



## Eating right for Blood Type B

The following list of foods, is a summary of the excellent work done by Dr D'Adamo, in his latest book "Live Right For Your Type", and includes updated information regarding "secretor Status", an important clinical distinction when it comes to food selection.

Consider the "**Secretor**" (around 80% of people) as a person with their blood type, and thus their immune components, expressed throughout their body fluids, like a well guarded facility with a security fence and guard dogs, designed for all sorts of possible attacks.

In contrast consider the "**Non-Secretor**" as the more primitive or simplistic immune system, with its components present in the blood. The analogy would be a burglar alarm inside your house, when it goes off you are already in trouble, and the battle for survival may be expensive with the home invasion hard to reverse.

In life we find the non-secretor less able to cope with the modern existence of chemicals, high carbohydrate consumption and man-made bugs and viruses. Chronic fatigue, hypersensitivity to chemicals and foods, and diabetes are more common with non-secretor group.

The following lists, apply to **Secretor only**. To find out your secretor status you will need to order the saliva test kit from the web site at [www.dadamo.com](http://www.dadamo.com) and follow the instructions. If you are type 2 diabetic, overweight and have had poor health all your life, with infections and allergies, then you may be a "Non-secretor", and need to eat accordingly from the Non-secretor list. If your health is fairly robust and "strong" then you are most likely a "Secretor", and this is the suitable list for you.

To maintain Acid/Alkaline ratios a 70% fruit and vegetable based diet daily should be attained.

**If you want to recover from poor health, eat largely from the Highly Beneficial sections and supplement from the Neutral only.**

The weakness for the B type is their Nervous system, and under stress they can end up with chronic fatigue and blood sugar problems. Nervous exhaustion is a real risk without balancing your activities.

The B is a strategist and seeks balance always in all things.

Strangely, B types handle dairy better than others, but realise that the quality of modern dairy with over 50 powerful growth hormones in it, is a real cancer risk. Goats milk and goats cheese are the exception, as Goat growth factor is different from cow, and cow is identical to human. Eggs are OK at 3 to 5 per week and if you eat fish then the fish list will be important to you.



**There are 3 categories.**

**Highly beneficial:** is like a medicine

**Neutral:** is neither good nor bad but will slow recovery if one is sick and eats too much from this category.

**Avoid:** is harmful and will interfere with many body functions and prevent recovery.

The main risk foods are:

Chicken, as it causes blood clotting in the B type

Tomato, as it has the same effect

Corn, Buckwheat and Rye as they affect insulin effectiveness

Wheat and peanuts also.

The rule is to start the day with high water content foods such as fruit, and to make one's daily eating consist of 70% fruit and vegetables. Fresh fruit (3-5 varieties) and Yoghurt is an ideal breakfast for Type B, with a lunch and evening meal of protein and vegetables with rice.

**Foods that encourage Weight Gain**

Sweetcorn, lentils, peanuts, sesame seeds, buckwheat, wheat

**Foods that encourage Weight Loss**

Green vegetables, meat, eggs, liver, liquorice tea

**Easy Reference Guide to Healthy Eating**  
Blood Type B, Secretor

Type	Excellent	OK	NO NO and NO
<b>Meat</b>	Lamb, Mutton, Rabbit, Venison	Beef (including minced), Liver (calf, chicken, pig), Pheasant, Turkey, Veal	Bacon, Chicken, Duck, Goose, Ham, Heart, Partridge, Pork, Quail
<b>Seafood</b>	Caviar, Cod, Haddock, Hake, Halibut, Mackerel, Mahi mahi (Yellow-finned dolphin), Salmon, Sardines, Shad, Sturgeon, Sole	Abalone, Albacore (tuna), Carp, Catfish, Herring(fresh, pickled), Mussels, Red snapper, Sailfish, Scallop, Shark, Snapper, Squid, Swordfish	Anchovy, Barracuda, Clams, Crab, Crayfish, Eels, Frogs' Legs, Lobster, Octopus, Oysters, Prawns, Sea Bass, Smoked Salmon, Snails, Striped bass, Salmon Roe, Trout (all varieties)
Eggs Cheeses Yoghurt Milk	Cottage cheese, Feta Cheese, Goat's Cheese, Goat's Milk, Kefir, Milk (preferably non-pasteurised), Mozzarella cheese, Ricotta cheese, Yoghurt (Yalna Bio-dynamic, Goats, Greek-style, with fruit)	Brie, Butter, Buttermilk, Camembert, Cheddar cheese, Creme fraiche, Edam cheese, Eggs, Emmenthal cheese, Fromage frais, Ghee, Gouda cheese, Gruyere Cheese, High-/low-fat soft cheese, Jarlsburg cheese, Munster Cheese, Neufchatel cheese, Quark, Parmesan cheese, Provolone cheese, Whey	Blue cheese, Ice-cream, duck egg, goose egg, Soya milk
<b>Oils and fats</b>	Olive Oil	Cod Liver Oil, Ghee, Linseed (flaxseed) oil, Walnut oil	Canola Oil, Corn Oil, Cottonseed Oil, Safflower Oil, Sunflower Oil, Sesame Oil
<b>Nuts and seeds</b>	Walnuts (black)	Almonds, Almond Butter, Brazil Nuts, Chestnuts, Macadamia Nuts, Walnuts (English)	Cashews, Hazelnuts, Peanuts, Peanut Butter, Pistachios, Pine Nuts, Poppy Seeds, Pumpkin Seeds, Sesame Seeds, Sunflower Margarine, Sunflower Seeds, Tahini (sesame seed paste)
<b>Beans</b>	Kidney Beans, Lima Beans, Navy Beans (baked beans, but not in tomato sauce)	Broad Beans (Fava), Cannellini Beans, Green Beans, Peas (green, Sugar-snap), Soybean (whole)	Adzuki Beans, Black Beans, Black-eyed Beans, Chickpeas, Lentils, Mung bean/sprouts, Pinto, Soy cheese, flakes, granules, lecithin, Tofu & Tempeh

Type	Excellent	OK	NO NO and NO
<b>Cereals</b>	Millet, Oat Bran, Oatmeal, Rice Bran, Rice, Spelt (whole)	Barley, Quinoa, Spelt & white wheat flour products, Semolina	Amaranth, Buckwheat, Cornflakes, Cornmeal, Couscous, Cream of Wheat, Gluten, Kamut, Popcorn, Rye, Shredded Wheat, Tapioca, Wheat Bran, Wheat germ, Wild Rice
<b>Breads, Grains &amp; Pastas</b>	Oat flour, Rice flour	Oat bran muffins– Semolina, Spelt bread, Sprouted-wheat bread, Rice pasta, Semolina pasta, Spelt pasta	Bagels, Cornbread, Corn muffins, Durum Wheat bread, Multi-grain bread, Polenta, 100 per cent rye bread, Rye crisps, Ryvita crispbreads, Wheat Bran muffins, Wholewheat bread, Barley flour, Buckwheat flour, Bulgur wheat flour, Couscous, Durum wheat, Flour, Gluten flour, Rye flour, Soba (buckwheat) noodles, Tapioca, Whole wheat flour, Wild rice
<b>Vegetables</b> Soy products	Aubergines (eggplant), Beetroots, Beetroot leaves, Broad beans, Brussels sprouts, Cabbage (Chinese, red, white), Carrots, Cauliflower, Silver beet, Ginger, Kale, Mushrooms (shiitake), Parsley, Parsnips, Peppers (green, Red, yellow), Sweet potatoes, Yams	Alfalfa sprouts, Asparagus, Bamboo shoots, Bok choy, Caper, Celery, Celery, Chervil, Chicory, Chilli peppers, Jalapeno, Coriander, Courgettes, Cucumbers, Daikons, Dandelion greens, Dill, Endive, Escarole, Fennel, Garlic, Horseradish, Kohlrabi, Leeks, Lettuce (Cos, Iceberg, Webb), Mesculin salad mixture, Mushrooms (abalone, chantarelles, cultivated, enoki, porcini, Portobello, tree oyster), Okra, Onions, Peas, Potatoes (red, white), Radicchio, Rappini, Rocket, Seaweeds, Shallots, Swedes, Spinach, Squash (all types), Turnips, Water chestnuts, Watercress, Zucchini	Avocado, Jerusalem artichokes, Globe artichokes, Mung bean sprouts, Olives (black, green, Greek, Spanish), Pumpkin, Radishes, Radish sprouts, rhubarb, Sweet corn, Tempe, Tofu, Tomatoes



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Type	Excellent	OK	NO NO and NO
<b>Fruits</b>	Bananas, Cranberries, Grapes, Papaya, Pineapple, Plums	Apples, Apricots-Blackberries, Blackcurrants, Blueberries, Boysenberries, Cherries, Dates, Elderberries, Figs (dried, fresh), Gooseberries, Grapefruit, Guava, Kiwi, Kumquats, Lemons, Limes, Loganberries, Lychees, Mangoes, Melons (cantaloupe, casaba, honeydew,) Nectarines, Oranges, Peaches, Pears, Plantains, Prunes, Raspberries, Redcurrants, Strawberries, Tangerines, Watermelons	Coconuts, Persimmons, Pomegranates, Prickly pears, Rhubarb, Star fruit
<b>Juices</b>	Cabbage juice, Cranberry juice, Grape juice, Papaya juice, Pineapple juice (Freshly squeezed)	Apple cider, Apple juice, Apricot juice, Black cherry juice, Carrot juice, Celery juice, Cucumber juice, Grapefruit juice, Orange juice, Other vegetable Juices ( <i>corresponding with suitable vegetables</i> ), Prune juice, Water (with lemon juice)	Tomato juice
<b>Herbs, spices</b>	Curry powder, Horseradish, Parsley	Agar, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Capers, Caraway seeds, Cardamom, Carob, Cayenne pepper, Chervil, Chives, Chocolate (dark), Coriander, Cream of tartar, Cumin, Dill, Garlic, Honey, Maple syrup, Marjoram, Mint, Miso, Molasses, Mustard (dry), Nutmeg, Paprika, Pepper (red flakes), Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Seaweeds (dulse, kelp), Spearmint, Soy Sauce, Sugar (brown, white), Tamarind, Tarragon,	Allspice, Almond essence, Barley malt, Cinnamon, Cornflour, Corn syrup, Gelatine (plain), Pepper (ground black & white, peppercorns)



Type	Excellent	OK	NO NO and NO
		Thyme, Turmeric, Vanilla (essence, pod), Vinegars (balsamic, cider, herb, red & white wine, white)	
<b>Herbal teas</b>	Ginger, Ginseng, Liquorice, Parsley, Peppermint, Raspberry leaf, Rosehip, Sage	Alfalfa, Burdock root, Catnip, Cayenne, Camomile, Chickweed, Dandelion, Dong quai (Chinese angelica), Echinacea, Elderflower, Golden seal, Green tea Hawthorn, Horehound, Sarsaparilla, spearmint, St John's wort, Strawberry leaf, Thyme, Valerian, Vervain, Yarrow, Yellow dock	Aloe, Coltsfoot, Cornsilk, Fenugreek, Gentian, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Shepherd's purse, Scullcap
<b>Beverages</b>	Green tea	Coffee (decaffeinated, regular), Lager, Tea (decaffeinated, regular), Wine (red, white)	Distilled spirits, Soda (club, cola, diet, others), Seltzer water
<b>Condiments</b>		Jam ( <i>from acceptable fruits on p. 4</i> ), Jelly ( <i>from acceptable fruits on p. 4</i> ), Mayonnaise, Mustard, Pickles (dill, kosher, sweet, sour), Relish, Salad Dressing (low-fat, from acceptable ingredients), Worcestershire sauce	Ketchup

For more information and recipes please go to: [www.dadamo.com](http://www.dadamo.com)