

TYPE B DIET: BENEFICIAL FOODS

Foods written in red have been tested to have compatible protein lectins
but not recommended for other reasons eg. High in sugar, caffeine etc)



<p style="text-align: center;"><u>Meats & poultry</u></p> <p>Lamb Mutton Rabbit Venison Eggs</p> <p style="text-align: center;"><u>Seafood</u></p> <p>Cod Flounder Haddock Halibut Hake Mackerel Monkfish Ocean Perch Pickerel Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)</p> <p style="text-align: center;"><u>Dairy</u></p> <p>Cottage cheese Farmer Feta Goat cheese Goat Milk Kefir Mozzarella Ricotta Skim or 2% milk Yoghurt Yoghurt with fruit Yoghurt frozen</p>	<p style="text-align: center;"><u>Oils & Fats</u></p> <p>Olive Oil</p> <p style="text-align: center;"><u>Breads & Muffins</u></p> <p>Brown rice bread Essene bread Ezekiel bread Millet Rice cakes Wasa bread</p> <p style="text-align: center;"><u>Beans & Legumes</u></p> <p>Kidney beans Lima beans Navy beans Red soy beans</p> <p style="text-align: center;"><u>Cereals</u></p> <p>Millet Oat bran Oatmeal Rice, puffed Rice bran Spelt</p> <p style="text-align: center;"><u>Grains & Pasta</u></p> <p>Oat flour Rice flour</p> <p style="text-align: center;"><u>Vegetables</u></p> <p>Beets & Beet leaves Broccoli Cabbage (red ,white & Chinese) Carrots Cauliflower Collard greens Eggplant Kale Lima beans Shiitake mushrooms Mustard greens Parsley parsnips</p>	<p>Peppers (red, green, red) Peppers (jalapeno) Sweet Potatoes Brussels sprouts Yams (all types)</p> <p style="text-align: center;"><u>Fruits</u></p> <p>Bananas Cranberries Grapes(black, red, green, concord) Paw paw Pineapple Plums (dark, green, red)</p> <p style="text-align: center;"><u>Juices & Fluids</u></p> <p>Cabbage Cranberry Grape Pawpaw Pineapple</p> <p style="text-align: center;"><u>Spices</u></p> <p>Cayenne pepper Curry Ginger Horseradish Parsley</p> <p style="text-align: center;"><u>Herbal teas</u></p> <p>Ginger Ginseng Liquorice Parsley Peppermint Raspberry leaf Rose hips Sage</p> <p style="text-align: center;"><u>Miscellaneous beverages</u></p> <p>Green tea</p>
--	---	---

Improving your Health ~ Naturally

TYPE B: NEUTRAL FOODS

<p style="text-align: center;"><u>Meats & Poultry</u></p> <p>Beef (ground, whole) Liver Pheasant Turkey Veal</p> <p style="text-align: center;"><u>Seafood</u></p> <p>Abalone Albacore (tuna) Bluefish Carp Catfish Herring (fresh, pickled) Rainbow trout Red snapper Sailfish Scallop Shark Perch (silver, white, yellow) Snapper Squid (calamari) Swordfish Whitefish</p> <p style="text-align: center;"><u>Dairy</u></p> <p>Brie Butter Buttermilk Cembert Casein Cheddar Colby Cream Cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey Jack Munster Neufchatel Parmesan</p>	<p>(dairy continued...)</p> <p>Provolone Soy Cheese Soy milk Swiss Whey Whole Milk</p> <p style="text-align: center;"><u>Oils & Fats</u></p> <p>Cod liver oil Linseed (flaxseed) oil</p> <p style="text-align: center;"><u>Nuts & Seeds</u></p> <p>Almonds Brazil nuts Chestnuts Macadamia Pecans Walnuts</p> <p style="text-align: center;"><u>Beans & Legumes</u></p> <p>Broad beans Cannellini beans Copper beans Fava beans Green beans Jicama beans Red beans Snap beans String beans Tamarind beans White beans Peas, green</p> <p style="text-align: center;"><u>Cereal</u></p> <p>Creamed rice Familia Farina Granola</p> <p style="text-align: center;"><u>Breads & Muffins</u></p> <p>Gluten Free Bread Flat bread (wheat free) Oat bran muffins Pumpernickel Spelt Bread Soy flour bread</p>	<p style="text-align: center;"><u>Grains & Pasta</u></p> <p>Flour, graham Flour, spelt Pasta, semolina Pasta, spinach Quinoa Rice, basmati Rice, brown Rice, white</p> <p style="text-align: center;"><u>Vegetables</u></p> <p>Asparagus Bamboo shoots Bok Choy Celery Chervil Chicory Cucumber Dandelion Dill Endive Escarole Fennel Garlic Ginger Horseradish Kohlrabi Leek Lettuce Mushrooms Okra Onions Potatoes, red and white Radicchio Seaweed Shallots Snow peas Spinach Sprouts, alfalfa Squash, all types Swiss chard Turnips Water chestnut Watercress Zucchini</p>
--	--	--

TYPE B: NEUTRAL FOODS CONTINUED

<u>Fruits</u>	<u>Spices</u>	<u>Condiments</u>
Apples	Agar	Apple butter
Apricots	Anise	Honey
Blackberries	Arrowroot	Jam (fruits which are listed as beneficial or neutral)
Blueberries	Basil	Jelly (fruits which are listed as beneficial or neutral.)
Boysenberries	Bay Leaf	Mayonnaise
Cherries	Bergamot	Mustard
Cumquat	Brown rice syrup	Maple Syrup
Currants	Capers	Molasses
Dates	Caraway	Pickles, dill, kosher, sour, sweet
Figs, dried and fresh	Cardamon	Rice Syrup
Gooseberries	Carob	Relish
Grapefruit	Chervil	Salad Dressing (low fat from acceptable ingredients)
Guava	Chives	Soy Sauce
Kiwi Fruit	Chocolate	Sugar, brown and white
Lemons	Clove	Vanilla
Limes	Coriander	
Mangoes	Cream of tartar	<u>Herbal Teas</u>
Melon, Rockmelon	Cumin	Chamomile
Melon, honeydew	Dill	Chickweed
Melon, watermelon	Dulse	Dandelion
Nectarines	Garlic	Echinacea
Oranges	Kelp	Elder
Peaches	Marjoram	Goldenseal
Pears	Mint	Green tea
Plantains	Miso	Licorice root
Prunes	Mustard (dry)	Mulberry
Raisins	Nutmeg	Saint John's Wort
Raspberries	Oregano	Sarsaparilla
Strawberries	Paprika	Slippery elm
Tangerines	Pepper, peppercorn	Spearmint
<u>Juices & Fluids</u>	Pepper, red flakes	Strawberry leaf
Apple	Peppermint	Thyme
Apricot	Pimiento	Valerian
Carrot	Rosemary	White oak bark
Celery	Saffron	Yarrow
Cherry, black	Sage	
Cucumber	Salt	<u>Miscellaneous Beverages</u>
Grapefruit	Spearmint	Beer
Orange	Tamarind	Coffee, regular and decaf
Prune	Tarragon	Tea, regular and decaf
Vegetable juice (vegies listed as beneficial or neutral)	Thyme	Wine, white and red

TYPE B: AVOID FOODS

<p style="text-align: center;"><u>Meats & Poultry</u></p> <p>Bacon, Chicken, Duck, Goose, Ham, Heart, Partridge, Pork, Quail</p> <p style="text-align: center;"><u>Seafood</u></p> <p>Anchovy Barracuda Bass Caviar Clam Crayfish Frog Lobster Mussels Octopus Oysters Prawns Sea bass Smoked salmon Snail Turtle Yellowtail</p> <p style="text-align: center;"><u>Dairy</u></p> <p>Blue cheese Ice cream</p> <p style="text-align: center;"><u>Oils & Fats</u></p> <p>Canola oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Sunflower oil</p> <p style="text-align: center;"><u>Nuts & Seeds</u></p> <p>Cashew nuts Hazelnuts Pine nuts Pistachio nuts Peanut butter Peanuts Poppy seeds Pumpkin seeds Sesame seeds/ butter (tahini) Sunflower seeds/ butter</p>	<p style="text-align: center;"><u>Beans & Legumes</u></p> <p>Aduke beans Azuki beans Black beans Garbanzo beans (chick peas) Pinto beans Lentils Black-eyed peas Tempeh Tofu</p> <p style="text-align: center;"><u>Grains and Cereals</u></p> <p>Amaranth Barley Buckwheat Corn flakes, corn muffins etc Couscous Durum wheat Flours, (barley, bulgur, durum, gluten, rye etc) Kamut Kasha Mixed grain/multigrain breads etc Noodles, soba Pasta, artichoke Rice, wild Rye(100% breads,crispbreads etc) Wheat(Muffins, bread, cereals, flours, pastas etc)</p> <p style="text-align: center;"><u>Vegetables</u></p> <p>Artichoke, domestic & Jerusalem Avocado Corn, white and yellow Olives Pumpkin Radishes Sprouts, radish/ mung Tomato</p>	<p style="text-align: center;"><u>Fruits</u></p> <p>Cocunuts Persimmons Pomegranates Prickly Pear Rhubarb Starfruit (carambola)</p> <p style="text-align: center;"><u>Juices</u></p> <p>Tomato</p> <p style="text-align: center;"><u>Spices</u></p> <p>Allspice Almond extract Barley malt Cinnamon Cornstarch Corn syrup Gelatin, plain Pepper, black ground Pepper, white Tapioca</p> <p style="text-align: center;"><u>Condiments</u></p> <p>Tomato sauce</p> <p style="text-align: center;"><u>Herbal Teas</u></p> <p>Aloe Coltsfoot Corn silk Fenugreek Gentian Hops Linden Mullein Red clover Rhubarb Senna Shepherd's purse Skullcap</p> <p style="text-align: center;"><u>Miscellaneous Beverages</u></p> <p>Liquor, distilled Seltzer water Soft drink, cola, club, diet, all.</p>
---	---	---

Improving your Health ~ Naturally