

## Blood Type B Best Zone Choices

<b>This Sheet Best Zone Choices For Blood Type B</b>	Soybeans, cooked 1/3c	Tomato 1 1/2c chopped	<b>Spices</b>
<b>Yellow (EAT these)-Purple (AVOID these) for your BLOOD TYPE B</b>	Tempeh 1 1/2oz	Tomato, Cherry 2c	Cayenne Pepper
<b>Best Protein Choices (7grams/block)</b>	Yogurt, plain skim 8o:	<b>Fresh Fruits (Carbohydrates)</b>	Curry
<b>Meat/Poultry (Protein)</b>	<b>Best Carbohydrate Choices (9gm/block)</b>	Apple, 1/2	Ginger
<b>Best Protein Choices (7grams/block)</b>	<b>Cooked Veggies (Carbohydrate)</b>	Apricots 3	Horseradish
<b>Meat/Poultry (Protein)</b>	Artichokes, 4 lg or 1c hearts	Blackberries 3/4c	Parsley!!
Beef 1oz.	Asparagus 12 spears or 1c	Blueberries 1/2c	<b>Herbal Teas</b>
Chicken, Cornish Game Hens 1oz	Beans, Black/Garbanzo/Pinto 1/4c	Cherries 8	Green Tea
Turkey/Emu 1oz	Beans, Kidney/Lima/Navy/Red Soy 1/4c	Grapefruit 1/2	<b>Blood Type B</b>
Pork, Sausage, Keilbasa 1oz	Beans, Navy/Red/White/Fava/Broad 1/4c	Grapes, All Kinds 1/2c	<b>Top 11 Best Foods</b>
Lamb 1oz	Bok Choy 3c	Kiwi 1	Alfalfa sprouts
<b>Fish/Seafood (Protein)</b>	Broccoli 3c	Nectarine 1/2	Milk, whole
Bass 1.5oz	Brussels Sprouts 1 1/2 c	Orange 1/2	Molasses
Cod, Founder, Grouper 1.5oz	Cabbage, Chinese/Red/White 3c	Peach 1	Oatmeal
Crab, Lobster, Shrimp 1.5oz	Cauliflower 4c	Pear 1/2 or 1/2c	Parsley (Emerald Harvest)
Haddock, Hake, Halibut 1.5oz	Eggplant 1 1/2c	Plums, All Kinds 1	Pineapple
Mackerel, Mahimahi, Monkfish 1.5oz	Radish, Daikon only 1c	Raspberries 1c	Raspberries
Perch, Pickerel, Porgy 1.5oz	Beans, Green 1 1/2c	Strawberries 1c	Salmon
Salmon, Swordfish, Sole 1.5oz	Kale 2c	Tangerine 1	Sweet Potatoes
Sardines, Scallops 1.5oz	Kohlrabi 1c	<b>Grains/Alcohol (Carbohydrate)</b>	Venison
Shad, Sturgeon, Caviar 1.5oz	Leeks 1c	Barley, dry 1/2 Tbsp	White wine
Shrimp, Snails 1.5oz	Lentils, cooked 1/4c	Oatmeal, cooked 1/3c	<b>Eat SOME of the Above EVERY day</b>
Trout, Sea 1.5oz	Mushrooms, Any kind 2c	<b>Best Fat Choices (3gm/block)</b>	<b>Exercises for Type B:</b>
Tuna Steak 1oz	Mustard greens 4c	Almonds 3	Aerobics, Calisthenics
Tuna, Albacore 1.5oz	Okra, sliced 1c	Avocado 1 Tbsp	Biking
<b>Eggs/Dairy (Protein)</b>	Onions, boiled 1/2c	Spinach 3 1/2c	Golf, Tennis
Egg Whites 2	Spinach 3 1/2c	Canola Oil 2/3tea	Hatha Yoga, Tai Chi
Egg Subst. 1/4c.	Squash, All Types 2c	Cashews 3	Hiking
Cottage Cheese 2% 1/4c	Swiss Chard 2 1/2c	Macadamia 1	Martial Arts-less aggressive
<b>Vegetarian (Protein)</b>	Turnip Greens or Beet Leaves 4c	Oils, Olive/Cod Liver/Flax 2/3ts	Non-Competitive Sports
Protein Pdr. 1/3c.	Zucchini 2c	Peanuts 6	Swimming
Soy Burger 2/3 patty	<b>Raw Veggies (Carbohydrate)</b>	Pistacios 3	<b>Walking-Brisk</b>
Soy Burger Crumbles 1/3c	Celery 2c	<b>3 Block Balanced Meals Eating Out</b>	Weight Training
Soy Sausage 1	Cucumber 1 1/2 med	Wendy's 12 oz. Chili	<b>Avoid these foods for BLOOD TYPE B</b>
Tofu, extra firm 2oz.	Fennel, Chervil, Bamboo Shoots 3/4c	McDonald's Grilled McChicken	Canola Oil
Tofu, firm 3oz.	Lettuce, All Kinds 10c	(Throw away 1/4 of the bun)	Cinnamon
Tofu, soft 4oz.	Onions, Any Kind Chopped 1 1/2c	Burger King BK Broiler w/o	Clams
<b>Mixed (1block protein, 1 block carb)</b>	Parsley 10c (in Emerald Harvest)--2 tsp	mayo & throw away 1/4 of the bun	Colas
Milk, 1% or Skim 1c	Peppers, Green/Red/Yellow/All 2c	Taco Bell Chicken Tacos-2	Corn and
Soy Milk 1c (read labels carefully)	Radishes 4c	<b>If a meal is too large you can Graze:</b>	Anything w/ the word
<b>One Balanced Snack equals:</b>	<b>A Balanced Meal is 3-4 Blocks</b>	Two Blocks of Protein	CORN in it.
One Block of Protein	3-4 Blocks of Protein	Two Blocks of Carbohydrates	Wheat
One Block of Carbohydrate	3-4 Blocks of Carbohydrates	Two Blocks of Fat	© nht 2003
One Block of Fat	3-4 Blocks of Fat	(3 Blocks for a woman/4 for a man)	<b>Legend</b>

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Yellow: Good Foods  
Purple: Foods to Avoid