

Blood Group Diet: Type B

History of the Nomad

Blood group B is the third oldest blood group appearing around 15,000 to 10,000BC in the Himalayan Highlands. They have a balanced stomach, a strong immune system and a tolerant digestive system. As a result they have a flexible diet. Dairy products are fine for them.

Beneficial Foods:

Meat and Poultry: Eggs, lamb, mutton, rabbit, venison

Seafood: Caviar, cod, flounder, haddock, hake, halibut, mackerel, ocean perch, salmon, sardine, sea trout, sole

Dairy: Cottage cheese, feta, goat cheese, goat milk, mozzarella, ricotta, skim or 2% fat milk, yoghurt

Oils and Fats: Olive oil

Beans and Legumes: Kidney Beans, navy beans, lima beans, red soy beans

Cereals: Millet, oat bran, oatmeal, puffed rice, rice bran, spelt

Breads and Cakes: Brown rice bread, essence bread, millet, rice cakes

Grains and Pasta: Oat flour, rice flour

Vegetables: Beets, beet leaves, broccoli, brussels sprouts, cabbage, capsicum, carrots, cauliflower, collard greens, eggplant, kale, lima beans, shitake mushrooms, mustard greens, parsley, parsnips, jalapeno peppers, sweet potatoes, yams

Fruit: Bananas, cranberries, grapes, pawpaw, pineapple, plums

Juices: Cabbage, cranberry, grape, pawpaw, pineapple

Spices: Cayenne pepper, curry, ginger, horseradish, parsley

Herbal Teas: Ginger, ginseng, liquorice, parsley, peppermint, raspberry leaf, rosehip, sage

Miscellaneous Beverages: Green Tea

Neutral Foods:

Meat and Poultry: Beef, buffalo, liver, turkey, veal

Seafood: abalone, carp, catfish, fresh herring, pickled herring, rainbow trout, red snapper, scallop, shark, silver, yellow or white perch, smelt, snapper squid, swordfish, tuna, whiting.

Dairy: Brie, butter, buttermilk, camembert, cheddar, cream cheese, edam, Emmenthal, gouda, parmesan, soy cheese, soy milk, Swiss cheese, whey, whole milk

Oils and Fats: Cod liver oil, linseed oil (flaxseed) oil

Nuts and Seeds: Almonds, Brazil nuts, chestnuts, hickory, litchi, macadamia, pecans, walnuts

Beans and Legumes: Broad beans, cannellini beans, fava beans, green beans, red beans, string beans, white beans, green peas

Breads and Cakes: Gluten-free bread, oat bran cakes, pumpernickel, soy flour bread

Grains and Pasta: Semolina pasta, spinach pasta, quinoa, basmati rice, brown rice, white rice

Vegetables: Asparagus, bamboo shoots, pak choy, celery, chervil, chicory, cucumber, daikon radish, dill, romaine lettuce, mushrooms, green onions, red onions, yellow onions, Spanish onions, potatoes (red and white), seaweed, shallots, spinach, alfalfa sprouts, squash, turnips, water chestnuts, watercress, zucchini

Fruit: Apples, apricots, blackberries, blueberries, boysenberries, cherries, blackcurrants, redcurrants, dates, elderberries, dried figs, gooseberries, grapefruit, guava, kiwi, lemons, limes, mangoes, melon, watermelon, nectarines, oranges, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines

Juices: Apple, apple cider, apricot, carrot, celery, black cherry, cucumber, grapefruit, orange, prune, vegetable juice with acceptable ones

Spices: Agar, anise, arrowroot, basil, bay leaf, bergamot, capers, caraway, carob, chives, chocolate, clove, coriander, cream of tartar, cumin, dill, garlic, honey, kelp, maple syrup, marjoram, mint, molasses, dry mustard, nutmeg, oregano, paprika, peppercorns, peppermint, rosemary, saffron, sage, salt, soy sauce, spearmint, brown sugar, white sugar, tarragon, thyme, turmeric, vanilla, all vinegars, wintergreen

Condiments: Apple sauce, jams and jelly from acceptable fruits, mayonnaise, mustard, dill pickles, sweet and sour pickles, relish, salad dressing, Worcestershire sauce

Herbal Teas: Alfalfa, burdock, catnip, cayenne, chamomile, chickweed, dandelion, Dong quai, Echinacea, elder, green tea, hawthorn, horehound, liquorice root, mulberry, saint johns wort, sarsaparilla, slippery elm, spearmint, strawberry leaf, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock

Miscellaneous Drinks: Beer, coffee, black tea, red wine, white wine

Foods to avoid:

Meat and Poultry: Bacon, chicken, duck, goose, ham, pork, quail

Seafood: Anchovy, bass, clam, crab, crayfish, eel, lobster, mussels, octopus, oysters, prawns, smoked salmon

Dairy: Blue cheese, ice-cream

Oils and Fats: Canola oil, corn oil, cottonseed, peanut oil, safflower, sunflower, and sesame oil

Nuts and Seeds: Cashew, hazelnut, pine nuts, pistachio, peanut butter, peanut, poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sunflower margarine, sunflower seeds

Beans and Legumes: Aduke beans, black beans, pinto beans, chick peas, lentils, black-eyed peas

Cereals: Amaranth, barley, buckwheat, corn flakes, cornmeal, cream of wheat, mixed grain, rye, wheat bran, wheat germ, shredded wheat

Breads and Cakes: wheat bagels, corn muffins, durum wheat, 100% rye bread, multigrain bread, rye crisp bread, wheat bran muffins, whole wheat bread

Grains and Pasta: Couscous, barley flour, bulgur flour, durum wheat flour, gluten flour, rye flour, whole wheat flour, wheat noodles, pasta, wild rice.

Vegetables: Artichoke, avocado, corn, olives, pumpkin, radishes, mung sprouts, tempeh, tofu, tomato

Fruit: Coconut, persimmon, pomegranate, rhubarb, starfruit

Juices: Tomato

Spices: Allspice, almond extract, barley malt, cinnamon, cornflour, corn syrup, gelatine, pepper, tapioca, corn flour

Condiments: Tomato sauce

Herbal Teas: Aloe, corn silk, fenugreek, gentian, hops, linden, mullein, red clover, rhubarb, senna, skullcap

Miscellaneous Beverages: Alcoholic Spirits, soda water, soft drink

Example of a day:

Breakfast – Bowl of porridge with skim milk and 1 banana

Lunch – 1 jacket potato with cottage cheese and salad

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Dinner – Lamb and pepper kebabs with tzatziki, brown rice and a green salad

Snacks – Tub of yoghurt