

Very special thanks to Doctors Peter and James D'Adamo for their pioneer work in this important aspect of diet. Peter's book "Eat Right 4 Your Blood Type" is a must read for all who wish to deepen their understanding of how specific foods relate to your blood type and health.

Overview

This information is shared as general guidelines to help focus your food sensitivity experiments. There is, to-date, no one easy accurate way to determine which specific foods will best support your health and healing or which foods will interfere with it. With this understood, please view the following Blood Type guidelines as focus tools to direct your attention to those foods with a higher likelihood of interfering with your metabolism.

Please note however, that there are many reasons beyond blood type predispositions which determine our individual responses to foods. When it comes to food sensitivities, the proof is still in the pudding! We encourage each of our clients to engage our more comprehensive Detoxification-Elimination-Provocation process to more accurately assess the impact of specific foods. As this process requires more time and attention, we commonly begin with a Modified Elimination Diet for starters and focus on the most common, significant and often blood type related food intolerances first.

Blood Type B

- Typically does better with a balance of plant/animal foods.
- Has a tolerant digestive system with a strong immune system.
- ***Avoid wherever possible:*** Wheat, corn, buckwheat, lentils, sesame seeds. These foods are often poorly digested by this blood type and interfere with metabolism and can result in fatigue, hypoglycemia and possibly increased body fat.
- ***Foods typically well tolerated and beneficial:*** Meat, eggs, low-fat dairy products, green vegetables. These foods can aid in efficient digestion and can result in better fat burning.
- This blood type appears to be more predisposed to type1 diabetes, chronic fatigue syndrome, autoimmune disorders, and rare viruses.

Stress

- The effects of stress are felt both on the mental and physical system.
- The best exercises to counteract stress are those which are truly moderate in intensity.
- A balance of moderate activities (not too competitive) like hiking, cycling, treadmill, recreational sports, moderate aerobics classes etc. are best.
- As with all blood types, daily "mini-vacations" using guided imagery, soft music or progressive relaxation techniques are highly beneficial.

Beans & Legumes

Typically well tolerated and often beneficial:

- Beans: kidney, lima, navy

Typically tolerated:

- Beans: broad, cannellini, copper, fava, green, jicama, notheren, red, snap, soy, string, tamarind, white
- Peas: green, pod

Avoid wherever possible:

- Beans: aduke, azuki, black, garbanzo, pinto
- Lentils: domestic, green, red
- Peas: black-eyed

Carbohydrates

Please refer to the Glycemic Index when choosing your carbohydrate selections and wherever possible, balance your carbohydrate selections with suitable protein and fat selections as better blood sugar control will improve fat burning, mental function, endurance and immunity.

Grains & Pasta

Typically well tolerated and often beneficial:

- Oat flour
- Rice flour

Typically tolerated:

- Graham flour
- Spelt flour
- Semolina pasta
- Quinoa
- Basmati rice
- Brown rice
- White rice

Avoid wherever possible:

- Buckwheat
- Kasha
- Couscous
- Barley flour
- Bulgur wheat flour
- Corn (white or yellow)
- Durum wheat flour
- Gluten flour
- Rye flour
- Whole wheat flour
- Artichoke pasta
- Soba noodles
- Wild rice

Vegetables

Typically well tolerated:

- Beets
- Beet leaves
- Broccoli
- Cabbage (Chinese, red, white)
- Carrots
- Cauliflower
- Collard greens
- Eggplant
- Kale
- Lima Beans
- Shiitake mushrooms
- Mustard greens
- Parsley
- Parsnips
- Sweet potatoes
- Brussel sprouts
- Yams (all types)
- Peppers (greens, jalapeno, red, yellow)

Typically tolerated:

- Arugula
- Asparagus
- Avocado
- Bamboo shoots
- Bok choy
- Celery
- Chervil
- Chicory
- Cucumber
- Daikon Radish
- Dandelion
- Dill
- Endive
- Escarole
- Fennel
- Fiddlehead ferns
- Garlic
- Ginger
- Horseradish
- Kohlravi
- Leek
- Lettuce (bibb, boston, iceberg, romaine, mesclun)
- Okra
- Mushrooms (abalone, domestic, enoki, portobello, tree oyster)
- Onions (green, red, spanish, yellow)
- Radicchio
- Rappini
- Rutabaga
- Scallion
- Seaweed
- Shallots
- Snow peas
- Spinach
- Sprouts (alfalfa)
- Squash (all types)
- Swiss chard
- Turnips
- Water chestnuts
- Watercress
- Zucchini
- Potaotes (red, white)

Avoid wherever possible:

- Artichoke (domestic, jerusalem)
- Avocado
- Corn (white, yellow)
- Pumpkin
- Olives (black, green, greek, spanish)
- Radishes
- Sprouts (mung, radish)
- Tempeh
- Tofu
- Tomatoes

Spices & Herbs

Spices

Typically well tolerated and often beneficial:

- Cayenne pepper
- Curry
- Ginger
- Horseradish
- Parsley

Avoid wherever possible:

- Allspice
- Almond extract
- Barley malt
- Cinnamon
- Cornstarch
- Corn syrup
- Gelatin (plain)
- Pepper (black, ground, white)
- Tapioca

Herbal Tea

Typically well tolerated and often beneficial:

- Ginger
- Ginseng
- Licorice
- Licorice root
- Parsley
- Peppermint
- Raspberry leaf
- Rose hips
- Sage

Avoid wherever possible:

- Aloe
- Coltsfoot
- Corn silk
- Fenugreek
- Gentian
- Goldenseal
- Hops
- Linden
- Mullein
- Red Clover
- Rhubarb
- Senna
- Shepherd's purse
- Skullcap