

ALL BLOOD TYPES COVER PAGE

COVER SHEET FOR BLOOD TYPE FOODS LIST 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> >

A Secretor is defined as a person who secretes their blood type antigens into body fluids and secretions like the saliva in your mouth, the mucus in your digestive tract and respiratory cavities, etc. Basically what this means is that a secretor puts their blood type into these body fluids. A Non-secretor on the other hand puts little to none of their blood type into these same fluids.

There is a strong correlation between the "Metabolic Typing Diet's" "Protein Type" and Blood Type O as well as a strong correlation between the "Metabolic Typing Diet's" "Carbohydrate Type" and Blood Type A. There is a weaker correlation between the "Metabolic Typing Diet's" "Mixed Type" and Blood Types AB and B.

As a general rule Blood Type O ("Protein Type") requires more protein than a Blood Type A ("Carbohydrate Type"). A good guideline can be found in the "Zone Diet" by Bradley Sears.

Typical Protein, Carbohydrates and Fats ratios by calorie

Blood Type "A": 20% to 30% protein by calorie with equal amount of good fats by calorie;

Blood Type "B": 20% to 40% protein by calorie with equal amount of good fats by calorie;

Blood Type "AB": 20% to 40% protein by calorie with equal amount of good fats by calorie;

Blood Type "O": 30% to 40% protein by calorie with equal amount of good fats by calorie;

Many say that Protein Foods, Carbohydrates and Fats should be combined at each meal and snack

The rest will be carbohydrates

The rest will be carbohydrates

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FIRST COLUMN AFTER FOOD NAME PER AYURVEDIC MEDICINE AND SOME DIETICIANS

1-GOLD IS A "GOLDEN FOOD per Ayurvedic medicine and decreases both kapha (weight) and vata (stress) & is pitta neutral. Notice that even though a food may be "gold" per Ayurvedic Medicine it may not be good for your blood type.

2-GOOD is a healthy food per Dr Laursen, but not a "Golden Food"

5-AVOID is a food to avoid per Dr Laursen, but not particularly aggravating to both kapha (weight) and vata (stress)

6-DON'T is a food to completely avoid per Ayurvedic medicine and increases both kapha (weight) and vata (stress)

SECOND COLUMN AFTER FOOD NAME

CAUTIONS

COOK TO PARTIALLY INACTIVATE THIOCYANATE OR DESTROY OXALIC ACID. Thiocyanate is especially bad for Blood Type A, carbohydrate and mixed metabolic types. Oxalic acid is especially bad for Blood Type O, protein and mixed metabolic types.

SOAKING HELPS TO INACTIVATE THE GLUTEN, THE ENZYME INHIBITORS AND PHYTATES. .Especially important for Blood Type O, protein and mixed metabolic types. Soak if food allows otherwise strictly limit or avoid completely.

1-VHP and 2-HP indicate very high or high Purine content. Important for people with gout.

THIRD COLUMN AFTER FOOD NAME

GMO - A common GMO Food (Meat, Poultry, and Fish commonly fed GMO foods are also listed as GMO) - Buy organic if possible

If the fish, poultry and meats are **truly** free range or wild caught they are probably not GMO in any way. Be aware that the term on labels, "free range" is misleading

Notice that many fish, poultry and meats are GMO. Even if the animal itself is not GMO, if they are fed the standard feed, the feed IS often GMO.

BLOOD TYPE

1 is BENEFICIAL AS LISTED ON WWW.DADAMO.COM

2 is NEUTRAL AS LISTED ON WWW.DADAMO.COM

3 is NOT LISTED ON WWW.DADAMO.COM AND NOT TESTED AS FAR AS I CAN DISCOVER

4 is AVOID AS LISTED ON WWW.DADAMO.COM

DIET AND FOOD GENERAL NOTES

Vegetable and fruit juices are plain juice as listed **with no other ingredients.**

Soups, dressings etc. require a careful **look at the ingredients.**

Seven major hidden **food allergens** are: dairy, soy, corn, eggs, chocolate (cocoa), gluten (especially wheat) and peanuts.

Gluten containing grains: wheat, rye, barley, oats, millet, Durham, triticale, bulgur, spelt and kamut. The most problematic is wheat. Also these grains in any form including bran, flour, cereals. Eat whole grains only. Acceptable grains should be limited and eaten in moderation by most people.

Nitrites and nitrates are not good for anyone (ham, lunch meats, bacon, and other "cured" foods)

Fruits and Fruit Juice - All fruit juices can cause diarrhea. Prunes, apples and pears are very high in sorbitol which can cause diarrhea and flatulence

Everyone should avoid **artificial sweeteners, msg, food colorings and preservatives.**

Phytates are phosphorus compounds found primarily in cereal grains, legumes, and nuts. They bind with minerals such as iron, calcium, and zinc and interfere with their absorption in the body. Not everyone believes that phytates are a bad thing. Although phytates do bind with minerals, they may actually be preventing the formation of free radicals, thereby keeping the minerals at safe levels in the body. Phytates also have a role to play in cell growth and can move excess minerals out of the body.

Soybeans contain high levels of phytates; more than other beans. Additionally, soy's phytates are so stable that many survive phytate-reducing techniques such as cooking or soaking. (The phytates in whole grains can be deactivated simply by soaking or fermenting). Only long periods of soaking and **fermenting - as used in making miso, natto, shoyu, tamari, and tempeh** (but not tofu, soymilk, texturized soy protein, or soy protein isolate) - significantly reduce the phytate content of soybeans. Also, eating too much unfermented soy may lead to a shortage of crucial minerals, estrogen dominance and will act as an enzyme inhibitor. From my research I feel it may be best to avoid ALL unfermented soy, whether it is GMO or Organic

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.

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

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."

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LIST OF GOAT CHEESES

So you can avoid cow's milk and still have cheese.

France: Bucheron, Chabis, Chavroux, Clochette, Couronne Lochoise, Crottin de Chavignol, Montrachet, Pélardon, Picodon, Pouligny Saint-Pierre, Rocamadour, Sainte-Maure de Touraine, Chabichou du Poitou, Valençay, and Pyramide.
Spain and Portugal: Castelo Branco, Garrotxa
United States: none
United Kingdom: Pantysgawn, Capricorn, Gevrik, Tesyn
Greece: Feta, mizithra, anthotyros are made from a mixture of goat's and sheep's milk.
Norway: Brunost (U.S. name is often Gjetost)
Ireland: Tullyboy
Italy: Caprino
China: Rubing
Australia: Buche Noir
Venezuela: Pasta Firme
Turkey: Tulum cheese

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	
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	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	Buffalo		1-VHP	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	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	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	Horse			GMO	A-4a	A-4a	B-4a	B-2n	AB-4a	AB-4a	O-2n	O-2n		
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	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	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	Squirrel		1-VHP	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
MEAT	Sweetbreads			GMO	A-4a	A-4a	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b		
MEAT	Turtle			GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-2n		
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	
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	Chicken	1-GOLD		GMO	A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	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		
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		
POULTRY	Goose		1-VHP	GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
POULTRY	Grouse			GMO	A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
POULTRY	Guinea Hen		2-HP	GMO	A-2n	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		

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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
POULTRY	Quail		2-HP	GMO	A-4a	A-2n	B-4a	B-4a	AB-4a	AB-2n	O-4a	O-2n	
POULTRY	Squab (Pigeon)		1-VHP	GMO	A-2n	A-2n	B-4a	B-2n	AB-4a	AB-4a	O-2n	O-1b	
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	a - ALL <i>Farm Raised</i> Fish	6-DON'T		GMO									
SEAFOOD	Abalone (shellfish)		Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
SEAFOOD	Anchovy (European)		2- HP Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
SEAFOOD	Barracuda		Heavy Metal		A-4a	A-4a	B-4a	B-2n	AB-4a	AB-4a	O-4a	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, Largemouth		Heavy Metal		A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
SEAFOOD	Bass, Sea		2- HP Heavy Metal		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-1b	O-2n	
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>Farm Raised</i>)		2-HP	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	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	Clam (shellfish)		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	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	Conch (shellfish)		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SEAFOOD	Crab, Blue(shellfish)		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
SEAFOOD	Croaker		2- HP Heavy Metal		A-2n	A-2n	B-1b	B-1b	AB-2n	AB-2n	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	
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	Eel (oily)		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	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	
SEAFOOD	Frog		Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
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	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	Lobster, Northern		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	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	Muskellunge		Heavy Metal		A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
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	Octopus (shellfish)		Heavy Metal		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
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	

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SEAFOOD	Oysters, (Eastern wild) (shellfish)		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
SEAFOOD	Oysters, (Gulf of Mexico) (shellfish)		Heavy Metal		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	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	
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	Pollack (Atlantic)		Heavy Metal		A-1b	A-1b	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a	
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	Salmon, (<i>wild Atlantic & Pacific</i>)	1-GOLD	Heavy Metal		A-1b	A-1b	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B and AB
SEAFOOD	Salmon, <i>Farm Raised</i>			GMO	A-1b	A-1b	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B and AB
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	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

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	Scup		2- HP Heavy Metal		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
SEAFOOD	Shad		Heavy Metal		A-4a	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type B & AB
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	Smelt		1-VHP Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	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
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	Tuna/Albacore		Heavy Metal		A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	Highest in Mercury
SEAFOOD	Tuna/Bluefin		Heavy Metal		A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	
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	

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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	Yellowtail		2- HP Heavy Metal		A-2n	A-2n	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b		
EGG-DAIRY	ALL not fresh dairy, all ice cream, all hard cheeses	6-DON'T		GMO	A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
EGG-DAIRY	Butter(Unsalted)-[Salted - see salt]		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n		
EGG-DAIRY	Butter, Ghee (clarified)	1-GOLD	Allergy	GMO	A-2n	A-2n	B-2n	B-1b	AB-2n	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B & AB	
EGG-DAIRY	Buttermilk		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Casein (The principal protein in milk)		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, American		Allergy	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Blue (HARD)	6-DON'T	Allergy	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Brie		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Camembert		Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Cheddar		Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Colby		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Cottage: Whole	2-GOOD	Allergy	GMO	A-4a	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-4a	O-4a	Diabetes SUPERBENEFICIAL for Type B	
EGG-DAIRY	Cheese, Cream		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Edam		Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Emmenthal	6-DON'T	Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Farmer		Allergy	GMO	A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-4a		
EGG-DAIRY	Cheese, Feta (Goat)		Allergy		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-4a		
EGG-DAIRY	Cheese, Goat		Allergy		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-2n	O-2n	O-4a	Diabetes SUPERBENEFICIAL for Type B	
EGG-DAIRY	Cheese, Gouda (HARD)	6-DON'T	Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Gruyere (HARD)	6-DON'T	Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Jarlsberg (HARD)	6-DON'T	Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Kefir		Allergy	GMO	A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type B & AB	
EGG-DAIRY	Cheese, Monterey jack (HARD)	6-DON'T	Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Mozzarella (whole milk)		Allergy	GMO	A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-4a	Diabetes SUPERBENEFICIAL for Type B	
EGG-DAIRY	Cheese, Munster		Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-2n	O-4a	O-4a		

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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	
EGG-DAIRY	Cheese, Paneer		Allergy	GMO	A-2n	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Parmesan (HARD)	6-DONT	Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Provolone		Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Cheese, Quark		Allergy	GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Ricotta (HARD)	6-DONT	Allergy	GMO	A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-4a	Diabetes SUPERBENEFICIAL for Type B	
EGG-DAIRY	Cheese, Soybean (SOAKING is ineffective)	6-DONT	Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-4a	B-4a	AB-2n	AB-4a	O-2n	O-4a	Cancer SUPERBENEFICIAL for Type A	
EGG-DAIRY	Cheese, String		Allergy	GMO	A-4a	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Cheese, Swiss (HARD)	6-DONT	Allergy	GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a		
EGG-DAIRY	Egg White (chicken)		Allergy		A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
EGG-DAIRY	Egg Yolk (chicken)		Allergy		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-1b	O-2n	O-2n		
EGG-DAIRY	Eggs: Duck		Allergy		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
EGG-DAIRY	Eggs: Goose		Allergy		A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-2n		
EGG-DAIRY	Eggs: Quall		Allergy		A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-2n		
EGG-DAIRY	Eggs: Whole (Chicken) (all eight essential amino acids)		Allergy		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-1b	O-2n	O-2n		
EGG-DAIRY	Eggs: Whole Poached (Chicken) (all eight essential amino acids)	1-GOLD	Allergy		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-1b	O-2n	O-2n		
EGG-DAIRY	Ghee (clarified butter)	1-GOLD	Allergy	GMO	A-2n	A-2n	B-2n	B-1b	AB-2n	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B & AB	
EGG-DAIRY	Milk, cow: half & half	6-DONT	Allergy	GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Milk, cow: Low/No Fat	6-DONT	Allergy	GMO	A-4a	A-4a	B-1b	B-2n	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Milk, cow: Whole	6-DONT	Allergy	GMO	A-4a	A-4a	B-1b	B-2n	AB-4a	AB-4a	O-4a	O-4a		
EGG-DAIRY	Milk, FRESH Goat	1-GOLD	Allergy	GMO	A-2n	A-4a	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-4a		
EGG-DAIRY	Milk, Goat		Allergy		A-2n	A-4a	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-4a		
EGG-DAIRY	Sour Cream: all	6-DONT	Allergy		A-2n	A-4a	B-2n	B-2n	AB-1b	AB-1b	O-4a	O-4a		
EGG-DAIRY	Whey and Whey Protein Powder	6-DONT	Allergy		A-4a	A-2n	B-2n	B-1b	AB-2n	AB-2n	O-4a	O-4a		
EGG-DAIRY	Yogurt: Whole		Allergy		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-2n	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type B	

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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
EGG-DAIRY	Yogurt: Whole (FRESHLY MADE)	1-GOLD	Allergy		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-2n	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type B
Vegetable	Agar (seaweed)				A-2n	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-2n	O-4a	
Vegetable	Alfalfa, (seeds & sprouted)				A-1b	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-4a	O-4a	
Vegetable	Any Pickled vegetable	6-DON'T			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Vegetable	Artichoke: Globe, French, Jerusalem				A-1b	A-1b	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b	
Vegetable	Artichoke: Jerusalem	1-GOLD			A-1b	A-1b	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b	
Vegetable	Arugula				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
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	Bamboo Shoots				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Bean Sprouts (per Dr	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
LEGUMES	Beans: adzuki (soaked & well cooked)	1-GOLD	Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-1b	O-2n	Cancer SUPERBENEFICIAL for Type O
LEGUMES	Beans: black	1-GOLD	Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
LEGUMES	Beans: broad (fava)		Phytates (SOAK)		A-1b	A-2n	B-2n	B-2n	AB-4a	AB-2n	O-2n	O-4a	Cancer& Diabetes SUPERBENEFICIAL for Type A & O
LEGUMES	Beans: cannellini				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
LEGUMES	Beans: copper, cranberry, roman		Phytates (SOAK)		A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
Vegetable	Beans: fava (Broadbeans)		Phytates (SOAK)		A-1b	A-2n	B-2n	B-2n	AB-4a	AB-2n	O-2n	O-4a	Cancer& Diabetes SUPERBENEFICIAL for Type A & O
LEGUMES	Beans: garbanzo(chickpea)		Thiocyanate (Thyroid Disfunction), Phytates (SOAK)		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
LEGUMES	Beans: green string;	1-GOLD	Phytates (SOAK)		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A; Diabetes SUPERBENEFICIAL for Type O
LEGUMES	Beans: Jicama (Yam Bean)		Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A; Diabetes SUPERBENEFICIAL for Type O
LEGUMES	Beans: kidney (red)				A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-4a	O-4a	

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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
LEGUMES	Beans: Lima (also called Butter Beans)		Thiocyanate (Thyroid Disfunction), Phytates (SOAK)		A-4a	A-4a	B-1b	B-2n	AB-4a	AB-4a	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B
LEGUMES	Beans: mung (and sprouts)	1-GOLD	Phytates (SOAK)		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
LEGUMES	Beans: navy		Phytates (SOAK)		A-4a	A-2n	B-1b	B-2n	AB-1b	AB-2n	O-4a	O-4a	
LEGUMES	Beans: northern (resemble Lima beans)		Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type A & O
LEGUMES	Beans: Pinto		Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-1b	O-4a	O-2n	Cancer SUPERBENEFICIAL for Type AB
LEGUMES	Beans: Soy bean (SOAKING is ineffective)	6-DON'T	Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-2n	B-4a	AB-1b	AB-2n	O-2n	O-4a	Cancer& Diabetes SUPERBENEFICIAL for Type A
LEGUMES	Beans: Tepary (native to the canyons and arroyos of southern Arizona)	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	If you like beans, you are going to LOVE teparyies! Tepary beans are native to the canyons and arroyos of southern Arizona. Indians have cultivated this crop for hundreds of years. Beans, corn, and squash are known as the Three Sisters used in a combination of dishes and were a source of nutrition in southern Arizona. The flavor is a unique nutty taste not found in any other variety of beans. These can be prepared in the same way as pintos and seasoned any way desired. Cooked until tender with bacon, onion and a little salt and pepper, these beans make a great meal by themselves, or can be refried and used in a number of dishes.
LEGUMES	Beans: white, french		Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
LEGUMES	Beans: Yam Bean (Jicama)		Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-2n	O-2n	
LEGUMES	Beans: yellow string, snap, mothbeans		Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type O
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	

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Vegetable	Beets -Sugar (White in			GMO									
Vegetable	Bok Choy (Chinese	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Broccoli & Broccoli Sprouts	2-GOOD	Thiocyanate (Thyroid Disfunction)		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 Disfunction)		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 Disfunction)		A-4a	A-4a	B-1b	B-2n	AB-2n	AB-2n	O-2n	O-4a	Cancer SUPERBENEFICIAL for Type B & AB
Vegetable	Capers (veg)				A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a	
Vegetable	Carrots, sweet	1-GOLD			A-1b	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-1b	
Vegetable	Cassava (also called Yucca & Manioc) Sweet or Bitter; bitter is poisonous unless		Thiocyanate (Thyroid Disfunction)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
Vegetable	Cauliflower	1-GOLD	Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type A, AB & B
Vegetable	Celeriac				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Celery (veg)				A-1b	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	
Vegetable	Chicory				A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type O
Vegetable	Collard greens	2-GOOD			A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type ALL Blood Types
Vegetable	Corn: White, Yellow		Allergy	GMO	A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
Vegetable	Cucumber (with peel)				A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-4a	O-4a	
Vegetable	Daikon Radish	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Dandelion leaves				A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type A & O; Diabetes SUPERBENEFICIAL for Type A
Vegetable	Eggplant				A-4a	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-4a	
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	Escarole				A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type A & O
Vegetable	Fennel (bulb)	1-GOLD			A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Fenugreek (& Greens)	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Vegetable	Fiddlehead Ferns				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b	

ALL BLOOD TYPES

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Vegetable	Kale	2-GOOD	Thiocyanate (Thyroid Disfunction)		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
Vegetable	Kelp (seaweed (veg))				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	
Vegetable	Kohlrabi				A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	
Vegetable	Leeks, cooked	1-GOLD			A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
LEGUMES	Lentils: Domestic & Red (soaked & well cooked)	1-GOLD	Thiocyanate (Thyroid Disfunction), 2-HP Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-2n	
LEGUMES	Lentils: Green		Thiocyanate (Thyroid Disfunction), 2-HP Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-1b	O-4a	O-2n	
Vegetable	Lettuce: ALL EXCEPT Romaine	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Vegetable	Lettuce: romaine	1-GOLD			A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-2n	
Vegetable	Mache	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Vegetable	Mushroom: Black Trumpet				A-2n	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B & AB
Vegetable	Mushroom: domestic silver dollar (also called(Champignon))				A-1b	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-2n	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type A, B & AB
Vegetable	Mushroom: enoki				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B & AB
Vegetable	Mushroom: Maitake				A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A; Diabetes SUPERBENEFICIAL for ALL Blood Types
Vegetable	Mushroom: oyster (also called tree oyster)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B & AB
Vegetable	Mushroom: Portobello				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B & AB
Vegetable	Mushroom: Shiitake				A-4a	A-2n	B-1b	B-1b	AB-4a	AB-4a	O-4a	O-4a	Cancer SUPERBENEFICIAL for Type A; Diabetes SUPERBENEFICIAL for Type B
Vegetable	Mushroom: Straw (grown on straw)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B

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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	
Vegetable	Okra, cooked	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-1b	O-1b		
Vegetable	Olives: black		Processed		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Vegetable	Olives: Greek & Spanish		Processed		A-4a	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a		
Vegetable	Olives: Green/Kalamata (dark eggplant color) (is a Greek olive)		Processed		A-2n	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a		
Vegetable	Onions: All varieties (COOKED)	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-1b	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type AB & O	
Vegetable	Onions: All varieties (raw)	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-1b	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type AB & O	
Vegetable	Oyster Plant (also called Salsify)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Parsnips				A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-2n	Cancer SUPERBENEFICIAL for Type AB & O	
Vegetable	Peas: Asparagus		Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
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		
LEGUMES	Peas: green & yellow		Phytates (SOAK)	GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type O	
Vegetable	Peppers: green & yellow; (all varieties including		Oxalic Acid (K & B Stones)		A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-2n	O-2n		
Vegetable	Peppers: Red	1-GOLD			A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-1b	O-1b		
Vegetable	Pickles (in Brine)		Pickled		A-2n	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
Vegetable	Pickles (in Vinegar)		Pickled		A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
LEGUMES	Pimento				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		

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Vegetable	Poi ((native Hawaiian dish)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-2n	O-4a		
Vegetable	Potatoes: sweet (orange	1-GOLD			A-4a	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-2n		
Vegetable	Potatoes: white & red			GMO	A-4a	A-4a	B-2n	B-4a	AB-2n	AB-2n	O-4a	O-4a		
Vegetable	Pumpkin				A-1b	A-1b	B-4a	B-2n	AB-2n	AB-2n	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type A	
Vegetable	Radicchio (red-leafed Italian Chicory)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Radishes and Radish	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
Vegetable	Rappini (also called Broccoli Rabe)				A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type A	
Vegetable	Rhubarb		Oxalic Acid (K & B Stones)		A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Vegetable	Rutabaga		Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Salsify (also called Oyster Plant)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Sauerkraut (sour cabbage)		Ingredients		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a		
LEGUMES	Scallion				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Seaweed (Kombu, Laver, Wakame, Nori, Carrageen, and Agar)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	Cancer & Diabetes SUPERBENEFICIAL for Type O	
Vegetable	Shallots, cooked	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
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	Squash: Scallopini	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
Vegetable	Squash: Spaghetti	6-DONT			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
Vegetable	Squash: Summer & Winter (ALL varieties except	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Vegetable	Squash: Yellow			GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
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	Tamarind (Indian date)	6-DONT	Phytates (SOAK)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		

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Vegetable	Taro, root & leaves (some is highly toxic unless thoroughly cooked)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-4a	O-4a	
LEGUMES	Tempeh (Soybean) (fermented)	6-DONT	Allergy	GMO	A-1b	A-2n	B-4a	B-4a	AB-1b	AB-2n	O-2n	O-4a	
LEGUMES	Tofu (Soybean) (SOAKING is ineffective)		Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-4a	B-4a	AB-1b	AB-2n	O-2n	O-4a	Diabetes SUPERBENEFICIAL for Type AB
LEGUMES	Tofu, hot(Soybean) (SOAKING is ineffective)		Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-4a	B-4a	AB-1b	AB-2n	O-2n	O-4a	Diabetes SUPERBENEFICIAL for Type AB
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
Vegetable	Turnips & Turnip Greens		Thiocyanate (Thyroid Disfunction)		A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-2n	
Vegetable	Water Chestnuts, Chinese				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	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	Yams: Orange Color (raw)				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		Thiocyanate (Thyroid Disfunction)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
Vegetable	Zucchini	1-GOLD		GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
FRUIT	Any dried or frozen fruit or with added sugar	6-DONT			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
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	Apricots	1-GOLD			A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	

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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
FRUIT	Avocado	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-1b	
FRUIT	Bananas		Thiocyanate (Thyroid Disfunction)		A-4a	A-2n	B-1b	B-2n	AB-4a	AB-4a	O-1b	O-1b	
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	Blueberry	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-2n	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type A, B & O; Diabetes SUPERBENEFICIAL for Type A, B & AB
FRUIT	Boysenberry	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type AB
FRUIT	Breadfruit				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
FRUIT	Cherries (all)	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type A, B & AB
FRUIT	Coconuts (the meat from the coconut)				A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
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
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	Dates: domestic	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
FRUIT	Dewberry (trailing-vine form of the Blackberry)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	
FRUIT	Elderberry	1-GOLD			A-2n	A-1b	B-2n	B-1b	AB-2n	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A, AB & O; Diabetes SUPERBENEFICIAL for Type AB
FRUIT	Figs: dried, fresh				A-1b	A-1b	B-2n	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type AB
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	Grapefruit: pink/red &				A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B & 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	Guava				A-2n	A-2n	B-2n	B-1b	AB-4a	AB-4a	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B
FRUIT	Kiwi (Chinese gooseberry)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-4a	O-4a	
FRUIT	Kumquat				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
FRUIT	Lemons	1-GOLD			A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	
FRUIT	Limes	1-GOLD			A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	

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FRUIT	Loganberry	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
FRUIT	Mangoes (ripe)	1-GOLD			A-4a	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-1b	O-1b		
FRUIT	Melons: Bitter Melon (also called Balsam Pear)				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
FRUIT	Melons: canang (also called Juan Canary)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Melons: cantaloupe	1-GOLD			A-2n	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a		
FRUIT	Melons: casaba				A-2n	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Melons: Christmas, Musk				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Melons: Crenshaw				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Melons: honeydew				A-4a	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a		
FRUIT	Melons: Persian				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Melons: Spanish				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Melons: watermelon	6-DON'T			A-2n	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A & B; Diabetes SUPERBENEFICIAL for Type B	
FRUIT	Mulberry (black, red and white)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Nectarines				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Oranges	1-GOLD			A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
FRUIT	Papayas	1-GOLD		GMO	A-4a	A-4a	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Peaches	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Pears: Asian				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		
FRUIT	Pears: Balsam (also called Bitter Melon)				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
FRUIT	Pears: Prickly (Also called cactus pear)				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-1b		
FRUIT	Pears: Regular American				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
FRUIT	Persimmons				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
FRUIT	Pineapples				A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type A, B & AB	
FRUIT	Plantains (also called "cooking banana")		Thiocyanate (Thyroid Dysfunction)		A-4a	A-4a	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a		

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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	Pomegranates	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-1b	Cancer SUPERBENEFICIAL for Type O
FRUIT	Prunes				A-1b	A-1b	B-2n	B-2n	AB-2n	AB-4a	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type A & O
FRUIT	Quinces				A-2n	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	
FRUIT	Raisins (soaked)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
FRUIT	Raspberry	1-GOLD	Thiocyanate (Thyroid Disfunction), Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-1b	AB-2n	AB-2n	O-2n	O-2n	
FRUIT	Sago Palm (starch extracted from tropical				A-2n	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	
FRUIT	Starfruit (carambola)				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
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	
FRUIT	Tangerines (Citrus Fruit)				A-4a	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-4a	O-4a	
FRUIT	Youngberry (A hybrid Blackberry)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
GRAINS	All cold cereals	6-DON'T	Phytates (SOAK)		A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	Cancer SUPERBENEFICIAL for Type A
GRAINS	Amaranth	1-GOLD	Phytates (SOAK)		A-1b	A-1b	B-4a	B-2n	AB-1b	AB-1b	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A
GRAINS	Barley (Gluten)	1-GOLD	Allergy, Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
GRAINS	Bread, Essene (Manna)		Phytates (SOAK)		A-1b	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B & AB
GRAINS	Bread, Ezekiel		Phytates (SOAK)		A-2n	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-2n	
GRAINS	Bread, Gluten free whole				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
GRAINS	Bread, Rye 100% - (Gluten)		Allergy, Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-1b	O-2n	O-2n	
GRAINS	Bread, Sprouted wheat		Phytates (SOAK)		A-1b	A-2n	B-2n	B-4a	AB-2n	AB-2n	O-4a	O-4a	

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GRAINS	Buckwheat/Kasha		Thiocyanate (Thyroid Disfunction), Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
GRAINS	Cornmeal (whole Grain)		Allergy, Phytates (SOAK)	GMO	A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
GRAINS	Couscous(cracked wheat)(Gluten)		Allergy, Phytates (SOAK)		A-2n	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a	
GRAINS	Cream of rice (cooked with water)		Phytates (SOAK)	GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
GRAINS	Gluten flour		Allergy, Phytates (SOAK)		A-2n	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a	
GRAINS	Kamut (Gluten)		Allergy, Phytates (SOAK)		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
GRAINS	Kasha (dish made with buckwheat)		Thiocyanate (Thyroid Disfunction)In gredients, Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
GRAINS	Millet (cooked)		Thiocyanate (Thyroid Disfunction), Phytates (SOAK)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	
GRAINS	Oat Bran/ Oat Meal (Gluten)		Allergy, Phytates (SOAK)		A-1b	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-4a	
GRAINS	Oat flour(Gluten)		Phytates (SOAK)		A-1b	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-4a	
GRAINS	Oats, cooked (Gluten)	1-GOLD	Allergy, Phytates (SOAK)		A-1b	A-2n	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-4a	
GRAINS	Quinoa (ALL 8 essential amino acids)	2-GOOD	Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
GRAINS	Rice bran		Phytates (SOAK)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	

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GRAINS	Rice, flour & cakes		Phytates (SOAK)		A-1b	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rice: basmati	1-GOLD	Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rice: brown	1-GOLD	Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rice: golden		Phytates (SOAK)	GMO	A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rice: puffed		Phytates (SOAK)		A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rice: white		Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rice: wild		Phytates (SOAK)		A-2n	A-2n	B-4a	B-2n	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Rye flour (whole rye) (Gluten)		Allergy, Phytates (SOAK)		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-1b	O-2n	O-2n		
GRAINS	Semolina/ Durum Wheat (Gluten)		Allergy, Phytates (SOAK)		A-2n	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a		
GRAINS	Soba noodles		Phytates (SOAK)		A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a		
GRAINS	Sorghum		Phytates (SOAK)		A-2n	A-2n	B-4a	B-2n	AB-4a	AB-4a	O-4a	O-4a		
GRAINS	Soybean flour & Powder (SOAKING is ineffective)	6-DON'T	Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-2n	B-4a	AB-1b	AB-4a	O-2n	O-4a		
GRAINS	Spelt (Gluten)		Allergy, Phytates (SOAK)		A-2n	A-2n	B-1b	B-2n	AB-1b	AB-2n	O-2n	O-4a		
GRAINS	Spelt flour (Gluten)		Allergy, Phytates (SOAK)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a		
GRAINS	Tapioca		Allergy, Phytates (SOAK)		A-2n	A-2n	B-4a	B-2n	AB-4a	AB-4a	O-2n	O-4a		
GRAINS	Teff		Phytates (SOAK)		A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
GRAINS	Wheat bran (Gluten)	1-GOLD	Allergy, Phytates (SOAK)		A-4a	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a		

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GRAINS	Wheat flour, refined unbleached (Gluten)		Allergy, Phytates (SOAK)		A-2n	A-4a	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a	
GRAINS	Wheat flour, whole & Whole Wheat (Gluten)		Allergy, Phytates (SOAK)		A-2n	A-4a	B-4a	B-4a	AB-2n	AB-4a	O-4a	O-4a	
GRAINS	Wheat germ (Gluten)		Allergy, Phytates (SOAK)		A-4a	A-4a	B-4a	B-4a	AB-2n	AB-4a	O-4a	O-4a	
GRAINS	Wheat, flour white		Phytates (SOAK)		A-2n	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a	
NUTS-FAT	Almond, Cheese		Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
NUTS-FAT	Almonds & Almond Butter		Thiocyanate (Thyroid Disfunction)		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 Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Beechnuts				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
NUTS-FAT	Brazil Nuts (dried, unblanched)	2-GOOD			A-4a	A-4a	B-2n	B-2n	AB-2n	AB-4a	O-4a	O-4a	
NUTS-FAT	Butternuts				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Cashew and Cashew Butter				A-4a	A-4a	B-4a	B-4a	AB-2n	AB-4a	O-4a	O-4a	
NUTS-FAT	Chestnuts				A-2n	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-4a	O-4a	
NUTS-FAT	Chia Seeds	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	Chia seed may be eaten raw as a whole seed, providing protein, fats and fiber. Ground chia seed is sometimes added to pinole, a coarse flour made from toasted maize kernels. Chia seeds placed in water or fruit juice are consumed in Mexico and known as <i>chia fresca</i> .
NUTS-FAT	Filberts (Hazelnut)				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type A & O
NUTS-FAT	Flax Seeds	1-GOLD			A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-2n	Cancer SUPERBENEFICIAL for Type A, Ab & O; Diabetes SUPERBENEFICIAL for Type A & O
NUTS-FAT	Hazelnut (Filbert)				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type A & O
NUTS-FAT	Hickory (Dried)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Litchi/Lychee				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
NUTS-FAT	Macadamia				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Margarine - ALL (nuts-fat)				A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	

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
NUTS-FAT	Oil, All deep-fried or	6-DONT			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
NUTS-FAT	Oil, almond		Thiocyanate (Thyroid Disfunction)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b	
NUTS-FAT	Oil, avocado				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Oil, Borage Seed				A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a	
NUTS-FAT	Oil, Canola (Rapeseed)	5-AVOID		GMO	A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a	
NUTS-FAT	Oil, Coconut	1-GOLD			A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-2n	
NUTS-FAT	Oil, Cod liver				A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
NUTS-FAT	Oil, Corn		Allergy	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Oil, Cottonseed	5-AVOID		GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Oil, Currant Seed (black)				A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Oil, Evening Primrose (Primrose)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
NUTS-FAT	Oil, Flaxseed (Linseed)				A-1b	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-1b	O-2n	Diabetes SUPERBENEFICIAL for Type A & O
NUTS-FAT	Oil, Olive	1-GOLD			A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type A, B & AB; Diabetes SUPERBENEFICIAL for Type AB
NUTS-FAT	Oil, Palm Kernal	5-AVOID			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
NUTS-FAT	Oil, Peanut		Thiocyanate (Thyroid Disfunction), Allergy		A-4a	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a	
NUTS-FAT	Oil, Safflower	1-GOLD			A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Oil, Sesame	1-GOLD			A-2n	A-1b	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
NUTS-FAT	Oil, soybean (SOAKING is ineffective)	6-DONT	Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-4a	O-4a	Cancer & Diabetes SUPERBENEFICIAL for Type A
NUTS-FAT	Oil, sunflower	2-GOOD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Oil, Walnut				A-1b	A-1b	B-2n	B-1b	AB-1b	AB-1b	O-2n	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type A, B & O
NUTS-FAT	Oil, wheat germ		Allergy		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
NUTS-FAT	Oil, White Mustard	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	

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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
NUTS-FAT	Peanuts & Peanut Butter	6-DONT	Thiocyanate (Thyroid Disfunction) Allergy		A-1b	A-1b	B-4a	B-4a	AB-1b	AB-2n	O-4a	O-4a	Cancer & Diabetes SUPERBENEFICIAL for Type A & AB
NUTS-FAT	Pecans and Pecan Butter	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Pignola (Pine Nut)	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-2n	
NUTS-FAT	Pistachios				A-4a	A-4a	B-4a	B-4a	AB-2n	AB-4a	O-4a	O-4a	
NUTS-FAT	Poppy seeds	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Psyllium and products containing Psyllium	6-DONT			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	Psyllium or Ispaghula is the common name used for several members of the plant genus whose seeds are used commercially for the production of mucilage. Psyllium is mainly used as a dietary fiber, which is not absorbed by the small intestine. The purely mechanical action of psyllium mucilage absorbs excess water while stimulating normal bowel elimination. Although its main use has been as a laxative, it is more appropriately termed a true dietary fiber and as such can help reduce the symptoms of both constipation and mild diarrhea.
NUTS-FAT	Pumpkin seeds and butter	1-GOLD			A-1b	A-1b	B-4a	B-2n	AB-4a	AB-4a	O-1b	O-1b	
NUTS-FAT	Safflower Seeds				A-2n	A-4a	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a	
NUTS-FAT	Sesame seeds & Sesame butter (Tahini)	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
NUTS-FAT	Soy Nut Butter (SOAKING is ineffective)	6-DONT	Allergy, Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-2n	B-4a	AB-1b	AB-2n	O-2n	O-4a	Cancer& Diabetes SUPERBENEFICIAL for Type A
NUTS-FAT	Sunflower seeds & butter	1-GOLD			A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
NUTS-FAT	Tahini (Sesame butter)	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
NUTS-FAT	Walnuts; black	1-GOLD			A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type A, B & O
NUTS-FAT	Walnuts; English	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-1b	AB-1b	O-1b	O-1b	Diabetes SUPERBENEFICIAL for ALL Blood Types
Condiment	Acacia (Gum Arabic) (used to thicken, emulsify and				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
Condiment	Ajwan (popular spice in India is especially used in savory dishes and snacks)	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	

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Condiment	Apple / Pectin			GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Condiment	Baking Soda				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Condiment	Carrageenan (thickening agent for foods)				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Condiment	Gelatin (thickening agent)				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n		
Condiment	Guar Gum (thickener and stabilizer)				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Condiment	Ketchup (all contain			GMO	A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
Condiment	Lecithin (used to preserve, emulsify and moisturize				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Condiment	Miso (Soybean)	6i-DONT	Allergy	GMO	A-1b	A-1b	B-4a	B-4a	AB-1b	AB-2n	O-2n	O-4a	Diabetes SUPERBENEFICIAL for Type AB	
Condiment	MSG (monosodium				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-2n		
Condiment	Mustard (vinegar free & wheat free)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
Condiment	Mustard with vinegar (wheat free))	1-GOLD	Ingredients		A-4a	A-4a	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Condiment	Mustard with wheat &		Ingredients		A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
Condiment	Mustard with wheat (vinegar free)		Ingredients		A-4a	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-4a	O-4a		
Condiment	Relish (dill, Pickled)				A-4a	A-4a	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a		
Condiment	Soy Sauce (soybean) (Fermented)	6i-DONT	Allergy, Enzyme Inhibitor (SOAK)	GMO	A-1b	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a	Cancer SUPERBENEFICIAL for Type A & AB; Diabetes SUPERBENEFICIAL for Type A	
Condiment	Tamari Soybean sauce (wheat free) (fermented)		Allergy, Enzyme Inhibitor	GMO	A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a		
Condiment	Vinegar: Apple Cider			GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-4a		
Condiment	Vinegar: Balsamic, Rice, White, Red			GMO	A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
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	
SWEET	Agave Syrup				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		

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SWEET	Almond extract	6-DONT	Thiocyanate (Thyroid Dysfunction)		A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
SWEET	Aspartame [NutraSweet, Equal]	6i-DONT	Artificial	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Barley malt				A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-4a	
SWEET	Corn syrup (High Fructose)	6-DONT	Allergy	GMO	A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Corn syrup (NOT High Fructose)	6-DONT	Allergy	GMO	A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Dextrose (naturally occurring form of				A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Fructose				A-2n	A-2n	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Honey: Raw (watch source)	1-GOLD		GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-2n	O-4a	
SWEET	Invert Sugar (heated with some added acid to break sugar syrup into GLUCOSE and			GMO	A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Maltodextrin (made from natural corn starch)			GMO	A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Maple syrup (REAL maple syrup)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-2n	O-4a	
SWEET	Molasses				A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
SWEET	Molasses, Blackstrap				A-1b	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	
SWEET	Pure Cane Sugar	6-DONT		GMO	A-2n	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-2n	O-4a	
SWEET	Rice syrup			GMO	A-2n	A-4a	B-2n	B-2n	AB-2n	AB-4a	O-2n	O-4a	
SWEET	Stevia				A-2n	A-2n	B-4a	B-2n	AB-2n	AB-2n	O-2n	O-4a	
SWEET	Sucanat				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
SWEET	Sucrose - TABLE SUGAR, and brown & white sugar	6-DONT		GMO	A-2n	A-4a	B-2n	B-4a	AB-2n	AB-4a	O-2n	O-4a	
SWEET	Vegetable Glycerin (Glycerol)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Glycerol has approximately 27 calories per teaspoon and is 60% as sweet as sucrose. Although it has about the same food energy as table sugar, it does not raise blood sugar levels, nor does it feed the bacteria that form plaques and cause dental cavities.

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Herbs-Spices	Allspice	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-2n	O-2n	
Herbs-Spices	Aloe				A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
Herbs-Spices	Amchoor	6-DON'T			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Herbs-Spices	Anise (Star Anise & Anise Seeds)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	
Herbs-Spices	Arrowroot				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Basil	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b	
Herbs-Spices	Bay Leaf	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-1b	O-2n	O-1b	
Herbs-Spices	Bergamot (A small acidic orange)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Caraway Seed	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Cardamom (member of the GINGER family)	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Carob				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-2n	
Herbs-Spices	Celery Seed	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Herbs-Spices	Chervil (mild relative of Parsley)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type O
Herbs-Spices	Chili Powder				A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Chives				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Cilantro	1-GOLD			A-2n	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Cinnamon	1-GOLD			A-2n	A-2n	B-4a	B-4a	AB-2n	AB-2n	O-2n	O-4a	
spice-flav	Clove	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Cocoa (** look at Ingredients for chocolates))		Allergy, Oxalic Acid (K & B Stones)		A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Coriander	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Cornstarch		Allergy	GMO	A-2n	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
Herbs-Spices	Cream of tartar (food additive inside of wine)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Cumin	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	

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Herbs-Spices	Curry powder (pulverized blend of up to 20 spices, herbs and seeds)				A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B, Ab & O; Diabetes SUPERBENEFICIAL for Type O
Herbs-Spices	Dill seed	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for ALL Blood Types
Herbs-Spices	Dulse				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type O
Herbs-Spices	Garlic cooked or raw	1-GOLD			A-1b	A-2n	B-2n	B-1b	AB-1b	AB-1b	O-2n	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types
Herbs-Spices	Ginger, fresh root (veg)	1-GOLD			A-1b	A-1b	B-1b	B-1b	AB-2n	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B & AB; Diabetes SUPERBENEFICIAL for Type AB
Herbs-Spices	Guarana				A-2n	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	Botanist James Duke cites past and present tribal uses in the rainforest: as a preventive for arteriosclerosis; as an effective cardiovascular drug; as an analgesic, astringent, febrifuge, stimulant, and tonic used to treat diarrhea; and for hypertension, migraine, neuralgia, and dysentery
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	
Herbs-Spices	Licorice Root				A-2n	A-2n	B-1b	B-1b	AB-2n	AB-2n	O-2n	O-1b	
Herbs-Spices	Mace	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
Herbs-Spices	Marjoram	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Mint leaves	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Herbs-Spices	Mustard seed & powder	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Neem Leaves	6-DON'T			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Herbs-Spices	Nutmeg				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-2n	
Herbs-Spices	Orange Peel	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
Herbs-Spices	Oregano	1-GOLD			A-2n	A-2n	B-2n	B-1b	AB-1b	AB-1b	O-2n	O-1b	
Herbs-Spices	Paprika	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B & AB
Herbs-Spices	Parsley	1-GOLD			A-1b	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B & AB
Herbs-Spices	Pepper: (commercial ground from black, white or green peppercorn)				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
Herbs-Spices	Pepper: (Fresh Ground from black peppercorn)	1-GOLD			A-4a	A-2n	B-4a	B-2n	AB-4a	AB-2n	O-2n	O-2n	
Herbs-Spices	Pepper: (Fresh Ground from white or green)				A-4a	A-2n	B-4a	B-2n	AB-4a	AB-2n	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
Herbs-Spices	Pepper: cayenne	1-GOLD			A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B
Herbs-Spices	Pepper: red flakes, Jalapeno, Chili				A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B
Herbs-Spices	Peppermint	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B
Herbs-Spices	Rosemary	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B
Herbs-Spices	Saffron	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b	
Herbs-Spices	Sage: ground	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type B
spice-flav	Salt, Sea (NOT HEAT TREATED)				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
spice-flav	Salt, Standard Table				A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
Herbs-Spices	Savory: ground	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Spearmint	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Tarragon	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types
Herbs-Spices	Thyme	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
Herbs-Spices	Turmeric	1-GOLD			A-1b	A-2n	B-2n	B-2n	AB-2n	AB-1b	O-1b	O-2n	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type AB & O
Herbs-Spices	Vanilla and Vanilla Extract	1-GOLD			A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
Herbs-Spices	Wintergreen	1-GOLD			A-4a	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	
JUICES	Aloe Vera Juice	1-GOLD			A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
JUICES	Apple Juice and Apple			GMO	A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
JUICES	Apricot Juice	1-GOLD			A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-4a	
JUICES	Cabbage Juice				A-2n	A-4a	B-1b	B-2n	AB-1b	AB-1b	O-2n	O-4a	
JUICES	Carrot Juice	1-GOLD			A-1b	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	
JUICES	Carrot-Ginger Juice	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
JUICES	Celery Juice				A-1b	A-2n	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n	
JUICES	Cherry Juice (all cherries)	1-GOLD			A-1b	A-1b	B-2n	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types
JUICES	Coconut Milk				A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
JUICES	Cranberry Juice	1-GOLD			A-2n	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n	Diabetes SUPERBENEFICIAL for Type B
JUICES	Cucumber Juice				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-4a	O-4a	
JUICES	Grape Juice	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
JUICES	Grapefruit Juice				A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Cancer SUPERBENEFICIAL for Type A
JUICES	Guava Juice				A-2n	A-2n	B-2n	B-1b	AB-4a	AB-4a	O-1b	O-1b	Cancer SUPERBENEFICIAL for Type B

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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	
JUCICES	Lemon Juice				A-1b	A-1b	B-2n	B-2n	AB-1b	AB-1b	O-2n	O-2n		
JUCICES	Lime Juice				A-1b	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
JUCICES	Low Salt Vegetable	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
JUCICES	Mango Juice	1-GOLD			A-4a	A-2n	B-2n	B-2n	AB-4a	AB-4a	O-1b	O-1b		
JUCICES	Nectarine Juice				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
JUCICES	Orange Juice				A-4a	A-4a	B-2n	B-2n	AB-4a	AB-4a	O-4a	O-4a		
JUCICES	Peach Nectar Juice	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
JUCICES	Pear Juice: from Regular American				A-2n	A-2n	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n		
JUCICES	Pineapple Juice				A-1b	A-1b	B-1b	B-1b	AB-2n	AB-2n	O-1b	O-1b		
JUCICES	Prune Juice				A-1b	A-1b	B-2n	B-2n	AB-2n	AB-4a	O-1b	O-1b	Diabetes SUPERBENEFICIAL for Type A & O	
JUCICES	Tangerine Juice				A-4a	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-4a	O-4a		
JUCICES	Tomato Juice			GMO	A-4a	A-2n	B-4a	B-2n	AB-2n	AB-1b	O-2n	O-2n		
HERB TEAS	Ajwan Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Aloe Tea				A-1b	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
HERB TEAS	Basil Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Catnip Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Chamomile Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Cinnamon Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Cloves Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Ginger Tea (Wild Ginger)	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Ginseng Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Hawthorne Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Juniper Berries Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Lavender Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Lemon Balm Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Lemon Grass Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Orange Peel Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Osha Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Pennyroyal Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Peppermint Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		

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HERB TEAS	Perfect Peace Tea (Dr Laursens blend balances all 3 doshas)	2-GOOD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	Perfect Peace Tea - 4 ounces (large) loose tea Citrus reticulata 25% Urtica dioica 25% Matricaria recutita 25% Chamaemelum nobile 25%. Available from Dr Laursen at http://shop.naturalbodyhealth.com	
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		
HERB TEAS	Rose Flowers Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Saffron Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Sage Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Sarsaparilla Tea	1-GOLD			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
HERB TEAS	Sassafras Tea	1-GOLD			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		
MISC BEV	Beer, regular	6-DON'T			A-4a	A-2n	B-2n	B-2n	AB-2n	AB-4a	O-4a	O-4a		
MISC BEV	Caffein in any form	5-AVOID			A-3u	A-3u	B-3u	B-3u	AB-4a	AB-4a	O-4a	O-4a		
MISC BEV	Carbonated Beverages except for Club Soda	6-DON'T			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
MISC BEV	Club Soda	2-GOOD			A-4a	A-2n	B-4a	B-2n	AB-2n	AB-2n	O-1b	O-1b		
MISC BEV	Coconut Milk				A-4a	A-2n	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a		
MISC BEV	Coffee: Decaff, brewed (1 cup per day)				A-1b	A-1b	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a	it's not only the caffeine that's the problem with coffee, it's also the acids "restriction enzymes" (acetylgalactosidases) which can liberate tumor markers (T, Tn) from the blood type antigens of type O cells. This can potentially derail some aspects of the type O immunity process.	
MISC BEV	Coffee: regular, brewed (1 cup per day)				A-1b	A-1b	B-2n	B-4a	AB-4a	AB-4a	O-4a	O-4a		
MISC BEV	Cold Dairy Beverages	6-DON'T		GMO	A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
MISC BEV	Icy Cold Drinks	6-DON'T			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u		
MISC BEV	Liquor: distilled	6-DON'T			A-4a	A-4a	B-4a	B-2n	AB-4a	AB-2n	O-4a	O-4a		
MISC BEV	Milk, Cows	6-DON'T	Allergy	GMO	A-4a	A-4a	B-1b	B-2n	AB-4a	AB-4a	O-4a	O-4a		
MISC BEV	Rice Milk			GMO	A-2n	A-2n	B-1b	B-1b	AB-1b	AB-1b	O-2n	O-2n		

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MISC BEV	Seltzer Water (Carbonated water)				A-4a	A-2n	B-4a	B-2n	AB-2n	AB-2n	O-1b	O-1b	
MISC BEV	Soda: cola, diet, other (carbonated and non-carbonated)	6-DON'T			A-4a	A-4a	B-4a	B-4a	AB-4a	AB-4a	O-4a	O-4a	
MISC BEV	Soybean Milk (SOAKING is ineffective)		Enzyme Inhibitor, Phytates (SOAK)	GMO	A-1b	A-2n	B-4a	B-2n	AB-2n	AB-4a	O-2n	O-4a	Cancer SUPERBENEFICIAL for Type A & AB; Diabetes SUPERBENEFICIAL for Type A
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	
MISC BEV	Tea, Green				A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	Cancer SUPERBENEFICIAL for ALL Blood Types; Diabetes SUPERBENEFICIAL for Type A, B & AB
MISC BEV	V-8 Juice	6-DON'T			A-3u	A-3u	B-3u	B-3u	AB-3u	AB-3u	O-3u	O-3u	
MISC BEV	WATER as primary				A-1b	A-1b	B-1b	B-1b	AB-1b	AB-1b	O-1b	O-1b	
MISC BEV	Water with Fresh Lemon added				A-1b	A-1b	B-2n	B-2n	AB-2n	AB-2n	O-2n	O-2n	Glenn's' note: several sources say it is excellent for alkalizing the body and flushing out toxins.
MISC BEV	Wine: red	6-DON'T			A-1b	A-1b	B-2n	B-1b	AB-2n	AB-1b	O-2n	O-2n	Cancer & Diabetes SUPERBENEFICIAL for Type AB
MISC BEV	Wine: white	6-DON'T			A-2n	A-1b	B-2n	B-1b	AB-2n	AB-2n	O-4a	O-4a	