

# BLOOD GROUP DIET

## TYPE B



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Disclaimer: Please consult your Medical Caregiver prior to embarking on any new diet. By following the diet detailed below you do so at your own risk. This diet is not tailored to the individual and should be viewed as a general guideline for those wishing to change their diet.

# BLOOD GROUP DIET | Type: B

Type B has a rich Nomadic heritage and dominated the Eurasian Plains. Type B can control their weight by avoiding certain foods and increasing intake of other.

FOODS THAT PROMOTE WEIGHT GAIN	FOODS THAT AID WEIGHT LOSS
<ul style="list-style-type: none"> <li>• Sweetcorn</li> <li>• Peanuts</li> <li>• Lentils</li> <li>• Sesame seed</li> <li>• Wheat</li> </ul> <p>Slows down the metabolism and is stored as fat</p>	<ul style="list-style-type: none"> <li>• Green Vegetables</li> <li>• Eggs</li> <li>• Liquorice Tea</li> <li>• Meat</li> <li>• Liver</li> </ul>

## MEAT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Lamb/Mutton</li> <li>• Rabbit</li> <li>• Venison</li> <li>• Turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Buffalo</li> <li>• Calf Liver</li> <li>• Turkey</li> <li>• Veal</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Duck</li> <li>• Bacon/Ham/Pork</li> <li>• Heart</li> <li>• Goose</li> <li>• Snails</li> <li>• Partridge</li> <li>• Quail</li> </ul>

Avoid chicken or at least keep it to a minimum.

## SWEETENERS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Maple Syrup</li> <li>• Molasses</li> <li>• Rice Syrup</li> </ul>	<ul style="list-style-type: none"> <li>• Barley Malt</li> <li>• Sugar (Brown/White)</li> <li>• Dextrose</li> <li>• Maltodextrin</li> </ul>

## FISH & SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Caviar</li> <li>• Cod</li> <li>• Flounder</li> <li>• Grouper</li> <li>• Haddock</li> <li>• Hake</li> <li>• Halibut</li> <li>• Mackerel</li> <li>• Mahi-mahi</li> <li>• Monkfish</li> <li>• Ocean Perch</li> <li>• Pickerel</li> <li>• Pike</li> <li>• Sardine</li> <li>• Shad</li> <li>• Sole</li> <li>• Sturgeon</li> </ul>	<ul style="list-style-type: none"> <li>• Abalone</li> <li>• Bluefish</li> <li>• Carp</li> <li>• Catfish</li> <li>• Herring (fresh/pickled)</li> <li>• Perch (silver/white)</li> <li>• Red Snapper</li> <li>• Salmon (all)</li> <li>• Scallop</li> <li>• Snapper</li> <li>• Squid</li> <li>• Trout</li> <li>• Tuna</li> <li>• Whitefish</li> </ul>	<ul style="list-style-type: none"> <li>• Anchovy</li> <li>• Barracuda</li> <li>• Bass (bluegill, sea, striped)</li> <li>• Clam</li> <li>• Conch</li> <li>• Crab (all)</li> <li>• Crayfish</li> <li>• Eel</li> <li>• Mussels</li> <li>• Octopus</li> <li>• Oysters</li> <li>• Shrimp</li> <li>• Snails</li> <li>• Yellowtail</li> </ul>

Adapted from God's Pharmacy by Herman Uys

Adapted from Dr D'Adamo, <http://www.dadamo.com/>

## BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Kidney Bean</li> <li>• Lima</li> <li>• Navy</li> <li>• Red Soy Bean</li> </ul>	<ul style="list-style-type: none"> <li>• Broad Bean</li> <li>• Cannellini</li> <li>• Copper Bean</li> <li>• Fava Bean</li> <li>• Green Bean</li> <li>• Jicama</li> <li>• Red Bean</li> <li>• Snap Bean</li> <li>• White Bean</li> <li>• Peas</li> </ul>	<ul style="list-style-type: none"> <li>• Adzuki</li> <li>• Black Bean</li> <li>• Black Eyed Pea</li> <li>• Garbanzo</li> <li>• Lentils (all)</li> <li>• Mung Bean (sprouts)</li> <li>• Pinto</li> <li>• Tempeh (Fermented Soy)</li> <li>• Tofu</li> <li>• Chickpeas</li> </ul>

Beans should be soak 24 – 48 hrs prior to cooking or sprouted.

## DAIRY & DAIRY PRODUCTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Cottage Cheese</li> <li>• Farmer Cheese</li> <li>• Feta Cheese</li> <li>• Goat Cheese</li> <li>• Milk Kefir</li> <li>• Cow's milk</li> <li>• Mozzarella</li> <li>• Rice Milk</li> <li>• Ricotta Cheese</li> <li>• Yoghurt</li> <li>• Eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Almond Milk</li> <li>• Brie</li> <li>• Butter</li> <li>• Buttermilk</li> <li>• Camembert</li> <li>• Casein</li> <li>• Cheddar</li> <li>• Cream Cheese</li> <li>• Edam Cheese</li> <li>• Emmenthal</li> <li>• Gouda</li> <li>• Gruyere</li> <li>• Parmesan</li> <li>• Provolone</li> <li>• Sour Cream</li> <li>• Soy Cheese &amp; Milk</li> <li>• Swiss Cheese</li> <li>• Whey / Whey Protein</li> </ul>	<ul style="list-style-type: none"> <li>• Blue Cheese</li> <li>• Ice Cream</li> <li>• Salmon Roe</li> </ul>

## OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Olive Oil</li> </ul>	<ul style="list-style-type: none"> <li>• Black Currant Seed Oil</li> <li>• Cod Liver Oil</li> <li>• Flax seed oil</li> <li>• Walnut oil</li> </ul>	<ul style="list-style-type: none"> <li>• Canola Oil</li> <li>• Coconut Oil</li> <li>• Corn Oil</li> <li>• Cottonseed Oil</li> <li>• Peanut Oil</li> <li>• Safflower &amp; Sunflower oil</li> <li>• Sesame oil</li> </ul>

Take at least 1 tablespoon of olive oil every second day before bedtime

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## CONDIMENTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
	<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Mayonnaise</li> <li>• Miso</li> <li>• Mustard</li> <li>• Salad Dressing</li> <li>• Sea Salt</li> <li>• Soy Sauce</li> <li>• Vinegar</li> <li>• Worcestershire Sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Almond Extract</li> <li>• Carrageenan</li> <li>• Gelatine Plain</li> <li>• Guar gum</li> <li>• Ketchup / tomato sauce</li> <li>• MSG</li> <li>• Black pepper</li> <li>• Cinnamon</li> </ul>

## NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Walnut (Black)</li> <li>• Walnut (English)</li> </ul>	<ul style="list-style-type: none"> <li>• Almond / almond butter</li> <li>• Brazil Nut</li> <li>• Chestnut</li> <li>• Flaxseed</li> <li>• Hickory</li> <li>• Macadamia</li> <li>• Pecan/Pecan butter</li> </ul>	<ul style="list-style-type: none"> <li>• Cashew/Cashew Butter</li> <li>• Hazelnut</li> <li>• Peanut / Peanut Butter</li> <li>• Pine nut</li> <li>• Pistachio</li> <li>• Poppy Seed</li> <li>• Pumpkin Seed</li> <li>• Sesame Seed/ Tahini</li> <li>• Sunflower seed</li> </ul>

## GRAINS / CEREALS / BREADS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Essene / Manna Bread</li> <li>• Ezekiel Bread</li> <li>• Millet</li> <li>• Oat Flour</li> <li>• Oat/Oat Bran/ Oatmeal</li> <li>• Rice Bran</li> <li>• Rice Cakes</li> <li>• Brown Rice Bread</li> <li>• Spelt</li> </ul>	<ul style="list-style-type: none"> <li>• Gluten Free Bread</li> <li>• Graham Flour</li> <li>• Rice (all)</li> <li>• Soy Flour Bread</li> <li>• Spelt flour/products</li> <li>• Granola</li> <li>• Oat muffins</li> <li>• Yeast-free bread</li> <li>• Rice Crispies</li> <li>• Rye-vita crisp bread</li> </ul>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Buckwheat</li> <li>• Corn</li> <li>• Couscous</li> <li>• Gluten Flour</li> <li>• Kamut</li> <li>• Popcorn</li> <li>• Rey Flour /Rey Bread</li> <li>• Soba Noodles</li> <li>• Tapioca</li> <li>• Teff</li> <li>• Wheat / Wheat products</li> </ul>

Grains & cereals offer very little nourishment to B groups

**VEGETABLES / VEGETABLE JUICES**

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Beet</li> <li>• Beet Greens / Juice</li> <li>• Broccoli</li> <li>• Brussel Sprout</li> <li>• Cabbage (all)</li> <li>• Cabbage juice</li> <li>• Carrot</li> <li>• Cauliflower</li> <li>• Collard Greens</li> <li>• Eggplant</li> <li>• Ginger</li> <li>• Kale</li> <li>• Mustard Greens</li> <li>• Parsnips</li> <li>• Sweet potato</li> <li>• Peppers (all)</li> <li>• Parsley</li> <li>• Yam</li> </ul>	<ul style="list-style-type: none"> <li>• Agar</li> <li>• Alfalfa Sprouts</li> <li>• Asparagus</li> <li>• Bamboo Shoot</li> <li>• Bok Choy</li> <li>• Caper</li> <li>• Carrot Juice</li> <li>• Celery / Celery Juice</li> <li>• Chervil</li> <li>• Chicory</li> <li>• Cucumber / juice</li> <li>• Dandelion</li> <li>• Endive</li> <li>• Garlic</li> <li>• Horseradish</li> <li>• Kelp</li> <li>• Leek</li> <li>• Lettuce</li> <li>• Mushrooms (all)</li> <li>• Onion (green &amp; red)</li> <li>• Potatoes</li> <li>• Pickle</li> <li>• Pimento</li> <li>• Scallion</li> <li>• Seaweed</li> <li>• Spinach</li> <li>• Squash</li> <li>• String bean</li> <li>• Swiss Chard</li> <li>• Fennel</li> <li>• Tomato</li> <li>• Turnip</li> <li>• Watercress</li> <li>• Zucchini</li> </ul>	<ul style="list-style-type: none"> <li>• Aloe / aloe juice</li> <li>• Artichoke</li> <li>• Olives (all)</li> <li>• Pumpkin</li> <li>• Radish</li> <li>• Rhubarb</li> <li>• Avocado</li> </ul>

**FRUITS / FRUIT JUICE**

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Banana</li> <li>• Cranberry / juice</li> <li>• Grape / juice</li> <li>• Papaya / juice</li> <li>• Pineapple/ juice</li> <li>• Plum</li> </ul>	<ul style="list-style-type: none"> <li>• Apple / apple juice</li> <li>• Apple cider</li> <li>• Apricot/ apricot juice</li> <li>• Blackberry / juice</li> <li>• Blueberry</li> <li>• Melons</li> <li>• Cherry</li> <li>• Currants (Black/red)</li> <li>• Date</li> <li>• Elderberry</li> <li>• Fig</li> <li>• Gooseberry</li> <li>• Grapefruit / juice</li> <li>• Guava</li> <li>• Kiwi</li> <li>• Kumquat</li> <li>• Lemon/ juice</li> <li>• Lime / juice</li> <li>• Mango</li> <li>• Nectarine</li> <li>• Orange</li> <li>• Peach</li> <li>• Pear / juice</li> <li>• Prune /juice</li> <li>• Raisin</li> <li>• Raspberry</li> <li>• Strawberry</li> <li>• Tangerine</li> <li>• Water &amp; Lemon</li> <li>• Watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Coconut</li> <li>• Coconut milk</li> <li>• Persimmon</li> <li>• Pomegranate</li> <li>• Prickly Pear</li> <li>• Star fruit</li> </ul>

**HERBAL TEAS & OTHER BEVERAGES**

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> <li>• Green Tea</li> <li>• Ginger Tea</li> <li>• Ginseng Tea</li> <li>• Licorice Tea</li> <li>• Peppermint Tea</li> <li>• Raspberry Leaf Tea</li> <li>• Rose Hip Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Beer</li> <li>• Coffee (Regular/decaf)</li> <li>• Black / Regular Tea</li> <li>• Wine (Red/White)</li> <li>• Chamomile Tea</li> <li>• Dandelion Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Liquor (Distilled)</li> <li>• Seltzer Water</li> <li>• Club Soda</li> <li>• Soda (diet or regular)</li> <li>• Senna Tea</li> </ul>

## Exercise

Dr D'Adamo recommends:

- Tennis
- Martial Arts
- Cycling
- Hiking
- Golf

Choose physical exercise that challenges your mind as well as your body. Type Bs need to balance meditative activities with more intense physical exercise.

## Lifestyle Advice for Type Bs

Here are Dr. D'Adamo's key lifestyle strategies for Type Bs:

- Visualization is a powerful technique for Type Bs. If you can visualize it, you can achieve it
- Find healthy ways to express your nonconformist side
- Spend at least twenty minutes a day involved in some creative task that requires your complete attention
- Go to bed no later than 11:00PM and sleep for eight hours or more. It is essential for B's to maintain their circadian rhythm
- Use meditation to relax during breaks
- Engage in a community, neighbourhood or other group activity that gives you a meaningful connection to a group. Type Bs are natural born networkers
- Be spontaneous
- As they age, Type Bs have a tendency to suffer memory loss and have decreased mental acuity. Stay sharp by doing tasks that require concentration, such as crossword puzzles or learn a new skill or language

### Quick Food Guide to Inflammation for Type B

- Chicken
- Corn
- Peanuts
- Lentils
- Buckwheat

**Foods Causing  
Inflammation**



- Red Meat
- Broccoli
- Culture Dairy Products
- Onions
- Pineapple

**Foods Reducing  
Inflammation**

