

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

MEATS & Poultry	SEAFOOD	EGGS & DAIRY
<p><b>Highly Beneficial</b> Beef: regular ground Buffalo Heart Lamb Liver Mutton Veal Venison</p> <p><b>Neutral</b> Chicken Cornish hens Duck Partridge Pheasant Quail Rabbit Turkey</p> <p><b>Avoid</b> Bacon Goose Ham Pork</p>	<p><b>Highly Beneficial</b> Bluefish Cod Hake Halibut Herring Mackerel Pike Rainbow trout Red snapper Salmon Sardine Shad Snapper sole Striped bass Sturgeon Swordfish Tilefish White perch Whitefish Yellow perch Yellowtail</p> <p><b>Neutral</b> Abalone Albacore (Tuna) Anchovy Beluga bluegill bass Carp Clam Crab Crayfish Eel</p> <p>Flounder Frog Gray sole Grouper Haddock Lobster Mahi-mahi Monkfish Mussels Ocean perch Oysters Pickerel Porgy sailfish Scallop Sea bass Sea trout Shark Shrimp Silver perch Smelt Snail Squid (Calamari) Turtle Weakfish</p> <p><b>Avoid</b> Barracuda Catfish Caviar Conch Herring (pickled) lox (smoked salmon) Octopus</p>	<p><b>Highly Beneficial</b> NONE</p> <p><b>Neutral</b> Butter Farmer Feta goat cheese Mozzarella Soy cheese Soy milk</p> <p><b>Avoid</b> American Blue cheese Brie Buttermilk Camembert Casein Cheddar Colby Cottage Cream cheese Edam Emmenthal Goat milk gouda Gruyere Ice cream Jarlsburg Kefir Monterey jack Munster Neufchatel Parmesan Provolone Ricotta Skim or 2% milk String cheese Swiss Whey Whole milk Yogurt: all varieties</p>

OILS & FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p><b>Highly Beneficial</b> Linseed (flaxseed) oil Olive Oil</p> <p><b>Neutral</b> Canola oil Cod liver oil Sesame oil</p> <p><b>Avoid</b> Corn oil Cottonseed oil Peanut oil Safflower oil</p>	<p><b>Highly Beneficial</b> Pumpkin seeds Walnuts</p> <p><b>Neutral</b> Almonds Almond butter Chestnuts Filberts Hickory Macadamia Pecans Pignola (pine) Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p> <p><b>Avoid</b> Brazil Cashew Litchi Peanuts Peanut butter Pistachios Poppy seeds</p>	<p><b>Highly Beneficial</b> Aduke Aduki Pinto Black-eyed</p> <p><b>Neutral</b> Beans: black, broad, cannellini, fava, garbanzo, green, jicama, lima, northern, red, red soy, snap, string, white Peas: green, pods</p> <p><b>Avoid</b> Beans: copper, kidney, navy, tamarind Lentils: domestic, green, red</p>	<p><b>Highly Beneficial</b> NONE</p> <p><b>Neutral</b> Amaranth Barley Buckwheat Cream of rice Kamut Kasha Millet: puffed Rice bran Rice: puffed Spelt</p> <p><b>Avoid</b> Cornflakes Cornmeal Cream of wheat Familia Farina Grape nuts Oat bran Oatmeal Seven-grain Shredded Wheat What bran wheat germ</p>

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BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
<p><b>Highly Beneficial</b> Essene Bread Ezekiel Bread</p> <p><b>Neutral</b> Brown Rice Bread Fin Crisp Gluten-free bread Ideal Flat Bread Millet Rice cakes 100 % rye bread Rye Crisps Rye Vita Soy flour bread Spelt bread wasa bread</p> <p><b>Avoid</b> Bagels: wheat Corn muffins Durum wheat English muffins High-protein bread Matzos: wheat Multi-grain bread Oat bran muffins Pumpernickel Sprouted wheat bread Whole wheat bread</p>	<p><b>Highly Beneficial</b> NONE</p> <p><b>Neutral</b> Barley flour Buckwheat Kasha Pasta: artichoke Quinoa rice: basmati, wild, brown, white Rice flour Rye flour Spelt flour</p> <p><b>Avoid</b> Bulgur Wheat Flour Couscous Flour Durum Wheat Flour Gluten Flour Graham Flour Oat Flour Soba Noodles Past: Semolina, Spinach Sprouted Wheat Flour White Flour Whole Wheat Flour</p>	<p><b>Highly Beneficial</b> Artichoke: domestic, Jerusalem Beet leaves Broccoli:Chicory Collard greens Dandelion Escarole Garlic Horseradish Kale Kohirabi Leek Lettuce: romaine Okra Onions: red, Spanish, yellow Parsley Parsnips Peppers: red Potatoes: sweet Pumpkin Seaweed Spinach Swiss chard Turnips</p> <p><b>Neutral</b> Arugula Asparagus Bamboo Shoots Beets Bok Choy Caraway Carrots Celery chervil coriander cucumber Daikon dill Endive Fennel</p>	<p>Fiddlehead Ferns ginner Lettuce: Bibb, Boston, iceberg, mescium Lima Beans Mushroom: abalone, enoki, Portobello, tree oyster Olives: green Onions: green Peppers: green, yellow, jalapeno Radicchio Radishes Rappini Rutabaga Scallion Shallots Snow Peas Sprouts: mung, radish Squash: all types Tempeh Tofu Tomato Water chestnut Watercress Yams: all types Zucchini</p> <p><b>Avoid</b> Avocado Cabbage: Chinese, Red, white Cauliflower Corn: white, yellow Eggplant Mushroom: domestic, shitake Mustard greens Olives: black, Greek Spanish Potatoes: red, white Sprouts: alfalfa, Brussels</p>

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

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SPICES		HERBAL TEAS	MISC BEVERAGES
<b>Highly Beneficial</b>		<b>Highly Beneficial</b>	<b>Highly Beneficial</b>
Carob	Mint	Cayenne	Club soda
Curry	Miso	Chickweed	Seltzer Water
Dulse	Molasses	Dandelion	
Kelp (bladder wrack)	Mustard (dry)	Fenugreek	<b>Neutral</b>
Parsley	Paprika	Ginger	Beer
Pepper: cayenne	Pepper: peppercorn	Hops	Green tea
Turmeric	red flakes	Linden	Wine: red, white
	Peppermint	Mulberry	
<b>Neutral</b>	Pimiento	Parsley	<b>Avoid</b>
Agar	Rice syrup	Peppermint	Coffee: regular and decaf
Allspice	Rosemary	Rose Hips	Liquor: distilled,
Almond extract	Saffron	Sarsaparilla	Soda: cola, diet
Anise	Sage	Slippery elm	other
Arrowroot	Salt		Tea, black: regular & decaf
Barley malt	Savory	<b>Neutral</b>	
Basil	Soy sauce	Catnip	
Bay Leaf	Spearmint	Chamomile	
Bergamot	Sacanat	Don quai	
Brown rice syrup	Sugar: brown, white	elder	
Cardamom	Tamari	ginseng	
Chervil	Tamarind	Green tea	
Chives	Tapioca	Hawthorn	
Chocolate	Tarragon	Horehound	
clove	Thyme	Licorice root	
coriander	Wintergreen	Mullein	
Cream of tartar		Raspberry leaf	
Cumin	<b>Avoid</b>	Sage	
dill	<b>Capers</b>	Skullcap	
Garlic	<b>Cinnamon</b>	Spearmint	
Gelatin: plain	<b>cornstarch</b>	Thyme	
Honey	<b>Corn syrup</b>	Valerian	
Horseradish	<b>Nutmeg</b>	Vervain	
Maple syrup	<b>Pepper: black ground,</b>	White birch white oak bark	
Marjoram	<b>white</b>	Yarrow	
	<b>Vanilla</b>		
	<b>Vinegar: apple cider,</b>	<b>Avoid</b>	
	<b>balsamic, red wine,</b>	Alfalfa	
	<b>white</b>	Aloe	
		Burdock	
		Coltsfoot	
		Corn silk	
		Echinacea	
		Gentian	
		Goldenseal	
		Red clover	
		Rhubarb St John's-wort	
		Senna	
		Shepherd's purse	
		Strawberry leaf	
		Yellow dock	