

# BLOOD GROUP - DIET

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 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 SEAFOOD</b>					
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	Sole	X	X	O	X

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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
<b>C DAIRY PRODUCTS &amp; EGGS</b>					
1	Eggs	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	X	O	X
8	Cottage Cheese	X	X	+	+
9	Cheddar Cheese	X	X	O	O
10	Mozarella Cheese	+	O	+	+
11	Ice cream	X	X	X	X
<b>D OILS &amp; FATS</b>					
1	Olive oil	+	+	+	+
2	Cod liver oil	O	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	Rapseed (Canola) oil	O	O	X	O
<b>E NUTS &amp; SEEDS</b>					
1	Almonds	O	O	O	O
2	Chestnuts	O	O	O	+
3	Hazelnuts	O	O	X	X
4	Macadamia nuts	O	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	+

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<b>F</b>	<b>BEANS</b>				
1	Black-eyed beans	+	+	X	X
2	Black beans	O	+	X	X
3	Chick-peas	O	X	X	O
4	Green peas	O	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
<b>G</b>	<b>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
<b>H</b>	<b>BREADS &amp; MUFFINS</b>				
1	Sprouted-wheat Essence bread	+	+	+	+
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
<b>I</b>	<b>GRAINS &amp; PASTAS</b>				
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
<b>J</b>	<b>VEGETABLES &amp; SPROUTS</b>				
1	Broccoli	+	+	+	+

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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
<b>K</b>	<b>FRUITS</b>				
1	Bananas	O	X	+	X
2	Cranberries	O	O	+	+
3	Grapes - black, green, purple, red	O	O	+	+
4	Papaya	O	X	+	O
5	Pineapple	O	+	+	O

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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	X
22	Melons - honeydew, cantaloupe		X	X	O
23	Watermelons	O	O	O	O
24	Nectarines	O	O	O	O
25	Peaches	O	O	O	O
26	Oranges/Tangerines		X	O	O
27	Pears	O	O	O	O
28	Prunes	+	+	O	O
29	Raspberries	O	O	O	O
30	Strawberries		X	O	O
31	Coconuts		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
7	Apple juice		X	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	O	X

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14	Prune juice	+	+	O	O
15	Water with lemon juice		+	O	O
16	Tomato juice	O	X	X	unknown
<b>M</b>	<b><i>SPICES, DRIED HERBS &amp; FLAVOURINGS</i></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
6	Coriander	O	O	O	O
7	Garlic	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</b>	<b><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</b>	<b><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

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ITEM	DESCRIPTION	GROUP O	GROUP A	GROUP B	GROUP AB
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
<b>P</b>	<b>FOODS ENCOURAGE WEIGHT GAIN</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</b>	<b>FOODS ENCOURAGE WEIGHT LOSS</b>	Sea food	Vegetable oils	Green vege	Tofu
		Iodized salt	Soya foods	Meat	Seafood
		Liver	Vegetables	Liver	Green vege
		Red meat	Pineapple	Eggs	Dairy products
		Spinach			Alkaline fruits
		Broccoli			Pineapples