

Thiocyanate Foods Only.
ALL BLOOD TYPES COVER PAGE

COVER SHEET FOR BLOOD TYPE FOODS LIST (Thiocyanate 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> >

Thiocyanate can cause thyroid dysfunction. It inhibits Iodine metabolism and yet is very important to have. It is a chemical found in cigarettes and in some foods. Unless you have an Iodine deficiency or Thyroid problems it probably is fine in food.

From: <<https://www.dhealthstore.com/index.php/articles/diet-nutrition/dietary-thiocyanate.html>>

Thiocyanate is found in specific foods, common foods indigenous to the African diet as well as some Middle Eastern and Mediterranean diets.

When thiocyanate is present in the diet, it acts as an oxygen carrier and increases the capacity of the blood to transport the life-giving oxygen to every single cell of the body.

Thiocyanate is a must have substance if one is dealing with the challenge of sickle cell anemia. Because of the oxygen-enhancing properties of thiocyanate pertaining to the cells of the body, a diet rich in thiocyanate is effective in prevention and healing of sickling of the red blood cells, commonly referred to as or known as sickle cell anemia.

According to Andoh, "Just as iron deficiency anemia is corrected with the addition of iron rich foods to the diet, so can sickle cell anemia be corrected with the addition of thiocyanate foods to the diet."

Further, Andoh states: "The painful crisis of sickle cell anemia is infrequent and not as severe in people whose diet is rich in thiocyanate. In fact, many people who grow to adulthood with the traditional diet, often are not aware that they have a blood disorder. Often, when these people migrate to foreign countries and do not eat their traditional diet, they experience a sickle cell crisis for the first time."

Thiocyanate 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	
LEGUMES	Beans: garbanzo(chickpea)		Thiocyanate (Thyroid Dysfunction), Phytates (SOAK)		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a		
LEGUMES	Beans: Lima (also called Butter Beans)		Thiocyanate (Thyroid Dysfunction), Phytates (SOAK)		A-4a	A-4a	B-1b	B-2n	AB-4a	AB-4a	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B	
Vegetable	Broccoli & Broccoli Sprouts	2-GOOD	Thiocyanate (Thyroid Dysfunction)		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer & Diabetes SUPERBENEFICIAL for ALL Blood Types	
Vegetable	Brussels Sprouts		Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-4a		
Vegetable	Cabbage: common red & white	1-GOLD	Thiocyanate (Thyroid Dysfunction)		A-4a	A-4a	B-1b	B-2n	AB-2n	AB-2n	O-2n	O-4a	Cancer SUPERBENEFICIAL for Type B & AB	
Vegetable	Cassava (also called Yucca & Manioc) Sweet or Bitter; bitter is poisonous unless cooked)		Thiocyanate (Thyroid Dysfunction)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
Vegetable	Cauliflower	1-GOLD	Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type A, AB & B	
Vegetable	Kale	2-GOOD	Thiocyanate (Thyroid Dysfunction)		A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type B & O; Cancer SUPERBENEFICIAL for Type AB & O	
LEGUMES	Lentils: Domestic & Red (soaked & well cooked)	1-GOLD	Thiocyanate (Thyroid Dysfunction), Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-2n		
LEGUMES	Lentils: Green		Thiocyanate (Thyroid Dysfunction), Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-1b	O-4a	O-2n		

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Vegetable	Mustard greens		Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-2n	Diabetes SUPERBENEFICIAL for Type B & AB
LEGUMES	Peas: black-eyed (cowpeas)		Thiocyanate (Thyroid Disfunction), Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-1b	O-2n	
LEGUMES	Peas: chickpeas (garbanzo beans)		Thiocyanate (Thyroid Disfunction), Phytates (SOAK)		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
Vegetable	Rutabaga		Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Turnips & Turnip Greens		Thiocyanate (Thyroid Disfunction)		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-2n	
Vegetable	Watercress (also called Garden Cress)	1-GOLD	Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type AB
Vegetable	Yams White (raw)		Thiocyanate (Thyroid Disfunction)		A-4a	A-4a	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	
Vegetable	Yucca (also called Cassava & Manioc) Sweet or Bitter; bitter is poisonous unless cooked)		Thiocyanate (Thyroid Disfunction)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
FRUIT	Bananas		Thiocyanate (Thyroid Disfunction)		A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-1b	O-1b	
FRUIT	Plantains (also called "cooking banana")		Thiocyanate (Thyroid Disfunction)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	

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FRUIT	Raspberry	1-GOLD	Thiocyanate (Thyroid Dysfunction), Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-1b	AB-2n	AB-2n	O-2n	O-2n	
GRAINS	Buckwheat/Kasha		Thiocyanate (Thyroid Dysfunction), Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
GRAINS	Kasha (dish made with buckwheat)		Thiocyanate (Thyroid Dysfunction)In ingredients, Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
GRAINS	Millet (cooked)		Thiocyanate (Thyroid Dysfunction), Phytates (SOAK)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	
NUTS-FAT	Almond, Cheese		Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
NUTS-FAT	Almonds & Almond Butter		Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Almonds, WELL SOAKED	1-GOLD	Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Oil, almond		Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b	
NUTS-FAT	Oil, Peanut		Thiocyanate (Thyroid Dysfunction), Allergy		A-4a	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a	
NUTS-FAT	Peanuts & Peanut Butter	6-DON'T	Thiocyanate (Thyroid Dysfunction)Allergy		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-2n	O-4a	O-4a	Cancer & Diabetes SUPERBENEFICIAL for Type A & AB

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SWEET	Almond extract	6-DON'T	Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
Herbs-Spices	Horseradish (veg))	1-GOLD	Thiocyanate (Thyroid Disfunction)		A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b		
HERB TEAS	Raspberry Tea	1-GOLD	Thiocyanate (Thyroid Disfunction)		A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
MISC BEV	Almond Milk	2-GOOD	Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a		