

High Purine Foods Only.
ALL BLOOD TYPES COVER PAGE

COVER SHEET FOR BLOOD TYPE FOODS LIST (Purine 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> >

Purine, High Fructose Corn Syrup and Gout: Gout is an arthritic type of pain in your joints; typically, about 75 percent of people will experience it as an excruciating pain in their big toe. (Hence, if you ever experience sudden, severe pain in your big toe, you may want to go get checked for gout.)

The symptoms of gout -- the stiff, swollen and painful joints -- are due to excess uric acid forming crystals in your joints, and the pain is caused by your body's inflammatory response to these crystals.

Besides gout, elevated uric acid is related to a variety of other health conditions, including; Diabetes, High cholesterol, High blood pressure, Kidney disease and Heart disease.

You CAN address the underlying cause of excess uric acid formation via all natural means. Avoid foods high in Purine and High-Fructose Corn Syrup (HFCS). Both can wreck your uric acid levels, putting you at high risk of gout.

Biochemist Russ Bianchi claims that in some processed products, HFCS is either intentionally mislabeled or uses deceptive, legal, noncompliant names, like:

Chicory Glucose-fructose syrup/ glucose syrup/ iso glucose Insulin Dahlia syrup Tapioca syrup Crystalline fructose
Fruit fructose Agave

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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	
MEAT	Bacon and Canadian Bacon	6-DON'T	2-HP	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
MEAT	Buffalo		1-VHP	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-1b	O-1b		
MEAT	Heart, Beef (Organ)	6-DON'T	1-VHP	GMO	A-4a	A-4a	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b		
MEAT	Liver, calf (Organ)	6-DON'T	1-VHP	GMO	A-4a	A-4a	B-2n	B-1b	AB-2n	AB-2n	O-1b	O-2n		
MEAT	Squirrel		1-VHP	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
MEAT	Venison	6-DON'T	1-VHP	GMO	A-4a	A-4a	B-1b	B-1b	AB-4a	AB-2n	O-1b	O-1b		
POULTRY	Goose		1-VHP	GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
POULTRY	Ostrich		1-VHP	GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b		
POULTRY	Partridge		1-VHP	GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-1b		
POULTRY	Pheasant		1-VHP	GMO	A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b		
POULTRY	Squab (Pigeon)		1-VHP	GMO	A-2n	A-2n	B-4a	B-2n	AB-4a	AB-4a	O-2n	O-1b		
Condiment	Yeast: bakers		1-VHP		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type AB	
Condiment	Yeast: brewers		1-VHP		A-2n	A-1b	B-2n	B-1b	AB-2n	AB-1b	O-2n	O-1b	Diabetes SUPERBENEFICIAL for Type A, B & AB	
SEAFOOD	Herring, Atlantic (not Pickled) (oily)		1-VHP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-1b	O-2n	O-1b		
SEAFOOD	Mussels, Blue (shellfish)		1-VHP Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a		
SEAFOOD	Sardine (Atlantic canned in oil) (oily)		1-VHP Heavy Metal		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-1b	Cancer SUPERBENEFICIAL for ALL blood types; Diabetes SUPERBENEFICIAL for Type A & B	
SEAFOOD	Smelt		1-VHP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Anchovy (European)		2- HP Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a		
SEAFOOD	Bass, Bluegill & Black Sea		2- HP Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-1b	O-1b		
SEAFOOD	Bass, Sea		2- HP Heavy Metal		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-1b	O-2n		

High Purine Foods Only - 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	
SEAFOOD	Bass, Striped		2- HP Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-1b	O-2n		
SEAFOOD	Beluga		2- HP Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
SEAFOOD	Bluefish		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B	
SEAFOOD	Bullhead		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Butterfish		2- HP Heavy Metal		A-2n	A-2n	B-4a	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Carp (oily)		2- HP Heavy Metal		A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Catfish (<i>Wild caught</i>)		2- HP Heavy Metal		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-2n		
SEAFOOD	Caviar (black or red)		2- HP Heavy Metal		A-4a	A-2n	B-1b	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Chub		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Cod(non-oily)		2- HP Heavy Metal		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer & Diabetes SUPERBENEFICIAL for Type B, AB and O	
SEAFOOD	Croaker		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Cusk		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Drum (fresh water)		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Flounder (flat fish)(non-oily)		2- HP Heavy Metal		A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-2n	O-2n		

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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	
SEAFOOD	Grouper		2- HP Heavy Metal		A-4a	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n		
SEAFOOD	Haddock (flat fish)(non-oily)		2- HP Heavy Metal		A-4a	A-2n	B-1b	B-1b	AB-4a	AB-4a	O-2n	O-2n		
SEAFOOD	Hake(non-oily)		2- HP Heavy Metal		A-4a	A-2n	B-1b	B-1b	AB-4a	AB-4a	O-2n	O-1b		
SEAFOOD	Halfmoon		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Halibut (flat fish)(non-oily)		2- HP Heavy Metal		A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-1b	O-2n	Cancer SUPERBENEFICIAL for Type B & O; Diabetes SUPERBENEFICIAL for Type O	
SEAFOOD	Harvest Fish		2- HP Heavy Metal		A-4a	A-1b	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Mackerel (oily)		2- HP Heavy Metal		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-1b	Cancer SUPERBENEFICIAL for Type A, B & O; Diabetes SUPERBENEFICIAL for Type B & AB	
SEAFOOD	Mahi-mahi		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n		
SEAFOOD	Marlin		2- HP Heavy Metal		A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	Cancer SUPERBENEFICIAL for Type A, B & O; Diabetes SUPERBENEFICIAL for Type B & AB	
SEAFOOD	Monkfish(non-oily)		2- HP Heavy Metal		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n		
SEAFOOD	Mullet(non-oily)		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Opaleye		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Orange Roughy		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Parrot Fish		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		

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SEAFOOD	Perch, Ocean		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-1b	O-1b	
SEAFOOD	Perch: Silver		2- HP Heavy Metal		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	
SEAFOOD	Perch: White		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	
SEAFOOD	Perch: Yellow		2- HP Heavy Metal		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	
SEAFOOD	Pickarel		2- HP Heavy Metal		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	
SEAFOOD	Pike/Walleye		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-1b	O-1b	
SEAFOOD	Pompano (Florida)		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
SEAFOOD	Porgy		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	
SEAFOOD	Red Snapper(non-oily)		2- HP Heavy Metal		A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-1b	O-2n	Diabetes SUPERBENEFICIAL for Type A and Type O
SEAFOOD	Roe (Salmon)		2- HP Heavy Metal		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-2n	
SEAFOOD	Rosefish		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
SEAFOOD	Sailfish		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	
SEAFOOD	Scallop (shellfish)		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-4a	AB-2n	AB-2n	O-2n	O-2n	
SEAFOOD	Scrod		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B

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SEAFOOD	Scup		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Shark(non-oily)		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Shrimp (shellfish)		2- HP Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
SEAFOOD	Snail		2- HP Heavy Metal		A-1b	A-1b	B-4a	B-2n	AB-1b	AB-1b	O-2n	O-2n	Cancer & Diabetes SUPERBENEFICIAL for Type A & AB	
SEAFOOD	Sole (Dover or Gray)		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n		
SEAFOOD	Sole (other species)		2- HP Heavy Metal		A-4a	A-4a	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b		
SEAFOOD	Squid (calamari) (shellfish)		2- HP Heavy Metal		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
SEAFOOD	Sturgeon		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b		
SEAFOOD	Sucker (white)		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Sunfish		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Swordfish (oily)		2- HP Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type O	
SEAFOOD	Tilapia		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Tilefish		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b		
SEAFOOD	Trout, Brook (oily)		2- HP Heavy Metal		A-2n	A-1b	B-4a	B-4a	AB-4a	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type O	

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SEAFOOD	Trout, Rainbow (oily)		2- HP Heavy Metal		A-1b	A-1b	B-4a	B-4a	AB-4a	AB-2n	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type O	
SEAFOOD	Trout, Sea (oily)		2- HP Heavy Metal		A-1b	A-1b	B-4a	B-4a	AB-4a	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type O	
SEAFOOD	Weakfish		2- HP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Whitefish		2- HP Heavy Metal		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
SEAFOOD	Whiting(non-oily)		2- HP Heavy Metal		A-1b	A-1b	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n		
SEAFOOD	Yellowtail		2- HP Heavy Metal		A-2n	A-2n	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b		
MEAT	Beef (lean only)	6-DON'T	2-HP	GMO	A-4a	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-1b	O-1b		
MEAT	Goat		2-HP	GMO	A-4a	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B Diabetes SUPERBENEFICIAL for Type B	
MEAT	Ham (is a Pork Product)	6-DON'T	2-HP	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
MEAT	Lamb (young Mutton)	6-DON'T	2-HP	GMO	A-4a	A-2n	B-1b	B-1b	AB-2n	AB-1b	O-1b	O-2n	Cancer SUPERBENEFICIAL for Type B & O; Diabetes SUPERBENEFICIAL for Type B & O	
MEAT	Mutton (older Lamb)	6-DON'T	2-HP	GMO	A-4a	A-2n	B-1b	B-1b	AB-2n	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B & O; Diabetes SUPERBENEFICIAL for Type B & O	
MEAT	Pork & Pork Products including Ham(lean uncured) [Pork Chops]	6-DON'T	2-HP	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
MEAT	Pork (cured)	6-DON'T	2-HP	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
MEAT	Rabbit		2-HP	GMO	A-4a	A-2n	B-1b	B-1b	AB-2n	AB-1b	O-2n	O-1b		
MEAT	Veal (young caged beef)	6-DON'T	2-HP	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type O	
POULTRY	Cornish hens		2-HP	GMO	A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
POULTRY	Duck		2-HP	GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		

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POULTRY	Guinea Hen		2-HP	GMO	A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
POULTRY	Quail		2-HP	GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-2n	O-4a	O-2n	
POULTRY	Turkey	1-GOLD	2-HP	GMO	A-2n	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type AB
SEAFOOD	Catfish (<i><u>Farm Raised</u></i>)		2-HP	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-2n	
POULTRY	Chicken Soup		2-HP Ingredients	GMO	A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	