

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

MEATS & POULTRY	SEAFOOD	EGGS & DAIRY
<p>Highly Beneficial</p> <p>Lamb Mutton rabbit Venison</p> <p>Neutral</p> <p>Beef: regular, ground Buffalo Liver Pheasant Turkey Veal</p> <p>Avoid</p> <p>Bacon chicken Cornish Hens Duck goose Ham Heart Partridge Pork Quail</p>	<p>Highly Beneficial</p> <p>Cod Flounder Grouper Haddock Hake Halibut Mackerel; Mahi-mahi Monkfish] Ocean perch Pickerel Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)</p> <p>Neutral</p> <p>Abalone Albacore 9Tuna) Bluefish Carp Catfish Herring: fresh, pickled Rainbow trout Red snapper Sailfish Scallop</p> <p>Shark Silver perch Smelt Snapper Squid (calamari) Swordfish Tilefish Weakfish White perch Whitefish Yellow Perch</p> <p>Avoid</p> <p>Anchovy Barracuda Beluga Bluegill bass Clam conch Crab Crayfish Eel Frog Lobster Lox (smoked salmon) Mussels Octopus Oysters Sea Bass Shrimp Snail Striped bass Turtle Yellowtail</p>	<p>Highly Beneficial</p> <p>Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Skim or 2% milk Yogurt: regular, w/fruit, frozen</p> <p>Neutral</p> <p>Brie Butter Buttermilk Camembert Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarisberg Monterey jack Munster Neufchatel Parmesan Provolone Sherbet</p> <p>Swiss Whey Whole Milk</p> <p>Avoid</p> <p>American Cheese Blue cheese Ice Cream String cheese</p>

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OILS & FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Olive Oil</p> <p>Neutral Cod liver oil Linseed (flaxseed) oil</p> <p>Avoid Canola oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Sunflower oil</p>	<p>Highly Beneficial NONE</p> <p>Neutral Almond butter Nuts: almonds, brazil, chestnuts, hickory, litchi, macadamia, pecans, walnuts</p> <p>Avoid Nuts: cashews, filberts, pignola (pine), pistachio Peanuts Peanut butter Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>Highly Beneficial Beans: kidney, lima, navy,</p> <p>Neutral Beans: broad, cannellini, copper, green, java, jacamar, northern, red, snap, string, tamarind, white Peas: green, pods</p> <p>Avoid Beans: aduke, azuki, black, garbanzo, pinto Lentils: domestic, green, red Peas: black-eyed</p>	<p>Highly Beneficial Millet Oat bran Oatmeal Price: puffed rice bran Spelt</p> <p>Neutral Cream or rice Familla Farina Granola Grape nuts</p> <p>Avoid Amaranth Barley Buckwheat Cornflakes cornmeal Cream of wheat Kamut Kasha Rye Seven-grain Shredded wheat Wheat bran Wheat germ</p>

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BREADS & MUFFINS	GRAINS & PASTA	VEGETABLES	
<p>Highly Beneficial Brown rice bread Essene bread Ezekiel bread Fin Crisp Millet Rice cakes Wasa bread</p> <p>Neutral Gluten-free bread High protein no-wheat bread Ideal Flat bread Oat bran muffins Pumpernickel spelt bread Soy flour bread</p> <p>Avoid Bagels: wheat Corn muffins Durum wheat Mult-grain bread 100% rye crisp Rye Crisp Rye Vita What bran muffins Whole wheat bread</p>	<p>Highly Beneficial Oat flour Rice flour</p> <p>Neutral Flour: Graham, spelt, white Pasta: semoline, spinach Quinoa Rice: basmati, brown, white</p> <p>Avoid Buckwheat kasha Couscous flour: barley, rye, bulgur wheat, durum whet, whole wheat gluten Pasta: artichoke Noodles: soba Rice: wild</p>	<p>Highly Beneficial beets Beet leaves Broccoli Cabbage: Chinese, red white Carrots Cauliflower Collard greens Eggplant Kale Lima beans Mushroom: shitake Mustard greens Parsley Parsnips Peppers: green, red jalapeno, yellow Potatoes: sweet Sprouts: Brussels Yams: all types</p> <p>Neutral Arugula Asparagus Bamboo shoots Bok choy Celery Chervil Chicory Cucumber Daikon radish Dandelion Dill Endive Escarole Fennel Fiddlehead ferns Barlic ginger Horseradish Kohlrabi</p>	<p>Leek Lettuce: Bibb, Boston, iceberg, romaine, mesclun Mushrooms: abalone, domestic, enoki, Portobello, tree oyster Okra Onions: green, red, Spanish, yellow Potatoes, red, white Radicchio Rappini Rutabaga Scallion Seaweed Shallots Snow peas spinach sprouts: alfalfa Squash: all types Swiss chard Turnips Water chestnut Watercress Zucchini</p> <p>Avoid Artichoke: domestic, Jerusalem Avocado Corn: white, yellow Olives: black, Greek, green Spanish Pumpkin radishes sprouts: mung, radish Tempeh Tofu Tomato</p>

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

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SPICES	HERBAL TEAS	MISC. BEVERAGES
Highly Beneficial	Highly Beneficial	Highly Beneficial
Cayenne pepper	Ginger	Tea: green
Curry	Ginseng	Neutral
Ginger	Licorice	Beer
Horseradish	Parsley	Coffee: regular, decaf
Parsley	Peppermint	Tea black: regular, decaf
	Raspberry leaf	Wine: red, white
Neutral	Rose hips	Avoid
Agar	Sage	Liquor: distilled
Anise	Neutral	Seltzer water
Arrowroot	Alfalfa	Soda: club, cola,
Basil	Burdock	diet other
Bay leaf	Catnip	
Bergamot	Cayenne	
Brown rice syrup	Chamomile	
Capers	Chickweed	
Caraway	Dandelion	
Cardamom	Dong quai	
Carob	Echinacea	
Chervil	Elder	
Chives	Goldenseal	
Chocolate	Green tea	
Clove	Hawthorn	
Coriander	Horehound	
Cream of tartar	Licorice root	
Cumin	Mulberry	
Dill	Saint-John's wort	
Dulse	Sarsaparilla	
Garlic	Slippery elm	
Honey	Spearment	
Kelp	Strawberry leaf	
Maple syrup	Thyme	
Marjoram	Valerian	
Mint	Vervain	
Miso	White birch	
Molasses	White oak bark	
Mustard (dry)	Yarrow	
	Yellow dock	
	Avoid	
	Aloe	
	Coltsfoot	
	Corn silk	
	Fenugreek	
	Gentian	
	Hops Linden	
	Mullein	
	Red clover	
	Rhubarb	
	Senna	
	Shepherd's purse	