

Type O Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> 4-6 oz (113-170 g) men women/ children 2-5 oz (56-141 g)	WEEKLY <i>Lean Red Meats:</i> Caucasians: 4-6X Africans: 5-7X Asians: 3-5X <i>Poultry:</i> Caucasians: 2-3X Africans: 1-2X Asians: 3-4X	beef, minced beef, buffalo, heart, lamb, liver, mutton, veal, venison	chicken, Poussin, duck, partridge, pheasant, quail, rabbit, turkey	bacon, goose, ham, pork
SEAFOOD: <i>portion:</i> 4-6 oz (113-170 g)	WEEKLY Caucasians: 3-5X Africans: 1-4X Asians: 4-6X	bluefish, cod, hake, halibut, herring, mackerel, pike, rainbow trout, red snapper, salmon, sardine, shad, sole, striped bass, sturgeon, swordfish, tilefish, whitefish, white perch, yellow perch, yellowtail	abalone, albacore (tuna), anchovy, beluga, bluegill bass, carp, clam, crab, crayfish, eel, flounder, frog, grey sole, grouper, haddock, lobster, mahimahi, monkfish, mussels, ocean perch, oysters, pickarel, porgy, sailfish, scallop, sea bass, sea trout, shark, shrimp, silver perch, smelt, snail, squid (calamari), turtle, weakfish	barracuda, catfish, caviar, conch, herring (pickled), lox (smoked salmon), octopus
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 2 oz (56 g) yogurt: 4-6 oz (113-170 g) milk: 4-6 oz (118-177ml)	WEEKLY <i>Eggs:</i> Caucasians: 3-4X Africans: 0X Asians: 5X <i>Cheeses:</i> Caucasians: 0-3X Africans: 0X Asians: 0-3X <i>Yogurt:</i> Caucasians: 0-3X Africans: 0X Asians: 0-3X <i>Milk:</i> Caucasians: 0-1X Africans: 0X Asians: 0-2X	none	butter, farmer, feta, goat cheese, mozzarella, soya cheese, * soya milk* *good dairy alternatives	American cheese, blue, Brie, butter-milk, Camembert, casein, Cheddar, Colby, cottage, cream cheese, Edam, Emmenthal, goat milk, Gouda, Gruyère, Ice cream, Jarlsberg, kefir, Parmesan, provolone, neufchâtel, ricotta, skim or 2% milk, string cheese, Swiss, whey, whole milk, yogurt (all varieties)

Type O Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
OILS & FATS: <i>portion:</i> 1 tablespoon	WEEKLY Caucasians: 4-8X Africans: 1-5X Asians: 3-7X	linseed (flaxseed) oil, olive oil	canola oil, cod liver oil, sesame oil	corn oil, cottonseed oil, peanut oil, safflower oil
NUTS & SEEDS: <i>portion:</i> nuts & seeds: 6-8 nuts nut butters: 1 tablespoon	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 3-4X Africans: 2-5X Asians: 2-3X <i>Nut Butters:</i> Caucasians: 3-7X Africans: 3-4X Asians: 2-4X	pumpkin seeds, walnuts	almond butter, almonds, chestnuts, filberts, hickory nuts, macadamias, pecans, pignoli (pine), sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds	Brazil, cashew, lychee, peanuts, peanut butter, pistachios, poppy seeds
BEANS & LEGUMES: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 1-2X Africans: 1-2X Asians: 2-6X	aduki beans, pinto beans, black-eyed beans	black beans, broad beans, cannellini beans, fava beans, green beans, jicama beans, lima (butter) beans, pinto beans, red soya beans, snap beans, string beans, white beans, green peas, mange tout	copper beans, kidney beans, haricot beans, tamarind beans, brown lentils, green lentils, red lentils
CEREALS: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 2-3X Africans: 2-3X Asians: 2-4X	none	amaranth, barley, buckwheat, ground rice, kamut, kashi, puffed millet, puffed rice, rice bran, spelt	cornflakes, maize flour, Familia, farina (semolina), Grape Nuts, oat bran, oat meal, shredded wheat, wheat bran, wheatgerm
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or crispbread 1 muffin	DAILY <i>Breads & Crispbreads:</i> Caucasians: 0-2X Africans: 0-4X Asians: 0-4X <i>Muffins:</i> Caucasians: 0-1X Africans: 0-2X Asians: 0-1X	Essene bread	brown-rice bread, flat bread, gluten-free bread, millet, rice cakes, 100% rye bread, rye crispbread, Ryvita, soya-flour bread, spelt bread	wheat bagels, maize flour muffins, durum wheat, wheat muffins, high-protein bread, wheat matzo, multi-grain bread, oat-bran bread, pumpernickel, sprouted-wheat bread, wheat-bran muffins, wholewheat bread
GRAINS & PASTA: <i>portion:</i> grains: 1 cup dry pastas: 1 cup dry	WEEKLY All Ancestral Types <i>Grains:</i> 0-3X <i>Pastas:</i> 0-3X	none	barley flour, buckwheat, kashi, quinoa, basmati rice, brown rice, white rice, wild rice, rice flour, rye flour, spelt flour	bulgar-wheat flour, couscous flour, durum-wheat flour, gluten flour, graham flour, oat flour, soba noodles, semolina pasta, spinach pasta, sprouted-wheat flour, white flour, wholewheat flour

Type O Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
VEGETABLES: <i>portion:</i> raw, cooked, or steamed: 1 cup prepared	DAILY All Ancestral Types <i>Raw vegetables:</i> 3-5X <i>Cooked or steamed vegetables:</i> 3-5X	artichokes (Jerusalem & domestic), beet leaves, broccoli, chicory, spring greens, dandelion, endive, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, Spanish onions, yellow onions, parsley, parsnips, red peppers, sweet potatoes, pumpkin, seaweed, spinach, Swiss chard, turnips	asparagus, bamboo shoots, beets, bok choy, caraway, carrots, celery, chervil, coriander (cilantro), courgettes, cucumber, daikon radish (mooli), dill, endive, fennel, fiddlehead ferns, ginger, bibb (butterhead) lettuce, iceberg lettuce, mixed-leaf salad, lima (butter) beans, abalone mushrooms, enoki mushrooms, Portobello mushrooms, tree oyster mushrooms, green olives, spring onions, green peppers, jalapeño peppers, yellow peppers, radicchio, radishes, rocket, rutabaga, scallion, shallots, mange tout, turnip tops (rap-pini), mung sprouts, radish sprouts, all types squash, tempeh, tofu, tomato, water chestnut, watercress, yams	aubergine, avocado, Chinese cabbage, red cabbage, white cabbage, cauliflower, white corn, yellow corn, domestic mushrooms, shiitake mushrooms, mustard greens, black olives, Greek olives, stuffed olives, red potatoes, white potatoes, alfalfa sprouts, Brussels sprouts
FRUITS: <i>portion:</i> 1 fruit or 3-5 oz. (85-141 g)	DAILY All Ancestral Types 3-4X	dried or fresh figs, dark plums, red plums, green plums, prunes	apples, apricots, bananas, blueberries, boysenberries, cherries, cranberries, black & red currants, red dates, elderberries, gooseberries, grapefruit, black grapes, green grapes, red grapes, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, canang melon, casaba melon, Crenshaw melon, Christmas melon, Spanish melon, watermelon, nectarines, papayas, peaches, pears, persimmons, pineapples, pomegranates, prickly pears, raisins, raspberries, starfruit (carambola)	blackberries, coconuts, cantaloupe melon, honeydew melon, oranges, plantains, rhubarb, strawberries, tangerines
JUICES & FLUIDS: <i>portion:</i> juices: 8 oz. (236 ml) water: 8 oz. (236 ml)	DAILY All Ancestral Types <i>Juices:</i> 2-3X <i>Water:</i> 4-7X	black cherry, pineapple, prune	apricot, carrot, celery, cranberry, cucumber, grape, grapefruit, papaya, tomato water (with lemon), vegetable juice	apple, apple cider, cabbage, orange

Type O Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
SPICES:		Carob, cayenne pepper, curry, dulse, kelp (bladder-wrack), parsley, turmeric	agar, allspice, almond extract, aniseed, arrowroot, barley malt, basil, bay leaf, bergamot, brown-rice syrup, cardamom, chervil, chives, chocolate, clove, coriander (cilantro), cream of tartar, cumin, dill, garlic, plain gelatine, honey, horseradish, maple syrup, marjoram, mint, miso, molasses, dry mustard, paprika, peppercorns, pepper, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, sucanat, white & brown sugar, tamaril, tamarind, tapioca, tarragon, thyme, wintergreen	capers, cinnamon, cornflour, corn syrup, nutmeg, ground black pepper, white pepper, vanilla extract, apple cider vinegar, balsamic vinegar, red wine vinegar, white vinegar
CONDIMENTS:		none	apple butter, jam & jelly from acceptable fruits, mustard, salad dressing (low-fat from acceptable ingredients), Worcestershire sauce	ketchup, mayonnaise, dill pickles, kosher pickles, sweet pickles, sour pickles, relish
HERBAL TEAS:		cayenne, chickweed, dandelion, fenugreek, ginger, hops, linden, mulberry, parsley, peppermint, rose hip, sarsaparilla, slippery elm	catnip, chamomile, dong quai (angelica root), elder, ginseng, green tea, hawthorn, horehound, liquorice root, mullein, raspberry leaf, sage, skullcap, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow	alfalfa, aloe, burdock, coltsfoot, corn silk, echinacea, gentian, goldenseal, red clover, rhubarb, St John's wort, senna, shepherd's purse, strawberry leaf, yellow dock
MISC. BEVERAGES:		seltzer water	beer, green tea, red wine, white wine	regular & decaf coffee, distilled liquors, cola, diet cola & other sodas, black teas (regular & decaf)

Type A Diet

FOOD GROUP Portion	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 4-6 oz (113-170 g) women/ children 2-5 oz (56-141 g)	WEEKLY <i>Lean red meats:</i> Caucasians: 0X Africans: 0-1X Asians 0-1X <i>Poultry:</i> Caucasians: 0-3X Africans: 0-3X Asians: 1-4X	none	chicken, Poussin, turkey	bacon, beef, minced beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, quail, rabbit, veal, venison
SEAFOOD: <i>portion:</i> 4-6 oz (113-170 g)	WEEKLY Caucasians: 1-4X Africans: 0-3X Asians: 1-4X	carp, cod, grouper, mack- erel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, sea trout, silver perch, snail, whitefish, yellow perch	abalone, albacore (tuna), mahimahi, ocean perch, pike, porgy, sailfish, sea bass, shark, smelt, snapper, sturgeon, swordfish, weakfish, white perch, yel- lowtail	anchovy, barracuda, beluga, bluefish, bluegill bass, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, grey sole, haddock, hake, hal- ibut, herring, lobster, lox (smoked salmon), mussels, octopus, oysters, scallop, shad, shrimp, sole, squid (calamari), striped bass, tilefish, turtle
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 2 oz (56 g) yogurt: 4-6 oz (113-170 g) milk: 4-6 oz (118-177 ml)	WEEKLY <i>Eggs:</i> Caucasians: 1-3X Africans: 1-3X Asians: 1-3X <i>Cheeses:</i> Caucasians: 2-4X Africans: 1-3X Asians: 0X <i>Yogurt:</i> Caucasians: 1-3X Africans: 0X Asians: 0-3X <i>Milk:</i> Caucasians: 0-4X Africans: 0X Asians: 0X	soya cheese, * soya milk* *good dairy alternative	farmer, feta, goat cheese, goat milk, kefi, mozzarella (low fat), ricotta (low fat), string cheese, yogurt with fruit, frozen yogurt	American cheese, blue, Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cottage, cream cheese, Edam, Emmenthal, Gouda, Gruyère, ice cream, Jarlsberg, neufchâtel, Parmesan, provolone, sherbet, skim or 2% milk, Swiss, whey, whole milk
OILS & FATS: <i>portion:</i> 1 tablespoon	WEEKLY Caucasians: 2-6X Africans: 3-8X Asians: 2-6X	linseed (flaxseed) oil, olive oil	canola oil, cod liver oil	corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil

Type A Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
NUTS & SEEDS: <i>portion:</i> nuts & seeds: small handful nut butters: 1 tablespoon	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 2-5X Africans: 4-6X Asians: 4-6X <i>Nut Butters:</i> Caucasians: 1-4X Africans: 3-5X Asians: 2-4X	peanuts, peanut butter, pumpkin seeds	almond butter, almonds, chestnuts, filberts, hickory, lychees, macadamias, pignoli (pine), poppy seeds, sesame seeds, sesame butter, sunflower butter, sunflower seeds, walnuts	Brazil, cashews, pistachios
BEANS & LEGUMES: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 3-6X Africans: 4-7X Asians: 2-5X	aduki beans, black beans, green beans, pinto beans, red soya beans, lentils (brown, red & green), black-eyed beans	broad beans, cannellini beans, fava beans, snap beans, string beans, white beans, green peas, mange tout	copper beans, chickpeas, kidney beans, lima (butter) beans, haricot beans, tamarind beans
CEREALS: <i>portion:</i> whole grain: 1 cup dry	WEEKLY <i>Whole Grains:</i> Caucasians: 5-9X Africans: 6-10X Asians: 4-8X	amaranth, kash	barley, cornflakes, maize flour, ground rice, kamut, puffed millet, oat bran, oatmeal (porridge), puffed rice, rice bran, spelt	Familla, farina (semolina), Grape Nuts, seven grain, shredded wheat, wheat bran, wheatgerm
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or crispbread 1 muffin	DAILY <i>Breads & Crispbreads:</i> Caucasians: 3-5X Africans: 2-4X Asians: 2-4X <i>Muffins:</i> Caucasians: 1-2X Africans: 1X Asians: 1X	Essene bread, soya-flour bread, sprouted-wheat bread, rice cakes	brown-rice bread, maize meal muffins, gluten-free bread, millet, oat bran muffins, 100% rye bread, rye crisp, Ryvita, spelt bread	durum wheat, high-protein bread, multigrain bread, English muffins, pumpernickel, wheat-bran muffins, wholewheat bread, wheat matzo
GRAINS & PASTAS: <i>portion:</i> grains: 1 cup dry pastas: 1 cup dry	WEEKLY <i>Grains</i> Caucasians: 2-4X Africans: 2-3X Asians: 2-4X <i>Pastas:</i> Caucasians: 2-4X Africans: 2-3X Asians: 2-4X	kashi, oat flour, rice flour, rye flour, soba noodles	couscous, barley flour, bulgar-wheat flour, durum-wheat flour, gluten flour, graham flour, sprouted-wheat flour, spelt noodles, quinoa, basmati rice, brown rice, white rice, wild rice	white flour, wholewheat flour, semolina pasta, spinach pasta

Type A Diet

FOOD GROUP Portion	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
VEGETABLE: <i>portion:</i> raw: 1 cup cooked: 1 cup cooked soya products: 6-8 oz (170-226 g)	DAILY <i>Raw Vegetables:</i> Caucasians: 2-5X Africans: 3-6X Asians: 2-5X <i>Cooked</i> <i>Vegetables:</i> Caucasians: 3-6X Africans: 1-4X Asians: 3-6X WEEKLY <i>Soya Products:</i> Caucasians: 4-6X Africans: 4-6X Asians: 5-7X	alfalfa sprouts, domestic artichokes, Jerusalem artichokes, beet leaves, broccoli, carrots, chicory, spring greens, dandelion, endive, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red Spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, Swiss chard, tempeh, tofu, turnips	arugula (rocket), asparagus, avocado, bamboo shoots, beets, bok choy, car- away, cauliflower, celery, chervil, co- riander, white & yellow corn, courgettes, cucumber, daikon radish (moili), endive, fennel, fiddlehead ferns, bibb (butterhead) lettuce, ice- berg lettuce, mixed-leaf salad, abalone mushrooms, enoki mushrooms, maitaki mushrooms, shitake mush- rooms, Portobello mushrooms, tree oyster mushrooms, mustard greens, green olives, spring onions, radicchio, radishes, rappini (turnip tops), rutabaga, scallion, seaweed, shallots, Brussels sprouts, mung sprouts, radish sprouts, all types squash, water chestnut, watercress	aubergines, Chinese cabbage, red cabbage, white cabbage, haricot beans, domestic mushrooms, black olives, Greek olives, stuffed olives, green peppers, jalapeño peppers, red peppers, yellow peppers, sweet potatoes, red potatoes, white potatoes, tomatoes, yams
FRUITS: <i>portion:</i> 1 fruit or 3-5 oz (85-141 g)	DAILY All Ancestral Types 3-4X	apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried figs, fresh figs, grapefruit, lemons, pineapple, dark plums, green plums, red plums, prunes	apples, black currants, red currants, dates, elderberries, gooseberries, grapes (black, green & red), guava, kiwi, kumquat, limes, loganberries, canang melon, casaba melon, Christ- mas melon, Crenshaw melon, musk melon, Spanish melon, watermelon, nectarines, peaches, pears, persim- mons, pomegranates, prickly pears, raisins, raspberries, star fruit, straw- berries	bananas, coconuts, mangoes, can- taloupe melon, honeydew melon, or- anges, papayas, plantains, rhubarb, tangerines
JUICES & FLUIDS: <i>portion:</i> juices: 8 oz (236 ml) water: 8 oz (236 ml) lemon and water: 8 oz (236 ml)	DAILY All Ancestral Types <i>Juices:</i> 4-5X <i>Water:</i> 1-3X <i>Lemon & Water:</i> 1X in morning	apricots, carrots, celery, black cherries, grapefruit, pineapple, prunes, water with lemon	apple, apple cider, cabbage, cucum- ber, cranberry, grape, vegetable juice (corresponding to highlighted vegetables)	orange, papaya, tomato

Type A Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
SPICES		barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari sauce	agar, allspice, almond extract, anise, arrowroot, basil, bay leaf, bergamot, brown-rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, cloves, coriander, cornflour, corn syrup, cream of tartar, cumin, curry, dill, dulise, honey, horseradish, kelp, maple syrup, marjoram, mint, dry mustard, nutmeg, oregano, paprika, parsley, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, brown sugar, white sugar, tamarind, tapioca, tarragon, thyme, turmeric, vanilla extract	capers, plain gelatine, ground black pepper, cayenne pepper, peppercorn pepper, red pepper flakes, white pepper, apple cider vinegar, red wine vinegar, balsamic vinegar, white vinegar, wintergreen
CONDIMENTS		mustard	jam & jelly (from acceptable fruits), salad dressing (low-fat from acceptable ingredients)	ketchup, mayonnaise, pickles, pickle relish, Worcestershire sauce
HERBAL TEAS		alfalfa, aloe, burdock, chamomile, echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rose hip, St John's wort, slippery elm, stone root, valerian	angelica root, chickweed, coltsfoot, dandelion, elder, gentian, goldenseal, hops, horehound, liquorice root, linden, mulberry, mullein, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, shepherd's purse, skullcap, spearmint, strawberry leaf, thyme, vervain, white birch, white oak bark, yarrow	catnip, cayenne, corn silk, red clover, rhubarb, yellow dock
MISC. BEVERAGES		coffee (regular & decaf), green tea, red wine	white wine	beer, distilled liquors, seltzer water, diet cola, cola and other sodas, black teas (regular & decaf)

Type B Diet

FOOD GROUP Portion	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 4-6 oz (113-170 g) women/ children 2-5 oz (56-141 g)	WEEKLY <i>Lean Red Meats:</i> Caucasians: 2-3X Africans: 3-4X Asians: 2-3X <i>Poultry:</i> Caucasians: 0-3X Africans: 0-2X Asians: 1-2X	lamb, mutton, rabbit, venison	beef, minced beef, buffalo, liver, pheasant, turkey, veal	bacon, chicken, Poussin, duck, goose, ham, heart, partridge, pork, quail
SEAFOOD: <i>portion:</i> 4-6 oz (113-170 g)	WEEKLY Caucasians: 3-5X Africans: 4-6X Asians: 3-5X	cod, flounder, grouper, haddock, hake, halibut, mackerel, mahimahi, monkfish, ocean perch, pickarel, pike, porgy, sardine, sea trout, shad, sole, sturgeon, sturgeon eggs (caviar)	abalone, albacore (tuna), bluefish, carp, catfish, herring (fresh & pickled), rainbow trout, red snapper, sailfish, salmon, scallop, shark, silver perch, smelt, snapper, squid (calamari), swordfish, tilefish, weakfish, white perch, whitefish, yellow perch	anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, frog, lobster, lox (smoked salmon), mussels, octopus, oysters, sea bass, shrimp, snail, striped bass, turtle, yellowtail
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 2 oz (56 g) yogurt: 4-6 oz (113-170 g) milk: 4-6 oz (118-177 ml)	WEEKLY <i>Eggs:</i> Caucasians: 3-4X Africans: 3-4X Asians: 5-6X <i>Cheeses:</i> Caucasians: 3-5X Africans: 3-4X Asians: 2-3X <i>Yogurt:</i> Caucasians: 2-4X Africans: 0-4X Asians: 1-3X <i>Milk:</i> Caucasians: 4-5X Africans: 0-3X Asians: 2-3X	cottage cheese, farmhouse, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, skim or 2% milk, yogurt with fruit, frozen yogurt	Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cream cheese, Edam, Emmenthal, Gouda, Gruyère, Jarlsberg, neufchâtel, Parmesan, provolone, sherbet, soya cheese, soya milk, Swiss, whey, whole milk	American processed cheese, blue, ice cream, string cheese
OILS & FATS: <i>portion:</i> 1 tablespoon	WEEKLY Caucasians: 4-6X Africans: 3-5X Asians: 5-7X	olive oil	cod liver oil, linseed (flaxseed) oil	canola oil, corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil, sunflower oil

Type B Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
NUTS & SEEDS: <i>portion:</i> Nuts & seeds: 6-8 nuts nut butters: 1 tablespoon	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 2-5X Africans: 3-5X Asians: 2-3X <i>Nut Butters:</i> Caucasians: 2-3X Africans: 2-3X Asians: 2-3X	none	almond butter, almonds, Brazil, chest-nuts, hickory nuts, lychees, macadamias, pecans, walnuts	cashews, filberts, pignoli (pine) nuts, pistachio nuts, peanuts, peanut butter, poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sun-flower butter, sunflower seeds
BEANS & LEGUMES: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 2-3X Africans: 3-4X Asians: 4-5X	kidney beans, lima (butter) beans, haricot beans	broad beans, cannellini beans, copper beans, fava beans, green beans, ji-cama beans, northern beans, red beans, snap beans, string beans, tamarind beans, white beans, green peas, mange tout, soya beans	aduki beans, black beans, chickpeas, pinto beans, lentils (brown, green & red), black-eyed beans
CEREALS: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 2-4X Africans: 2-3X Asians: 2-4X	millet, oat bran, oatmeal (porridge), puffed rice, rice bran, spelt	ground rice, Familia, farina (semolina), muesli	amaranth, barley, buckwheat, corn-flakes, maize meal, kamut, rye, shred-ded wheat, wheat bran, wheatgerm
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or crispbread 1 muffin	DAILY All Ancestral Types <i>Breads &</i> <i>Crispbreads:</i> 0-1X <i>Muffins:</i> 0-1X	brown-rice bread, Essene bread, millet, rice cakes	gluten-free bread, high-protein no-wheat bread, oat-bran muffins, spelt bread, soya-flour bread	wheat bagels, maize meal muffins, durum wheat, multigrain bread, 100% rye bread, rye crispbread, Ryvita, wheat-bran muffins, wholewheat bread, flat bread, pumpernickel
GRAINS & PASTA: <i>portion:</i> grains: 1 cup dry pastas: 1 cup dry	WEEKLY <i>Grains:</i> Caucasians: 3-4X Africans: 3-4X Asians: 2-3X <i>Pastas:</i> Caucasians: 3-4X Africans: 3-4X Asians: 2-3X	oat flour, rice flour	graham flour, spelt flour, white flour, semolina pasta, spinach pasta, quinoa, basmati rice, brown rice, white rice	kashi, buckwheat, couscous, barley flour, bulgar-wheat flour, durum-wheat flour, gluten flour, rye flour, whole-wheat flour, soba noodles, wild rice

Type B Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL
VEGETABLES: <i>portion:</i> raw: 1 cup cooked: 1 cup prepared	DAILY All Ancestral Types <i>Raw:</i> 3-5X <i>Cooked:</i> 3-5X	aubergine, beets, beet leaves, broccoli, Chinese cabbage, red cabbage, white cabbage, carrots, cauliflower, spring greens, kale, lima (butter) beans, shiitake mushrooms, mustard greens, parsley, parsnips, green peppers, jalapeño peppers, red peppers, yellow peppers, sweet potatoes, Brussels sprouts, all types yams
FRUITS: <i>portion:</i> 1 fruit or 3-5 oz (85-141 g)	DAILY All Ancestral Types 3-4X	bananas, cranberries, black grapes, green grapes, red grapes, papaya, pineapple, dark plums, green plums, red plums
JUICES & FLUIDS: <i>portion:</i> juices: 8 oz (236 ml) water: 8 oz (236 ml)	DAILY All Ancestral Types <i>Juices:</i> 2-3X <i>Water:</i> 4-7X	cabbage, cranberry, grape, papaya, pineapple

NEUTRAL	AVOID
arugula (rocket), asparagus, bamboo shoots, bok choy, celery, chervil, chichory, cougettes, cucumber, dailcon radish (moool), dandelion, dill, endive, escarole, fennel, fiddlehead ferns, garlic, ginger, horseradish, kohlrabi, leek, bibb (butterhead) lettuce, iceberg lettuce, romaine lettuce, mixed-leaf salad, abalone mushrooms, domestic mushrooms, enoki mushrooms, Portobello mushrooms, tree oyster mushrooms, okra, spring onions, Spanish onions, yellow onions, red potatoes, white potatoes, radicchio, rapini (turnip tops), rutabaga, scallion, seaweed, shallots, spinach, alfalfa sprouts, all types squash, Swiss chard, turnips, water chestnuts, watercress	domestic & Jerusalem artichoke, avocado, white corn, yellow corn, black olives, green olives, Greek olives, stuffed olives, pumpkin, radishes, mung sprouts, radish sprouts, tempeh, tofu, tomato
apples, apricots, blackberries, blueberries, boyseberries, cherries, black & red currants, dates, elderberries, dried figs, fresh figs, gooseberries, grapefruit, guava, kiwi, kumquat, lemons, limes, loganberries, mangoes, canang melon, cantaloupe melon, casaba melon, Christmas melon, Crenshaw melon, honeydew melon, muskmelon, Spanish melon, watermelon, nectarines, oranges, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines	coconuts, persimmons, pomegranates, prickly pear, rhubarb, starfruit
apple, apple cider, apricot, carrot, celery, black cherry, cucumber, grapefruit, orange, prune, water with lemon, vegetable juice (corresponding with highlighted vegetables)	tomato

Type B Diet

FOOD GROUP Portion	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
SPICES:		cayenne pepper, curry, ginger, horseradish, parsley	agar, anise, arrowroot, basil, bay leaf, bergamot, brown-rice syrup, capers, caraway, cardamom, carob, celery seeds, chervil, chives, chocolate, clove, coriander, cream of tartar, cumin, dill, dulse, garlic, honey kelp, maple syrup, majoram, mint, miso, molasses, dry mustard, nutmeg, oregano, paprika, peppercorn pepper, red pepper flakes, peppermint, pimiento, rice syrup, rosemary, saf- fron, sage, salt, savory, soy sauce, spearmint, white & brown sugar, tamari sauce, tamarind, tarragon, thyme, vanilla extract, apple cider vinegar, balsamic vinegar, red wine vinegar, white vinegar, wintergreen	allspice, almond extract, barley malt, cinnamon, cornflour, corn syrup, plain gelatine, ground black pepper, white pepper, tapioca
CONDIMENTS:		none	apple butter, jam & jelly from accept- able fruits, mayonnaise, mustard, dill pickles, kosher pickles, sour pickles, sweet pickles, relish, salad dressing (low-fat from acceptable ingredients), Worcestershire sauce	ketchup
HERBAL TEAS:		ginger, ginseng, liquorice, liquorice root, parsley, peppermint, raspberry leaf, rose hip, sage	angelica root, alfalfa, burdock, catnip, cayenne, chamomile, chickweed, dan- delion, echinacea, elder, green tea, hawthorn, horehound, mulberry, St John's wort, sarsaparilla, slippery elm, spearmint, strawberry leaf, thyme, va- lerian, vervain, white birch, white oak bark, yarrow, yellow dock	aloe, coltsfoot, fenugreek, gentian, goldenseal, hops, linden, mullein, red clover, rhubarb, senna, shepherd's purse, skullcap
MISC. BEVERAGES:		green tea	beer, regular & decaf coffee, black decaf tea, black regular tea, red wine, white wine	distilled liquon, seltzer water, cola, diet cola, other sodas

Type AB Diet

FOOD GROUP Portion	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 4-6 oz (113-170 g) women/ children 2-5 oz (56-141 g)	WEEKLY <i>Lean Red Meats:</i> Caucasians: 1-3X Africans: 1-3X Asians: 1-3X <i>Poultry:</i> Caucasians: 0-2X Africans: 0-2X Asians: 0-2X	lamb, mutton, rabbit, turkey	liver, pheasant	bacon, beef, minced beef, buffalo, chicken, Poussin, duck, goose, ham, heart, partridge, pork, veal, venison, quail
SEAFOOD: <i>portion:</i> 4-6 oz (113-170 g)	WEEKLY Caucasians: 3-5X Africans: 3-5X Asians: 4-6X	albacore (tuna), cod, grouper, hake, mackerel, mahimahi, monkfish, ocean perch, pickarel, pike, porgy, rainbow trout, red snapper, sailfish, sardine, sea trout, shad, snail, sturgeon	abalone, bluefish, carp, catfish, caviar, herring (fresh), mussels, salmon, scallop, shark, silver perch, smelt, snapper, squid (calamari), swordfish, tilefish, weakfish, whitefish, white perch, yellow perch	anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, flounder, frog, sole, haddock, halibut, herring (pickled), lobster, lox (smoked salmon), octopus, oysters, sea bass, shrimp, striped bass, turtle, yellowtail
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 2 oz (56 g) yogurt: 4-6 oz (113-170 g) milk: 4-6 oz (118-177 ml)	WEEKLY <i>Eggs:</i> Caucasians: 3-4X Africans: 3-5X Asians: 2-3X <i>Cheeses:</i> Caucasians: 3-4X Africans: 2-3X Asians: 3-4X <i>Yogurt:</i> Caucasians: 3-4X Africans: 2-3X Asians: 1-3X <i>Milk:</i> Caucasians: 3-6X Africans: 1-6X Asians: 2-5X	cottage cheese, farmhouse, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, non-fat sour cream, yogurt	casein, Cheddar, Colby, cream cheese, Edam, Emmenthal, Gouda, Gruyère, Jarlsberg, neufchatel, skim or 2% milk, soya cheese, * soya milk, * string cheese, Swiss, whey *good dairy alternatives	American cheese, blue, Brie, butter, buttermilk, Camembert, ice cream, Parmesan, provolone, sherbet, whole milk
OILS & FATS: <i>portion:</i> 1 tablespoon	WEEKLY Caucasians: 4-8X Africans: 1-5X Asians: 3-7X	olive oil	canola oil, cod liver oil, linseed (flaxseed) oil, peanut oil	corn oil, cottonseed oil, safflower oil, sesame oil, sunflower oil

Type AB Diet

FOOD GROUP Portion	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
NUTS & SEEDS: <i>portion:</i> nuts & seeds: 6–8 nuts nut butters: 1 tablespoon	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 2–5X Africans: 2–5X Asians: 2–3X <i>Nut Butters:</i> Caucasians: 3–7X Africans: 3–7X Asians: 2–4X	chestnuts, peanuts, peanut butter, walnuts	almond butter, almonds, Brazil, cashew, hickory, lychees, macadamias, pignoli (pine) nuts, pistachios	filberts, poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds
BEANS & LEGUMES: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 2–3X Africans: 3–5X Asians: 4–6X	haricot beans, pinto beans, soya beans, green lentils	broad beans, cannellini beans, copper beans, green beans, string beans, white beans, brown lentils, red lentils, green peas, mange tout	aduki beans, black beans, fava beans, chickpeas, kidney beans, lima (butter) beans, black-eyed beans
CEREALS: <i>portion:</i> 1 cup dry	WEEKLY Caucasians: 2–3X Africans: 2–3X Asians: 2–4X	millet, oat bran, oatmeal, rice bran, puffed rice, ryeberry, spelt	amaranth, barley, Familia, farina (semolina), granola, Grape Nuts, ground rice, muesli, shredded wheat, soya flakes, soya granules, wheat bran, wheatgerm	buckwheat, corn flakes, maize meal, kamut
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or crispbread 1 muffin	DAILY All Ancestral Types <i>Breads & Crispbreads:</i> 0–1X <i>Muffins:</i> 0–1X	brown-rice bread, Essene bread, millet, rice cakes, 100% rye bread, rye crispbread, Ryvita, soya-flour bread, sprouted-wheat bread	wheat bagels, durum wheat flat bread, gluten-free bread, high-protein bread, wheat matzos, multigrain bread, oat-bran muffins, pumpkinel, spelt bread, wheat bread, wheat-bran muffins, wholewheat bread	maize meal muffins
GRAINS & PASTA: <i>portion:</i> grains: 1 cup dry pastas: 1 cup dry	WEEKLY <i>Grains:</i> Caucasians: 3–4X Africans: 2–4X Asians: 3–4X <i>Pastas:</i> Caucasians: 3–4X Africans: 2–3X Asians: 3–4X	oat flour, rice flour, rye flour, sprouted-wheat flour, basmati rice, brown rice, white rice, wild rice	couscous, bulgar-wheat flour, durum-wheat flour, gluten flour, graham flour, spelt flour, white flour, wholewheat flour, semolina pasta, spinach pasta, quinoa	buckwheat, soba noodles, barley flour

Type AB Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
VEGETABLES: <i>portion:</i> raw, cooked, or steamed: 1 cup prepared	DAILY All Ancestral Types <i>Raw vegetables:</i> 3–5X <i>Cooked or steamed:</i> 3–5X	aubergine, beet leaves, beets, broccoli, cauliflower, celery, cucumber, dandelion, garlic, spring greens, kale, maitake mushrooms, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh, tofu, all types yams	artugula (rocket), asparagus, bamboo shoots, bok choy, Chinese cabbage, red cabbage, white cabbage, caraway, carrots, chervil, chicon, coriander (cilantro), courgettes, daikon radish (mooli), endive, escarole, fennel, ffd- dlehead ferns, ginger, horseradish, kohlrabi, leek, bibb (butterhead) let- tuce, iceberg lettuce, mixed-leaf salad, romaine lettuce, abalone mushrooms, domestic mushrooms, portobello mushrooms, tree mushrooms, oyster mushrooms, enoki mushrooms, Shi- itake mushrooms, okra, green olives, Greek olives, stuffed olives, green onions, red onions, Spanish onions, yellow onions, red potatoes, white potatoes, pumpkin, radicchio, rappini (turnip tops), rutabaga, scallion, sea- weed, shallots, mange tout, spinach, Brussels sprouts, all types squash, Swiss chard, tomato, turnips, water chestnuts, watercress	domestic artichokes, Jerusalem arti- chokes, avocados, white corn, yellow corn, lima (butter) beans, black olives, green peppers, jalapeño peppers, red peppers, yellow peppers, radishes, mung sprouts, radish sprouts
FRUITS <i>portion:</i> 1 fruit or 3–5 oz (85–141 g)	DAILY All Ancestral Types 3–4X	cherries, cranberries, dried figs, fresh figs, gooseberries, black grapes, green grapes, red grapes, grapefruit, kiwi, lemons, loganberries, pineapples, dark plums, green plums, red plums	apples, apricots, blackberries, blue- berries, boysenberries, black & red currants, dates, elderberries, kumquat, limes, canang melon, cantaloupe melon, casaba melon, Christmas melon, Crenshaw melon, honeydew melon, musk melon, Spanish melon, water- melon, nectarines, papayas, peaches, pears, plantains, prunes, raisins, rasp- berries, strawberries, tangerines	bananas, coconuts, guava, mangoes, oranges, persimmons, pomegranates, prickly pears, rhubarb, starfruit (carambola)
JUICES & FLUIDS: <i>portion:</i> juices: water:	DAILY All Ancestral Types <i>Juices:</i> 2–3X <i>Water:</i> 4–7X	cabbage, carrot, celery, black cherry, cranberry, grape, papaya	apple, apple cider, apricot, cucumber, grapefruit, pineapple, prune, water with lemon, vegetable juice (corre- sponding with highlighted vegetables)	orange

Type AB Diet

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
SPICES:		curry, garlic, horseradish, miso, parsley	agar, arrowroot, basil, bay leaf, berg- amot, brown-rice syrup, cardamom, carob, chervil, chive, chocolate, cinna- mon, clove, coriander (cilantro), cream of tartar, cumin, dill, dulse, honey, kelp, maple syrup, marjoram, mint, molasses, dry mustard, nutmeg, pa- prika, peppermint, rice syrup, rose- mary, saffron, sage, salt, savory, soy sauce, spearmint, brown sugar, white sugar, tamar, tamarind, tarragon, thyme, turmeric, vanilla, wintergreen, apple cider vinegar, balsamic vinegar, red wine vinegar	allspice, almond extract, aniseed, bar- ley malt, capers, cornflour, corn syrup, plain gelatine, ground black pepper, cayenne pepper, peppercorn pepper, red flakes pepper, white pepper, tapi- oca, white vinegar
CONDIMENTS:		none	jam & jelly (from acceptable fruits), mayonnaise, mustard, salad dressing (low-fat from acceptable ingredients)	ketchup, dill pickles, kosher pickles, sweet pickles, sour pickles, relish, Worcestershire sauce
HERBAL TEAS:		alfalfa, burdock, chamomile, echinacea, ginger, ginseng, green tea, hawthorn, liquorice root, rose hip, strawberry leaf	angelica root, catnip, cayenne, chick- weed, dandelion, elder, goldenseal, horehound, mulberry, parsley, pepper- mint, raspberry leaf, sage, St John's wort, sarsaparilla, slippery elm, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock	aloe, coltsfoot, corn silk, fenugreek, gentian, hops, linden, mullein, red clover, rhubarb, senna, shepherd's purse, skullcap
MISC. BEVERAGES:		regular coffee, decaf coffee, green tea	beer, seltzer water, red wine, white wine	distilled liquor, cola soda, diet soda, other soda, black decaf tea, black regular tea