

Oxalic Acid Foods Only.
ALL BLOOD TYPES COVER PAGE

COVER SHEET FOR BLOOD TYPE FOODS LIST (Oxalic acid only) UPDATED April 2015
Best printed Single Sided (default), Landscape, Actual Size

The table on the following pages has all Blood Types listed. Eighty-five percent of the population are secretors. There are tests available to tell for sure. If you are unsure try to eat foods that are good for both secretors and nonsecretors. I did this for myself and my friends. It is accurate to the best of my ability. If you want to check a specific food you can check at < <http://dadamo.com/typebase4/typeindexer.htm> >

Oxalic acid combines with other substances to form various salts, called oxalates; usually, those salts are in solution, but if their concentration is high enough some may precipitate out in crystalline form. Such tiny crystals of these salts can be irritating to human tissue, especially to the stomach, the kidneys, and the bladder. It is commonly believed that oxalates contribute to the formation of kidney and bladder stones; one common nutrient with which oxalic acid combines is calcium, making the salt calcium oxalate. Some have argued that by readily combining with calcium, oxalic acid in the diet reduces one's effective intake of dietary calcium.

ALL BLOOD TYPES

GREEN is Good		BLUE is Neutral			YELLOW is Untested				ORANGE is Caution or Limit				RED is AVOID (do not eat)	
CATEGORY	FOOD	Ayurvedic	Cautions	GMO	TYPE A Secretor	TYPE A Non Sec	TYPE B Secretor	TYPE B Non Sec	TYPE AB Secretor	TYPE AB Non Sec	TYPE O Secretor	TYPE O Non Sec	from dadamo.com or Dr Mark Laursen	
Vegetable	Asparagus	1-GOLD	Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Beet leaves (greens)		Oxalic Acid (K & B Stones)		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type B, AB & O	
Vegetable	Beets (Red in color)	1-GOLD	Oxalic Acid (K & B Stones)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-2n	O-2n	O-2n		
Vegetable	Endive (cousin of Chicory)		Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Peas: Asparagus		Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Peppers: green & yellow; (all varieties including Bell, sweet)		Oxalic Acid (K & B Stones)		A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-2n	O-2n		
Vegetable	Rhubarb		Oxalic Acid (K & B Stones)		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Vegetable	Spinach: American, New Zealand, Mustard	1-GOLD	Oxalic Acid (K & B Stones)		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type A; Cancer SUPERBENEFICIAL for Type O	
Vegetable	Swiss chard (Chard)		Oxalic Acid (K & B Stones)		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type A & O	
Vegetable	Tomato		Oxalic Acid (K & B Stones)	GMO	A-4a	A-2n	B-4a	B-2n	AB-2n	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type AB	
FRUIT	Apples (High Sorbitol)	1-GOLD	Oxalic Acid (K & B Stones)	GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a		
FRUIT	Blackberry	1-GOLD	Oxalic Acid (K & B Stones)		A-1b	A-1b	B-2n	B-1b	AB-2n	AB-1b	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type A, B & AB; Diabetes SUPERBENEFICIAL for Type A, B & AB	
FRUIT	Cranberry	1-GOLD	Oxalic Acid (K & B Stones)		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type AB	

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FRUIT	Currants: black, red		Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-1b	AB-2n	AB-2n	O-2n	O-2n	
FRUIT	Gooseberry	1-GOLD	Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type AB
FRUIT	Grapes: All (some are "golden food")	1-GOLD	Oxalic Acid (K & B Stones)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type AB
FRUIT	Plums: dark, green, red		Oxalic Acid (K & B Stones)		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type A & O
FRUIT	Strawberry	1-GOLD	Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
MISC BEV	Tea, black (goes by many names): regular; brewed		Oxalic Acid (K & B Stones)		A-4a	A-2n	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a	