blackberry/Blackberry Juice
Blueberry
Boysenberry
Canang Melon
Cantaloupe
Casaba Melon
Cherry (Bing, Sweet, White, etc)
Cherry/Juice (Black)
Christmas Melon
Cranberry *
Cranberry Juice *
Crenshaw Melon
Currants (Black/Red)
Date
Elderberry (Dark Blue/Purple)
Fig (Fresh/Dried)
Gooseberry
Grape
(Black/Concord/Green/Red/Juice)
*
Grapefruit
Grapefruit Juice
Guava
Honeydew
Jam/Jelly OK'd Ingrid
Kiwi
Kumquat
Lemon/Lemon Juice
Lime/Lime Juice
Loganberry
Mango/Mango Juice
Musk Melon
Nectarine/Nectarine Juice
Orange/Orange Juice
Papaya *
Papaya Juice *
Peach
Pear/Pear Juice
Pineapple *
Pineapple Juice *
Plantain
Plum (Dark/Green/Red) *
Prune/Prune Juice
Raisin
Raspberry
Spanish Melon
Strawberry
Tangerine/Tangerine Juice
Water & Lemon
Watermelon

Type B Food List 2/4

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Vegetable/Veg Juice

Agar
Alfalfa Sprouts
Arugula
Asparagus
Bamboo Shoot
Beet *
Beet Greens *
Beet/Beet Greens Juice *
Bok Choy
Broccoli *
Brussel Sprout *
Cabbage (Chinese/Red/White) *
Cabbage Juice *
Caper
Carrot *
Carrot Juice
Cauliflower *
Celery
Celery Juice
Chervil
Chicory
Collard Greens *
Cucumber
Cucumber Juice
Daikon Radish
Dandelion
Eggplant *
Endive
Escarole
Fennel
Fiddlehead Fern
Garlic
Ginger *
Horseradish
Jicama
Kale *
Kelp
Kohlrabi
Leek
Lettuce
(Bibb/Boston/Iceberg/Mesclun/Romaine)
Mushroom (Abalone/Domestic)
Mushroom (Oyster/Enoki/Portobello)
Mushroom (Shiitake) *
Mustard Greens *
Okra
Onion (Green)
Onion (Red/Spanish/Yellow)
Parsnip *
Pea (Green/Pod/Snow)
Pepper (Green/Yellow/Jalapeno) *
Pepper (Red/Cayenne) *

Pickle
(Dill/Kosher/Sour/Sweet/Relish)
Pimento
Potato (Sweet) *
Potato (White/Red/Blue/Yellow)
Radicchio
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Spinach/Spinach Juice
Squash (Summer/Winter)
String Bean
Swiss Chard
Turnip
Water Chestnut
Watercress
Yam *
Zucchini

Grain

Essene Bread (Manna Bread) *
Ezekiel Bread *
Gluten Free Bread
Graham Flour
Millet *
Oat Flour *
Oats *
Oatmeal *
Oat bran *
Quinoa
Rice (Cream of)
Rice (Puffed) *
Rice Bran *
Rice (White/Brown/Basmati)
Rice Bread
Rice Cake *
Rice Flour *
Spelt *
Spelt Flour/Products
Wheat (Bleached Flour Products)
Wheat (Refined Unbleached)
Wheat (Semolina Flour Products)
Wheat (White Flour Products)

Bean/Legume

Broad Bean
Cannellini Bean
Copper Bean
Fava Bean
Green Bean
Kidney Bean *
Lima Bean *
Navy Bean *
Northern Bean
Red Bean
Snap Bean
Tamarind Bean
White Bean

Nut/Seed

Almond
Almond Butter
Brazil Nut
Chestnut
Flax Seed
Hickory
Litchi
Macadamia
Pecan/Pecan Butter
Walnut (English)

Oil

Black Currant Seed Oil
Cod Liver Oil
Flax Seed (Linseed) Oil
Olive Oil *
Walnut Oil

Type B Food List 3/4

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Herb/Spice

Anise
Arrowroot
Basil
Bay Leaf
Bergamot
Caraway
Cardamom
Carob
Chives
Clove
Coriander
Cream of Tartar
Cumin
Curry *
Dill
Dulse
Licorice
Mace
Marjoram
Mint
Mustard Dry
Nutmeg
Oregano
Paprika
Parsley *
Pepper (Peppercorn/Red Flakes)
Peppermint
Rosemary
Saffron
Sage
Savory
Spearmint
Tamarind
Tarragon
Thyme
Turmeric
Vanilla
Wintergreen

Beverage

Beer
Coffee (Regular/Decaf)
Tea (Black Regular/Decaf)
Tea (Green) *
Wine (Red/White)

Condiment

Chocolate
Mayonnaise

Mustard
Salad Dressing (OK'd Ingredients)
Sea Salt

Vinegar
(Balsamic/Cider/Red Wine/White)
Worcestershire Sauce

Sweetener

Honey
Maple Syrup
Molasses
Rice Syrup
Sugar (Brown/White)

Medicinal Herb **

Alfalfa Juice/Tea
ARA-6 (larch arabinogalactan)
Black Cohosh
Bromelain
Burdock
Catnip
Cayenne
Chamomile
Chickweed
Dandelion
De-glycyrrhizinated Licorice (DGL)
Dong Quai
Echinacea Tea/Extract
Echinacea
Elder
Ginger *
Gingko biloba
Ginseng *
Goldenseal Gargle
Hawthorne
Horehound
Licorice *
Mulberry
Oregon Grape (Gargle)
Parsley *
Peppermint *
Quercetin
Raspberry Leaf *
Rose Hips *
Sage *

St. John's Wort
Sarsaparilla
Saw Palmetto
Slippery Elm
Spearmint
Stinging Nettle Leaf
Strawberry Leaf
Thyme
Valerian
Vervain
White Birch
White Oak Bark
Yarrow
Yellow Dock

Supplement

Beta Carotene
EFA's (Essential Fatty Acids)
Fish Oils
Folic Acid
Glucosamine Sulfate
Grape Seed
Lacto-Albumin Protein
Lecithin
Magnesium
Pantethine (active B-5)
Pantothenic Acid (B-5)
Pectin
Pycnogenol
Vitamin E

Exercise

Aerobic

(+) Food is beneficial

(-) Food should be eaten no more than occasionally

(+) These may be ingested rarely

(?) Food rating is of low confidence

(AN) Food is an avoid/neutral

AVOID - Type B 4/4

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Meat

Bacon/Ham/Pork
 Chicken
 Cornish Hens
 Duck
 Goose
 Heart
 Partridge
 Quail
 Turtle

Fish

Anchovy
 Barracuda
 Bass (Bluegill)
 Bass (Sea)
 Bass (Striped)
 Beluga
 Clam
 Conch
 Crab
 Crab (Horseshoe)
 Crayfish/Crawfish
 Eel/Japanese Eel
 Frog
 Lobster
 Lox
 Mussels
 Octopus
 Oyster
 Shrimp
 Snail
 (Helix Pomatia/Escargot)
 Yellowtail

Dairy

American Cheese
 Blue Cheese
 Ice Cream
 String Cheese

Egg

Salmon Roe

Fruit/Fruit Juice

Avocado
 Coconut/Coconut Milk
 Persimmon
 Pomegranate
 Prickly Pear
 Starfruit (Carambola)

Vegetable/Veg Juice

Acacia (Arabic Gum)
 Aloe/Aloe Juice
 Artichoke
 Olive
 (Black, Green, Spanish, Greek)
 Pumpkin
 Radish/Radish Sprouts
 Rhubarb
 Tomato/Tomato Juice

Grain

Amaranth
 Artichoke Pasta (Pure)
 Barley
 Buckwheat/Kasha
 Corn (White/Yellow/Blue)
 Cornmeal
 Cornstarch
 Couscous (Cracked Wheat)
 Gluten Flour
 Kamut
 Popcorn
 Rice (Wild)
 Rye Flour
 Rye
 Rye Bread (Pure)
 Soba Noodles
 (100% Buckwheat)
 Tapioca
 Teff
 Wheat (Berry)
 Wheat (Bran)
 Wheat (Bulghur)
 Wheat (Durum Flour Products)
 Wheat (Germ)
 Wheat (Gluten Flour Products)
 Wheat (Whole Wheat Products)

Bean

Adzuki Beans
 Black Bean
 Black Eyed Pea
 Garbanzo Bean
 Lentil
 (Domestic/Green/Red)
 Mung Beans (Sprouts)
 Pinto Bean
 Tempeh (Fermented Soy)
 Tofu

Nut/Seed

Cashew/Cashew Butter
 Filbert (Hazelnut)
 Peanut
 Peanut Butter
 Pine Nut (Pignola)
 Pistachio
 Poppy Seed
 Pumpkin Seed
 Sesame Butter/Tahini
 Sesame Seed
 Sunflower Seed

Oil

Canola Oil
 Coconut Oil
 Corn Oil
 Cottonseed Oil
 Peanut Oil
 Safflower Oil
 Sesame Oil
 Sunflower Oil

Herb/Spice

Allspice
 Cinnamon
 Pepper (Black/White)
 Stevia

Beverage

Liquor (Distilled)
 Seltzer Water
 Soda (Club)
 Soda (Misc/Diet/Cola)

Condiment

Almond Extract
 Carrageenan
 Gelatin Plain
 Guar Gum
 Ketchup
 MSG

Sweetener

Barley Malt
 Corn Syrup
 Dextrose
 Fructose
 Maltodextrin

Medicinal Herb

Chaparral
 Coltsfoot
 Comfrey
 Corn Silk
 Fenugreek
 Gentian
 Goldenseal
 Hops
 Kombucha
 Linden
 Mullein
 Nettle
 Red Clover
 Rhubarb
 Sassafras
 Senna
 Shepherd's Purse
 Skullcap
 Stinging Nettle
 Root

Supplement

Blue Green Algae
 Chondroitin Sulphate
 Chromium Picholinate
 Colostrum (Bovine)
 Ephedra
 L-Glutamine
 Zinc

Exercise

Strenuous
 Exercise