

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
<p>Highly Beneficial Lamb Mutton Rabbit Turkey</p> <p>Neutral Live Pheasant</p> <p>Avoid Bacon Beef ground, regular Buffalo Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail Veal Venison</p>	<p>Highly Beneficial Albacore (Tuna) Cod Grouper Hake Mackerel Mahi-mahi Monkfish Ocean perch Pickerel Pike Porgy Rainbow Trout Red snapper Sailfish Salmon Sardine Sea trout Shad Snail Sturgeon</p> <p>Neutral Abalone Bluefish Carp Catfish Caviar Herring (fresh) Mussels Scallop Shark Silver perch Smelt Snapper Sole Squid (calamari) Swordfish Tilefish Weakfish Whitefish White perch Yellow perch</p>	<p>Avoid Anchovy Barracuda Beluga Bluegill Clam Conch Crab Crayfish Eel Flounder Frog Gray sole Haddock Halibut Herring (pickled) Lobster Lox (smoked salmon) Octopus Oysters Sea bass Shrimp Striped bass Turtle Yellowtail</p>	<p>Highly Beneficial Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Sour cream (non fat) Yogurt</p> <p>Neutral Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey jack Munster Neufchatel Skim or 2% milk Soy cheese Soy milk String cheese Swiss Whey</p> <p>Avoid American cheese blue cheese Brie Butter Buttermilk Camembert Ice cream Parmesan Provolone Sherbet Whole milk</p>

From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

OILS AND FATS	NUTS AND SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Olive Oil</p> <p>Neutral Canola oil Cod liver oil Linseed (flaxseed oil) Peanut oil</p> <p>Avoid Corn oil Cottonseed oil Safflower oil Sesame oil Sunflower oil</p>	<p>Highly Beneficial Chestnuts Peanuts Peanut butter Walnuts</p> <p>Neutral Almond butter Nuts: almonds Brazil, cashews Hickory, Litchi, Macadamia, pignola Pistachio</p> <p>Avoid Filberts Poppy seeds Pumpkin seed Sesame butter (tahini) Sesame seeds sunflower butter Sunflower seeds</p>	<p>Highly Beneficial Beans: navy, pinto red, redsoy Lintels: green</p> <p>Neutral Beans: Broad, Cannellini, Copper, Green, Jicama, Northern, Snap, String, Tamarind, White Lentils: domestic, Red Peas: green, Pods</p> <p>Avoid Beans: Aduke, Azuki, Black, Fava, Kidney, Garbanzo, Lima Peas: Black-eyed</p>	<p>Highly Beneficial Millet Oat bran Oatmeal Rice bran Rice: puffed Spelt</p> <p>Neutral Amaranth Barley Cream of rice Cream of wheat Familla Farina Granola Grape nuts Seven-grain Shredded wheat Soy flakes soy granules Wheat bran Wheat germ</p> <p>Avoid buckwheat cornflakes cornmeal Kamut Kasha</p>

BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
<p>Highly Beneficial Brown rice bread Essene bread Ezekiel bread Fin crisp Millet rice cakes 100% rye bread Rye Crisps Rye Vita soy flour bread sprouted wheat bread Wasa bread</p> <p>Neutral Bagels: wheat Durum wheat Gluten-free bread High-protein bread Ideal Flat Bread Matzos: wheat Multi-Grain Bread Oat bran muffins Pumpernickel Spelt bread What bran muffins Whole wheat bread</p> <p>Avoid corn muffins</p>	<p>Highly Beneficial Flour: oat, rice rye, sprouted wheat Rice: basmati, brown, white, wild</p> <p>Neutral Couscous Flour: barley, bulgur wheat, Durum wheat, gluten, Graham, spelt, white whole wheat Pasta: semolina, spinach Quinoa</p> <p>Avoid Buckwheat kasha Pasta; artichoke Soba noodles</p>	<p>Highly Beneficial Beet Leaves Beets Broccoli Cauliflower Celery Collard greens cucumber Dandelion Eggplant Garlic Kale Mustard greens Parsley Parsnips Potatoes: sweet Sprouts: alfalfa Tempeh Tofu Yams: all types</p> <p>Neutral Arugula Asparagus Bamboo shoots Bok, choy Cabbage: Chinese, red, white Caraway Carrots Chervil chicory Coriander Daikon Endive Escarole Fennel fiddlehead ferns ginger Horseradish Kohlrabi Leek Lettuce: Bibb, Boston iceberg, mesclun, romaine</p>	<p>mushroom: domestic, enoki, portobello, oyster, tree Okra Olives: green, Greek Spanish Onions: green, red Spanish, yellow Potatoes: red, white Pumpkin Radicchio Rappini Rutabaga Scallion Seaweed Shallots Snow peas Spinach Sprouts: Brussels Squash: all types Swiss chard tomato Turnips Water chestnut Water cress Zucchini</p> <p>Avoid Artichoke, domestic, Jerusalem Avocado corn: white, yellow Lima beans Mushroom: abalone, shitake Olives: black Peppers: green, red jalapeno, yellow Radishes Sprouts: mung, radish</p>

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FRUIT		JUICES & FLUIDS	CONDIMENTS
Highly Beneficial		Highly Beneficial	Highly Beneficial
Cherries	Melon, cantaloupe,	Cabbage	NONE
Cranberries	canang, crenshaw,	Carrot	
Figs: dried, fresh	Christmas, casaba,	Celery	Neutral
gooseberries	honeydew, musk,	Cherry: black	Jam (from
Grapes: black,	Spanish, watermelon	Cranberry	Acceptable fruits)
Concord, green, red	Nectarines	Grape	Jelly (from
Grapefruit	Papayas	Papaya	acceptable fruits)
Kiwi	Peaches		Mayonnaise
Lemons	Pears	Neutral	Mustard
Loganberries	Plantains	Apple	Salad dressing (low-fat,
Pineapples	Prunes	apple cider	from acceptable
Plums: dark, green	Raisins	apricot	ingredients)
red	Raspberries	Cucumber	
	Strawberries	Grapefruit	Avoid
	Tangerines	Pineapple	Ketchup
Neutral		Prune	Pickles: dill, kosher
Apples	Avoid	Water (with lemon)	sweet, sour
Apricots	Bananas	Vegetable juice	Relish
Blackberries	Coconuts	(corresponding with highlighted	Worcestershire
Blueberries	Guava	vegetables)	sauce
Boysenberries	Mangoes		
currants: black, red	Oranges	Avoid	
Dates	Persimmons	Orange	
Elderberries	Pomegranates		
Kumquat	Prickly pear		
Limes	Rhubarb		
	Star fruit (carambola)		

SPICES		HERBAL TEAS	MISC BEVERAGES
Highly Beneficial		Highly Beneficial	Highly Beneficial
Curry	Peppermint	Alfalfa	Coffee: regular, decaf
Garlic	Pimiento	Burdock	Tea: green
Horseradish	Rice syrup	Chamomile	
Miso	Rosemary	Erchinaces	
Parsley	Saffron	Ginger	Neutral
	Sage	Ginseng	Beer
Neutral	Salt	Green tea	Seltzer water
Agar	savory	Hawthorn	Soda: club
Arrowroot	Soysauce	Licorice root	Wine: red, white
Basil	Spearmint	Rose hips	
Bay leaf	Sugar: brown, white	Strawberry leaf	Avoid
Bergamot	Tamari		Liquor, distilled
Bown rice syrup	Tamarind	Neutral	Soda: cola, diet, other
Cardamon	Tarragon	Catnip	Tea: black regular or decaf.
Carob	Thyme	Cayenne	
Chervil	Turmeric	chickweed	
chive	Vanilla	Dandelion	
Chocolate	Wintergreen	Dong quai	
cinnamon		Elder	
Clove	Avoid	Goldenseal	
coriander	allspice	Horehound	
Cream of tartar	almond extract	Mulberry	
cumin	Anise	Parsley	
Dill	Barley malt	Peppermint	
Dulse	Capers	Raspberry leaf	
honey	conrstarch	Sage	
Kelp	Corn syrup	Saint-John's wort	
Maple syrup	Gelatin: plain	Sarsaparilla	
Marjoram	Pepper: black, ground, cayenne, peppercorn, red glakes, white	Slippery elm	
Mint	Tapioca	Spearmint	
Molasses	vinegar: apple cider,	Thyme	
Mustard (dry)	Balsamic, White, Red wine	Valerian	
Nutmeg		Vervain	
Paprika		White birh	
		White oak bark	
		Yarrow	
		Yellow dock	
		Avoid	
		Alow	
		Coltsfoot	
		corn silk	
		Fenugreek	
		Gentian	
		Hops	
		Linden	
		Mullein	
		Red clover	
		Rhubarb	
		Senna	
		Sherpherd's purse	
		Skullcap	