

MEATS & POULTRY (continued)

Food Type	A	AB	B	O
HEART	Avoid	Avoid	Avoid	Ben
LAMB	Avoid	Neut	Ben	Ben
LIVER	Avoid	Neut	Neut	Ben
MUTTON	Avoid	Neut	Ben	Ben
PARTRIDGE	Avoid	Avoid	Avoid	Neut
PHEASANT	Avoid	Neut	Neut	Neut
PORK	Avoid	Avoid	Avoid	Avoid
QUAIL	Avoid	Avoid	Avoid	Avoid
RABBIT	Avoid	Neut	Ben	Neut
TURKEY	Neut	Ben	Neut	Neut
VEAL	Avoid	Avoid	Neut	Ben
VENISON	Avoid	Avoid	Ben	Ben

NUTS & SEEDS

Food Type	A	AB	B	O
ALMONDS	Neut	Neut	Neut	Neut
ALMOND BUTTER	Neut	Neut	Neut	Neut
BRAZIL	Avoid	Neut	Neut	Avoid
CASHEW	Avoid	Neut	Avoid	Avoid
CHESTNUTS	Neut	Ben	Neut	Avoid
FILBERTS	Neut	Avoid	Avoid	Neut
HICKORY	Neut	Neut	Neut	Neut
LITCHI	Neut	Neut	Neut	Avoid
MACADAMIA	Neut	Neut	Neut	Neut
PEANUTS	Ben	Ben	Avoid	Avoid
PEANUT BUTTER	Ben	Ben	Avoid	Avoid
PECANS	Neut	Neut	Neut	Neut
PIGNOLA (PINE)	Neut	Neut	Avoid	Neut
PISTACHIOS	Avoid	Neut	Avoid	Avoid
POPPY SEEDS	Neut	Avoid	Avoid	Avoid
PUMPKIN	Ben	Avoid	Avoid	Ben
SESAME SEEDS	Neut	Avoid	Avoid	Neut
SUNFLOWER BUTTER	Neut	Avoid	Avoid	Avoid
SUNFLOWER SEEDS	Neut	Avoid	Avoid	Avoid
TAHINI	Neut	Avoid	Avoid	Neut
WALNUTS	Ben	Ben	Neut	Ben

OILS & FATS

Food Type	A	AB	B	O
CANOLA OIL	Neut	Neut	Avoid	Neut
COD LIVER OIL	Neut	Neut	Neut	Neut
CORN OIL	Avoid	Avoid	Avoid	Avoid
COTTONSEED OIL	Avoid	Avoid	Avoid	Avoid
LINSEED/FLAXSEED OIL	Ben	Neut	Neut	Ben
OLIVE OIL	Ben	Ben	Ben	Ben
PEANUT OIL	Avoid	Neut	Avoid	Avoid
SAFFLOWER OIL	Neut	Avoid	Avoid	Avoid
SESAME OIL	Neut	Avoid	Avoid	Neut
SUNFLOWER OIL	Neut	Avoid	Avoid	Avoid

VEGETABLES

Food Type	A	AB	B	O
ARTICHOKES	Ben	Avoid	Avoid	Ben
ARUGULA	Neut	Neut	Neut	Neut
ASPARAGUS	Neut	Neut	Neut	Neut
AVOCADO	Neut	Avoid	Avoid	Avoid
BAMBOO SHOOTS	Neut	Neut	Neut	Neut
BEEF LEAVES	Ben	Ben	Ben	Ben
BEETS	Neut	Ben	Ben	Neut
BOK CHOY	Neut	Neut	Neut	Neut
BROCCOLI	Ben	Ben	Ben	Ben
CABBAGE	Avoid	Neut	Ben	Neut
CARAWAY	Neut	Neut	Neut	Neut
CARROTS	Ben	Neut	Ben	Neut
CAULIFLOWER	Neut	Ben	Ben	Avoid
CELERY	Ben	Ben	Neut	Neut
CHERVIL	Neut	Neut	Neut	Neut
CHICORY	Ben	Neut	Neut	Ben
COLLARD GREENS	Ben	Ben	Ben	Ben
CORIANDER	Neut	Neut	Neut	Neut
CORN	Neut	Avoid	Avoid	Avoid
CUCUMBER	Neut	Ben	Neut	Avoid
DAIKON RADISH	Neut	Neut	Neut	Neut
DANDELION	Ben	Ben	Neut	Ben
DILL	Neut	Neut	Neut	Neut
EGGPLANT	Avoid	Ben	Ben	Neut
ENDIVE	Neut	Neut	Neut	Neut
ESCAROLE	Ben	Neut	Neut	Ben

VEGETABLES (continued)

Food Type	A	AB	B	O
FENNEL	Ben	Neut	Neut	Neut
FIDDLEHEAD FERNS	Neut	Neut	Neut	Neut
GARLIC	Ben	Ben	Neut	Neut
GINGER	Ben	Neut	Ben	Ben
HORSERADISH	Ben	Neut	Neut	Ben
KALE	Ben	Ben	Ben	Ben
KOHLRAGBBI	Ben	Neut	Neut	Ben
LEEK	Ben	Neut	Neut	Avoid
LETTUCE	Neut	Neut	Neut	Neut
LETTUCE ROMAINE	Ben	Neut	Neut	Ben
LIMA BEANS	Avoid	Avoid	Ben	Neut
MUSHROOM ABALONE	Neut	Avoid	Neut	Neut
MUSHROOM DOMESTIC	Avoid	Neut	Neut	Avoid
MUSHROOM ENOKI	Neut	Neut	Neut	Neut
MUSHROOM PORTOBELLO	Neut	Neut	Neut	Neut
MUSHROOM SHITAKE	Avoid	Avoid	Ben	Avoid
MUSHROOM OYSTER	Neut	Neut	Neut	Neut
MUSTARD GREENS	Neut	Ben	Ben	Avoid
OKRA	Ben	Neut	Neut	Ben
OLIVES BLACK	Avoid	Avoid	Avoid	Avoid
OLIVES GREEK/SPANISH	Avoid	Neut	Avoid	Neut
OLIVES GREEN	Neut	Neut	Avoid	Neut
ONIONS	Ben	Neut	Neut	Ben
PARSLEY	Ben	Ben	Ben	Ben
PARSNIPS	Ben	Ben	Ben	Ben
PEPPERS	Avoid	Avoid	Ben	Neut
PEPPERS - RED	Avoid	Avoid	Ben	Ben
POTATOES RED/WHITE	Avoid	Neut	Neut	Avoid
POTATOES SWEET	Avoid	Ben	Ben	Ben
PUMPKIN	Ben	Neut	Avoid	Ben
RADICCHIO	Neut	Neut	Neut	Neut
RADISHES	Neut	Avoid	Avoid	Neut
RAPPINI	Ben	Neut	Neut	Neut
RUTABAGA	Neut	Neut	Neut	Neut
SCALLION	Neut	Neut	Neut	Neut
SEAWEED	Neut	Neut	Neut	Ben
SHALLOTS	Neut	Neut	Neut	Neut
SPINACH	Ben	Neut	Neut	Ben
SPROUTS ALFALFA	Ben	Ben	Neut	Avoid
SPROUTS BRUSSEL	Neut	Neut	Ben	Neut
SPROUTS MUNG/RADISH	Neut	Avoid	Avoid	Neut
SQUASH	Neut	Neut	Neut	Neut
SWISS CHARD	Ben	Neut	Neut	Ben
TEMPEH	Ben	Ben	Avoid	Neut
TOFU	Ben	Ben	Avoid	Neut
TOMATO	Avoid	Neut	Avoid	Neut
TURNIPS	Ben	Neut	Neut	Ben
WATER CHESTNUT	Neut	Neut	Neut	Neut
WATERCRESS	Neut	Neut	Neut	Neut
YAMS	Avoid	Ben	Ben	Neut
ZUCCHINI	Neut	Neut	Neut	Neut

SPICES (Avoids Only - all others are Neut/Ben. See website for the full list.)

Food Type	A	AB	B	O
ALLSPICE	Neut	Avoid	Avoid	Neut
ALMOND EXTRACT	Neut	Avoid	Avoid	Neut
ANISE	Neut	Avoid	Neut	Neut
BARLEY MALT	Ben	Avoid	Avoid	Neut
CAPERS	Avoid	Avoid	Neut	Avoid
CINNAMON	Neut	Neut	Avoid	Neut
CORN SYRUP	Neut	Avoid	Avoid	Avoid
CORN STARCH	Neut	Avoid	Avoid	Avoid
GELATIN PLAIN	Avoid	Avoid	Avoid	Neut
MISO	Ben	Ben	Avoid	Neut
NUTMEG	Neut	Neut	Neut	Avoid
PEPPER BLACK GROUND	Avoid	Avoid	Avoid	Avoid
PEPPER CAYENNE	Avoid	Avoid	Ben	Ben
PEPPER PEPPERCORN	Avoid	Avoid	Neut	Neut
PEPPER RED FLAKES	Avoid	Avoid	Neut	Neut
PEPPER WHITE	Avoid	Avoid	Avoid	Avoid
SOY SAUCE	Ben	Neut	Avoid	Neut
SUCANAT	Avoid	Avoid	Avoid	Neut
TAPIOCA	Neut	Avoid	Avoid	Neut
VINEGAR APPLE CIDER	Avoid	Avoid	Neut	Neut
VINEGAR BALSAMIC	Avoid	Avoid	Neut	Avoid
VINEGAR RED WINE	Avoid	Avoid	Neut	Avoid
VINEGAR WHITE	Avoid	Avoid	Neut	Avoid
WINTERGREEN	Avoid	Neut	Neut	Neut

Neut = Neutral Ben = Beneficial

Eat For Your Blood Type

A Healthy Eating Guide To Eating Right For Your Blood Type



Information Courtesy Of

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BEANS & LEGUMES

Food Type	A	AB	B	O
BEANS ADZUKI	Ben	Avoid	Avoid	Ben
BEANS BLACK	Ben	Avoid	Avoid	Neut
BEANS BROAD	Neut	Neut	Neut	Neut
BEANS CANNELLINI	Neut	Neut	Neut	Neut
BEANS COPPER	Avoid	Neut	Neut	Avoid
BEANS FAVA	Ben	Avoid	Neut	Neut
BEANS GARBANZO	Avoid	Avoid	Avoid	Neut
BEANS GREEN	Ben	Neut	Neut	Neut
BEANS JICAMA	Neut	Neut	Neut	Neut
BEANS KIDNEY	Avoid	Avoid	Ben	Avoid
BEANS LIMA	Avoid	Avoid	Ben	Neut
BEANS NAVY	Avoid	Ben	Ben	Avoid
BEANS NORTHERN	Neut	Neut	Neut	Neut
BEANS PINTO	Ben	Ben	Avoid	Avoid
BEANS RED	Avoid	Ben	Neut	Neut
BEANS SOY	Ben	Ben	Neut	Neut
BEANS SNAP	Neut	Neut	Neut	Neut
BEANS STRING	Neut	Neut	Neut	Neut
BEANS TAMARIND	Avoid	Neut	Neut	Avoid
BEANS WHITE	Neut	Neut	Neut	Neut
LENTILS DOMESTIC	Ben	Neut	Avoid	Avoid
LENTILS GREEN	Ben	Ben	Avoid	Avoid
PEAS GREEN	Neut	Neut	Neut	Neut
PEA PODS	Neut	Neut	Neut	Neut

BEVERAGES

Food Type	A	AB	B	O
BEER	Avoid	Neut	Neut	Avoid
COFFEE DECAF	Ben	Avoid	Neut	Avoid
COFFEE REGULAR	Ben	Avoid	Neut	Avoid
LIQUOR DISTILLED	Avoid	Avoid	Avoid	Avoid
SELTZER WATER	Avoid	Neut	Avoid	Ben
SODA CLUB	Avoid	Neut	Avoid	Ben
SODA COLA	Avoid	Avoid	Avoid	Avoid
SODA DIET	Avoid	Avoid	Avoid	Avoid
SODA OTHER	Avoid	Avoid	Avoid	Avoid
TEA BLACK DECAF	Avoid	Avoid	Neut	Avoid
TEA BLACK REGULAR	Avoid	Avoid	Neut	Avoid
TEA GREEN	Ben	Ben	Ben	Ben
WINE RED	Ben	Neut	Neut	Neut
WINE WHITE	Neut	Neut	Neut	Avoid

BREADS & MUFFINS

Food Type	A	AB	B	O
BAGELS WHEAT	Neut	Neut	Avoid	Avoid
BREAD BROWN RICE	Neut	Ben	Neut	Neut
BREAD ESSENCE	Ben	Ben	Ben	Ben
BREAD EZEKEL	Neut	Ben	Neut	Neut
BREAD GLUTEN FREE	Neut	Neut	Neut	Neut
BREAD HIGH PROTEIN	Avoid	Neut	Avoid	Avoid
BREAD IDEAL FLAT	Neut	Neut	Neut	Neut
BREAD MULTI GRAIN	Avoid	Neut	Avoid	Avoid
BREAD PUMPERNICKEL	Avoid	Neut	Avoid	Avoid
BREAD RYE 100%	Neut	Ben	Avoid	Neut
BREAD SOY FLOUR	Ben	Ben	Neut	Neut
BREAD SPELT	Neut	Neut	Ben	Neut
BREAD SPROUTED WHEAT	Ben	Ben	Neut	Avoid
BREAD WASA	Neut	Ben	Avoid	Neut
BREAD WHOLE WHEAT	Avoid	Neut	Avoid	Avoid
DURUM WHEAT	Neut	Neut	Avoid	Avoid
FIN CRISP	Neut	Ben	Neut	Neut
MATZOS WHEAT	Avoid	Neut	Avoid	Avoid
MILLET	Neut	Ben	Ben	Neut
MUFFINS CORN	Neut	Avoid	Avoid	Avoid
MUFFINS ENGLISH	Avoid	Avoid	Avoid	Avoid
MUFFIN OAT BRAN	Neut	Neut	Ben	Neut
MUFFINS WHEAT BRAN	Avoid	Neut	Avoid	Avoid
RICE CAKES	Ben	Ben	Ben	Neut
RYE CRISP	Neut	Ben	Avoid	Neut
RYE VITA	Neut	Ben	Avoid	Neut

CEREALS

Food Type	A	AB	B	O
AMARANTH	Ben	Ben	Avoid	Neut
BARLEY	Neut	Neut	Neut	Avoid
BUCKWHEAT	Ben	Avoid	Avoid	Neut
CORNFLAKES	Neut	Avoid	Avoid	Avoid
CORNMEAL	Neut	Avoid	Avoid	Avoid

