

## Blood Type B Poor Zone Choices

|   |   |  |  |
|---|---|--|--|
| <b>This Sheet POOR Zone Choices</b>                             | Cranberries 3/4c                            | Roll, dinner 1/2 small   | <b>Spices</b>                                |
| <b>For Blood Type B</b>   | Cranberry sauce 1oz                         | Roll, hamburger 1/2  | Allspice                                     |
| <b>Yellow (EAT these)-Purple (AVOID these) for BLOOD TYPE B</b> | Dates 2                                     | Rye, Any kind  | Almond Extract                               |
| <b>Poor Protein Choices 7gm/blk</b>                             | Figs 1                                      | Taco shell 1   | Barley Mal                                   |
| <b>Meat/Poultry (Protein)</b>                                   | Guava 1/2c                                  | Tortilla, corn 6" 1  | Cinnamon                                     |
| Bacon 3 strips  | Kumquat 3                                   | Tortilla, flour 8" 1/2   | Cornstarch                                   |
| Beef, fatty cut 1oz   | Mango, sliced 1/3c                          | Waffle 1/2   | Corn Syrup                                   |
| Beef, ground full fat 1oz                                       | Papaya, cubed 3/4c                          | <b>Unfavorable Choices-Other 9gm/blk</b>   | Gelatin, Plain                               |
| Hot Dog, Pork or Chicken 1 link                                 | Prunes, dried 2                             | Barbecue sauce 2 Tbsp  | Pepper, Black Ground                         |
| Hot Dog, Beef or Turkey 1 link                                  | Rhubarb 1/2c, Starfruit 2                   | Beer 1 bottle  | Pepper, White                                |
| Kielbasa 2oz  | Raisins 1 Tbsp                              | Cake, small slice 1/3  | Tapioca                                      |
| Liver, beef 1oz   | <b>Grains/Breads (Carbohydrates)</b>        | Candy bar 1/4  | <b>Beverages</b>                             |
| Pepperoni 1oz   | Bagel, small 1/4                            | Catsup 2 Tbsp  | Liquor, distilled                            |
| Pork Sausage 2 links  | Biscuit 1/2                                 | Cocktail sauce 2 Tbsp  | Seltzer Water                                |
| Duck, Goose, Quail, Partridge 1oz                               | Bread crumbs 1/2oz                          | Honey 1/2Tbsp  | Soda, Club                                   |
| Salami 1oz  | Bread, whole grain 1/2 slice                | Jam or Jelly 2tsp  | Soda, Cola                                   |
| <b>Fish/Seafood (Protein)</b>                                   | Bread, white 1/2 slice                      | Ice cream, regular 1/4c  | Soda, Diet                                   |
| Anchovy, Barracuda, Beluga, Bass 1.5oz                          | Breadstick, small 1 (check label)           | Ice cream, premium 1/6c  | Soda, Other                                  |
| Conch, Crayfish, Eel, Frog, Lox 1.5oz                           | Buckwheat, dry 1/2oz                        | Liquor, distilled 1 1/2 oz   | <b>Diseases Associated with BLOOD TYPE B</b> |
| Mussels, Octopus, Oysters, Turtle 1.5oz                         | Bulgur wheat, dry 1/2oz                     | Molasses 2 tsp   | Bladder Infections                           |
| Yellowtail 1.5oz  | Cereal, dry 1/2oz                           | Plum sauce 1 1/2Tbsp   | Crohn's Disease                              |
| <b>Poor Carbohydrate Choices 9gm/blk</b>                        | Cornbread 1 square                          | Potato chips 1/2oz   | Chronic Fatigue                              |
| <b>Cooked Vegetables (Carbohydrates)</b>                        | Cornstarch 4 tea                            | Pretzels 1/2oz   | Chronic Sinus Infections                     |
| Acorn squash 1/2c   | Couscous 1/2oz                              | Relish, pickle 4 tsp   | Diarrhea (Wheat Allergy)                     |
| Artichoke, Jerusalem 1c   | Cracker, graham 1                           | Sugar, brown 1 1/2tsp  | Ear Infections                               |
| Baked beans 1/4c  | Cracker, saltine 4                          | Sugar, granulated white 2 tsp  | Gallstones                                   |
| Beets, sliced 1/2c  | Cracker, Triskett 3                         | Sugar, confectionery 1Tbsp   | Hypoglycemia                                 |
| Butternut squash 1/2c   | Croissant, small plain 1/4                  | Syrup, maple 2tsp  | Infertility                                  |
| Carrot, raw 1   | Croustion 1/2oz                             | Syrup, pancake 2tsp  | Kidney Infections                            |
| Carrots, sliced 1c  | Donut, small plain 1/4                      | Teriyaki sauce 1/2oz   | Lupus  |
| Carrot, shredded 1c   | English muffin 1/4 (check label)            | Tortilla chips 1/2oz   | Multiple Sclerosis                           |
| Corn 1/4c   | Granola 1/2oz                               | Wine, red 4oz  | Reproductive Cancers                         |
| French Fries 5  | Kamut, Kasha 1/3c                           | Wine, white 4oz  | Stomach Ulcers                               |
| Lima beans 1/4c   | Grits, cooked 1/3c                          | <b>Poor Fat Choices 3gm/block</b>  | Strep. Throat                                |
| Parsnip 1/3c  | Melba toast 1/2oz                           | Bacon bits, imitation 2tsp   | Type 1 Diabetes                              |
| Peas 1/4c   | Millet 1/2oz                                | Butter 1/3tsp  | Vaccination Reactions                        |
| Pinto beans 1/4c  | Muffin, blueberry 1/4                       | Cream 1/2Tbsp  |  |
| Potato, baked 1/3c  | Noodles, egg (cooked) 1/5c                  | Cream Cheese 1 tsp, Lite 2tsp  |  |
| Potato, boiled 1/4c   | Pancake, 4" 1                               | Cheese--American, Blue, String 1oz   | <b>Top 6 Foods to Avoid for Type B</b>       |
| Potato, mashed 1/4c   | Pasta--Artichoke, Soba, Wheat (cooked) 1/4c | Oils--Peanut, Safflower, Sunflower 2/3tsp  | Clams  |
| Refined beans 1/4c  | Pita bread 1/4 pocket                       | Oils--Corn, Cottonseed 2/3tsp  | Canola Oil                                   |
| Sweet Potato, baked 1/3   | Pita bread, mini 1/2 pocket                 | Nuts--Filbert 5, Pine nuts 2tsp  | Wheat  |
| Sweet Potato, mashed 1/5c                                       | Popcorn, popped 2c                          | Lard 2/3tsp  | Corn   |
| <b>Fruits (Carbohydrates)</b>                                   | Rice--Brown, White (cooked 1/5c)            | Seeds--Pumpkin, Poppy, Sunflower 2tsp  | Cinnamon                                     |
| Banana 1/3  | Rice, Wild (cooked) 1/5c                    | Sour cream 1/2Tbsp   | Colas  |
| Coconut   | Rice cake 1                                 | Sour cream, light 1Tbsp  |  |
|   | Roll, bulky 1/4                             | Vegetable shortening 1/3tsp  | © nht 2003                                   |
| <b>Legend</b>   |   |  |  |
| Provided by: Dr. Denice Moffat                                  | Phone: (208) 882-3993 9am-6pm M-F [Pacific] | <a href="mailto:drmoffat@NaturalHealthTechniques.com">drmoffat@NaturalHealthTechniques.com</a> | Yellow: Good Foods                           |
|   | PO Box 9151 Moscow, ID 83843 U.S.A          | <a href="http://www.NaturalHealthTechniques.com">www.NaturalHealthTechniques.com</a>           | Purple: Foods to Avoid                       |