

TYPE B

	BENEFICIAL FOODS	FOODS TO AVOID
MEATS / POULTRY	Eggs, Lamb, Mutton, Rabbit, Venison	Bacon, Chicken, Duck, Goose, Ham, Heart, Pork, Quail
SEAFOOD	Cavier, Cod, Flounder, Haddock, Hake, Halibut, Mackerel, Ocean perch, Salmon, Sardine, Sea trout, Sole	Anchovy, Bass, Clam, Crab, Crayfish, Eel, Lobster, Mussels, Octopus, Oysters, Prawns, Salmon (smoked)
DAIRY SUBSTITUTES	Cottage cheese, Feta, Goat cheese, Goat milk, Mozzarella, Ricotta, Skim or 2% fat milk, Yoghurt	Blue cheese, Ice cream
OILS / FATS	Olive oil	Canola oil, Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil, Sunflower oil
NUTS / SEEDS		Cashew, Hazelnut, Pinenut, Pistachio, Peanut butter, Peanut, Poppy seeds, Pumpkin seeds, Sesame butter (tahini), Sesame seeds, Sunflower margarine, Sunflower seeds
BEANS / LEGUMES	Kidney bean, Lima bean, Navy bean, Red soy bean	Aduki bean, Black bean, Pinto bean, Chick peas Lentil, Black-eyed bean, Tempeh, Tofu
CEREALS	Millet, Oat bran, Oatmeal, Rice, puffed, Rice bran, Spelt	Amaranth, Barley, Buckwheat, Corn flakes, Cornmeal, Cream of wheat, Mixed grain, Rye, Wheat bran, Wheat germ, Wheat, shredded
BREADS / CAKES	Brown rice bread, Essene bread, Millet, Rice cakes	Bagels, Wheat, Corn muffins, Durum wheat, 100% rye bread, Multigrain bread, Rye crispbread, Wheat bran muffins, Whole wheat bread
GRAINS / PASTAS	Flour, Oat flour, Rice	White flour, Whole wheat flour, Semolina pasta, Spinach pasta
VEGETABLES	Beets, Beet leaves, Broccoli, Brussels sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Collard greens, Eggplant, Kale, Lima beans, Shiitake mushroom, Mustard greens, Parsley, Parsnips, Jalapeno peppers, Sweet potatoes, Yams	Artichoke (Domestic and Jerusalem), Avocado, Corn, Olives, Pumpkin, Radishes, Radish Sprouts, Mung Sprouts, Tomato
FRUIT	Bananas, Cranberries, Grapes, Pawpaw, Pineapple, Plums	Coconut, Persimmon, Pomegranate, Rhubarb, Starfruit (carambola)
JUICES	Cabbage, Cranberry, Grape, Pawpaw, Pineapple	Tomato
SPICES	Cayenne pepper, Curry, Ginger, Horseradish, Parsley	Allspice, Almond extract, Barley malt, Cinnamon, Cornflour, Corn syrup, Gelatine, Pepper, Tapioca
CONDIMENTS		Tomato sauce
HERBAL TEAS	Ginger, Ginseng, Liquorice, Parsley, Peppermint, Raspberry leaf, Rosehip, Sage	Aloe, Corn silk, Fenugreek, Gentian, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Skullcap
MISCELLANEOUS BEVERAGES	Tea, Green Tea	Alcoholic spirits, Soda water, Soft drink