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		
A	***MEAT & POULTRY***												
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	***SEAFOOD***												
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		

C	***DAIRY PRODUCTS & EGGS***												
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
D	***OILS & FATS***												
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	
E	***NUTS & SEEDS***												
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		+		
F	***BEANS***												
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	
G	***CEREALS***												
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		
H	***BREADS & MUFFINS***												
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	
I	***GRAINS & PASTAS***												
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
J	***VEGETABLES & SPROUTS***												
1	Broccoli	+			+			+			+		
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	

ITEM	DESCRIPTION	GROUP O			GROUP A			GROUP B			GROUP AB		
K	***FRUITS***												
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	
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
L	***JUICES & FLUIDS***												
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		
ITEM	DESCRIPTION	GROUP O			GROUP A			GROUP B			GROUP AB		

M	***SPICES, DRIED HERBS & FLAVOURINGS***												
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
N	***CONDIMENTS***												
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
O	***BEVERAGES & HERBAL TEAS***												
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 quai (Chinese herb)		O		unknown				O			O	
17	Aloe			X	+					X			X
P	FOODS ENCOURAGE WEIGHT GAIN	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		
Q	FOODS ENCOURAGE WEIGHT LOSS	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			