

MEAT

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------|---|--|---|---|
| Bacon/Ham/Pork | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Provokes abnormal blood reaction; contains component that can modify known disease susceptibility. |
| | | | | |

MEAT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------|--|---|---|--|
| Beef | AVOID: Secretory insufficiency; increases intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |
| Buffalo | AVOID: Secretory insufficiency; increases intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |
| Chicken | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Cornish Hen | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Duck | AVOID: Secretory insufficiency; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | NEUTRAL |
| Goat | AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | BENEFICIAL: Nutrient-dense food. | NEUTRAL | NEUTRAL |

MEAT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------|---|---|--|--|
| Goose | <p>AVOID: Secretory insufficiency. Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; increases polyamine or indican levels.</p> | <p>AVOID: Secretory insufficiency; induces intestinal imbalance.</p> | <p>NEUTRAL</p> |
| Grouse | <p>NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> |
| Guinea Hen | <p>NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> |
| Heart (Beef) | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Increases polyamine or indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains component that can modify known disease susceptibility.</p> | <p>BENEFICIAL: Provides high-quality protein; increases lean muscle mass.</p> |
| Horse | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Increases polyamine or indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Secretory insufficiency; induces intestinal imbalance.</p> | <p>NEUTRAL</p> |
| Lamb | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>BENEFICIAL: Nutrient-dense food.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>BENEFICIAL: Provides high-quality protein; increases lean muscle mass.</p> <p>Non-secretor variant: NEUTRAL</p> |
| Liver (Calf) | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine levels; inhibits proper gastric function or blocks assimilation.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> | <p>BENEFICIAL: Provides high-quality protein; increases lean muscle mass.</p> <p>Non-secretor variant: NEUTRAL</p> |

MEAT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------|---|---|--|---|
| Mutton | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine levels; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: High density nutrient.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>BENEFICIAL: Provides high-quality protein; increases lean muscle mass.</p> |
| Ostrich | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> |
| Partridge | <p>AVOID: Secretory insufficiency; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; increases polyamine or indican levels.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> |
| Pheasant | <p>AVOID: Secretory insufficiency; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation; Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL; Non-secretor variant: BENEFICIAL</p> |
| Quail | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Increases polyamine or indican levels.</p> | <p>AVOID</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID</p> <p>Non-secretor variant: NEUTRAL</p> |

MEAT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------|--|---|--|---|
| Rabbit | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: High-density nutrient.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> |
| Squab | <p>NEUTRAL</p> | <p>AVOID: Increases polyamine or indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; provokes reaction in blood (non-lectin).</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> |
| Squirrel | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels.</p> | <p>AVOID: Contains lectin or other agglutinin; provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> |
| Sweetbreads | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Increases polyamine or indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Increases polyamine or indican levels.</p> | <p>BENEFICIAL: Provides high-quality protein; increases lean muscle mass.</p> |
| Turkey | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> | <p>BENEFICIAL: Healthy alternative to more common variety of foods that are classed as avoids.</p> | <p>NEUTRAL</p> |
| Turtle | <p>AVOID: Provokes abnormal blood reaction.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID</p> <p>Non-secretor variant: NEUTRAL</p> |
| Veal | <p>AVOID: Secretory insufficiency; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>NEUTRAL</p> | <p>AVOID: Secretory insufficiency; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> | <p>BENEFICIAL: Provides high-quality protein; increases lean muscle mass.</p> |

MEAT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------|---|----------------------------------|--|--|
| Venison | AVOID: Secretory insufficiency; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | BENEFICIAL: Nutrient-dense food. | AVOID: Contains component that can modify known disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |

FISH

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------|---|--|--|---|
| Abalone | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Induces intestinal imbalance. |
| Anchovy | <p>AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin.</p> | <p>AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Barracuda | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Increases intestinal imbalance.</p> |
| Bass (Bluegill) | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>BENEFICIAL: Nutrient-dense food; increases lean muscle mass.</p> |
| Bass (Sea) | NEUTRAL | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> |
| Bass (Striped) | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------|---|---|--|---|
| Beluga | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Increases polyamine or indican levels.</p> | <p>AVOID: Increases polyamine or indican levels.</p> | <p>NEUTRAL</p> |
| Bluefish | <p>AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Bullhead | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Butterfish | <p>NEUTRAL</p> | <p>AVOID: Increases polyamine or indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Carp | <p>BENEFICIAL: Contains component that positively influences known disease susceptibility.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Catfish | <p>AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>AVOID</p> <p>Non-secretor variant: NEUTRAL</p> |
| Caviar | <p>AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Chub | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------|---|---|--|--|
| Clam | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Cod | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Conch | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation; increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation; increases polyamine or indican levels. | AVOID: Increases intestinal imbalance. |
| Crab | AVOID: Secretory insufficiency; provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | NEUTRAL Non-secretor variant: AVOID |
| Croaker | NEUTRAL | BENEFICIAL: Nutrient-dense food. | NEUTRAL | NEUTRAL |
| Cusk | NEUTRAL: Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Drum | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Eel/Japanese Eel | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------|--|--|---|---|
| Flounder | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Nutrient-dense food.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> |
| Frog | <p>AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Increases intestinal imbalance.</p> |
| Gray Sole | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes reaction in blood (non-lectin); inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> |
| Grouper | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes reaction in blood (non-lectin); inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Nutrient-dense food.</p> | <p>BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility.</p> | <p>NEUTRAL</p> |
| Haddock | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Nutrient-dense food.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> |

® FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------------|--|--|--|--|
| Hake | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Nutrient-dense food.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> |
| Halfmoon Fish | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Halibut | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Nutrient-dense food.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> |
| Harvest Fish | <p>AVOID: Inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>BENEFICIAL: Nutrient-dense food.</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Herring | <p>AVOID: Increases polyamine or indican levels; provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> |
| Lobster | <p>AVOID: Secretory insufficiency; provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------|--|--|--|---|
| Mackerel | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL |
| Mahi-mahi | NEUTRAL | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food. | NEUTRAL |
| Monkfish | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Mullet | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Muskellunge | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | AVOID: Increases intestinal imbalance; increases polyamine or indican levels. |
| Mussels | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | AVOID: Provokes reaction in blood (non-lectin); inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Octopus | AVOID: Provokes reaction in blood (non-lectin); inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | AVOID: Provokes reaction in blood (non-lectin). | AVOID: Provokes reaction in blood (non-lectin). | AVOID: Gastric irritant; inhibits proper digestive function. |
| Opaleye Fish | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------|---|---|--|--|
| Orange Roughy | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Oyster | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | NEUTRAL |
| Parrotfish | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Perch (Ocean) | NEUTRAL | BENEFICIAL: Nutrient-dense food. | NEUTRAL | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Perch (Silver) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Perch (White) | NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Perch (Yellow) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |
| Pickarel | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Pike | NEUTRAL | BENEFICIAL: Nutrient-dense food. Non-secretor variant: NEUTRAL | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Pollack | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Contains lectin or other agglutinin. |
| Pompano | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------|--|---|--|--|
| Porgy | NEUTRAL | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food. | NEUTRAL |
| Red Snapper | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Metabolic enhancer. Non-secretor variant: NEUTRAL |
| Rosefish | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Sailfish | NEUTRAL | NEUTRAL | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | NEUTRAL |
| Salmon | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food. Non-secretor variant: NEUTRAL | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | NEUTRAL |
| Salmon Roe | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID Non-secretor variant: NEUTRAL |
| Sardine | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL |
| Scallop | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | NEUTRAL |
| Scrod | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--|---|---|---|---|
| Scup | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | NEUTRAL | NEUTRAL | NEUTRAL |
| Shad | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Shark | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Shrimp | <p>AVOID: Secretory insufficiency; inhibits cardiovascular function; inhibits proper gastric function or blocks assimilation.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Enhances effect of other food toxins; increases polyamine or indican levels; contains component that can modify known disease susceptibility.</p> | NEUTRAL |
| Smelt | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Snail (Escargot/<i>Helix pomatia</i>) | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> | NEUTRAL |
| Sole | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>BENEFICIAL: Nutrient-dense food; increases lean muscle mass.</p> |
| Squid (Calamari) | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation.</p> | NEUTRAL | NEUTRAL | <p>AVOID: Contains lectin or other agglutinin.</p> |

FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------|--|---|--|--|
| Sturgeon | NEUTRAL | BENEFICIAL: Nutrient-dense food. | BENEFICIAL: Nutrient-dense food; contains component that positively influences known disease susceptibility. | BENEFICIAL: Nutrient-dense food; increases lean muscle mass. |
| Sucker | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Sunfish | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Swordfish | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |
| Tilapia | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Tilefish | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |
| Trout (Brook) | NEUTRAL Non-secretor variant: BENEFICIAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. Non-secretor variant: NEUTRAL | NEUTRAL |
| Trout (Rainbow) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. Non-secretor variant: NEUTRAL | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |
| Trout (Sea) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. Non-secretor variant: NEUTRAL | NEUTRAL |

6 FISH, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------|---|---|---|--|
| Tuna | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Weakfish | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Whitefish | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | NEUTRAL |
| Whiting | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Yellowtail | NEUTRAL | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | BENEFICIAL: Provides high-quality protein; increases lean muscle mass. |

DAIRY

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------|---|--|---|--|
| American Cheese | AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels. | AVOID: Provokes reaction in blood (non-lectin); increases polyamine or indican levels. | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes reaction in blood (non-lectin); contains component that can modify known disease susceptibility. |
| Blue Cheese | AVOID: Provokes reaction in blood (non-lectin); increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. | AVOID: Provokes reaction in blood (non-lectin); contains component that can modify known disease susceptibility. |
| Brie Cheese | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL | AVOID: Increases polyamine or indican levels. | AVOID: Provokes reaction in blood (non-lectin). |

DAIRY, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------|--|---|---|---|
| Butter | AVOID: Secretory insufficiency; provokes reaction in blood (non-lectin). | NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. | NEUTRAL |
| Buttermilk | AVOID: Inhibits proper gastric function or blocks assimilation. | NEUTRAL | AVOID: Increases polyamine or indican levels. | AVOID: Provokes reaction in blood (non-lectin). |
| Camembert Cheese | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases polyamine or indican levels. | AVOID: Provokes reaction in blood (non-lectin). |
| Casein | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Cheddar Cheese | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Colby Cheese | AVOID: Inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL | AVOID: Metabolic inhibitor. |
| Cottage Cheese | AVOID: Inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. Non-secretor variant: NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | AVOID: Metabolic inhibitor. |
| Cream Cheese | AVOID: Inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Edam Cheese | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Emmenthal Cheese | AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. |

DAIRY, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------------|---|--|--|---|
| Farmer Cheese | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | NEUTRAL Non-secretor variant: AVOID |
| Feta Cheese | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | NEUTRAL Non-secretor variant: AVOID |
| Ghee (clarified butter) | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL |
| Goat Cheese | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | BENEFICIAL Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Gouda Cheese | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction; increases intestinal imbalance; increases polyamine or indican levels. |
| Gruyère Cheese | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction; contains component that can modify known disease susceptibility. |
| Half & Half | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL | AVOID: Increases polyamine or indican levels. | AVOID: Provokes abnormal blood reaction; increases intestinal imbalance; increases polyamine or indican levels. |
| Ice Cream | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction; increases intestinal imbalance; increases polyamine or indican levels. |
| Jarlsberg Cheese | AVOID: Inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | AVOID: Increases intestinal imbalance; increases polyamine or indican levels. |

DAIRY, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------------------|---|---|---|---|
| Kefir | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio; cultured food. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio; cultured food. | AVOID: Metabolic inhibitor. |
| Milk (Cow: Skim or 2%) | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. Non-secretor variant: NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction; metabolic inhibitor. |
| Milk (Cow: Whole) | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. Non-secretor variant: NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Provokes abnormal blood reaction; contains component that can modify known disease susceptibility. |
| Milk (Goat) | NEUTRAL Non-secretor variant: AVOID | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | AVOID: Provokes abnormal blood reaction. |
| Monterey Jack Cheese | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | AVOID: Increases polyamine or indican levels. |
| Mozzarella Cheese | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | NEUTRAL Non-secretor variant: AVOID |
| Muenster Cheese | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | AVOID: Provokes abnormal blood reaction; contains component that can modify known disease susceptibility. |
| Neufchatel Cheese | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction; contains component that can modify known disease susceptibility. |

DAIRY, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------------------|--|---|---|---|
| Paneer | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio; cultured food. | NEUTRAL | AVOID: Provokes abnormal blood reaction; metabolic inhibitor. |
| Parmesan Cheese | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. |
| Provolone Cheese | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. |
| Quark Cheese | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. |
| Ricotta Cheese | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio. | AVOID: Provokes abnormal blood response. |
| Sour Cream (low-/nonfat) | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio; cultured food. | AVOID: Contains component that can modify known disease susceptibility. |
| String Cheese | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Provokes abnormal blood reaction; increases intestinal imbalance; increases polyamine or indican levels. |
| Swiss Cheese | AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases polyamine or indican levels. |

DAIRY, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------|---|--|--|---|
| Whey | <p>AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> |
| Yogurt | <p>NEUTRAL</p> | <p>BENEFICIAL: Provides optimal amino acid (lysine/arginine) ratio; cultured food.</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> |

EGG

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------|---------------|---|--|---|
| Chicken Egg | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENE- FICIAL | NEUTRAL |
| Chicken: Egg White | NEUTRAL | NEUTRAL | BENEFICIAL: Nutrient-dense food. | NEUTRAL |
| Chicken: Egg Yolk | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENE- FICIAL | NEUTRAL |
| Duck Egg | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Goose Egg | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID Non-secretor variant: NEU- TRAL |
| Quail Egg | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID Non-secretor variant: NEU- TRAL |

BEAN/LEGUME

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------------------|---|--|---|--|
| Adzuki Bean | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> |
| Black Bean | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>NEUTRAL</p> |
| Black-eyed Pea | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> |
| Cannellini Bean | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Copper Bean | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> |
| Fava (Broad) Bean | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Garbanzo Bean (Chickpea) | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>AVOID: Contains lectin or other agglutinin.</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |

BEAN/LEGUME, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------|---|---|--|--|
| Green/Snap/String Bean | BENEFICIAL: Contains component which either blocks polyamine synthesis or lowers indican levels. | NEUTRAL | NEUTRAL | NEUTRAL |
| Jicama | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL |
| Kidney Bean | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component which either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. |
| Lentil (Domestic) | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Contains lectin or other agglutinin. | NEUTRAL | AVOID Non-secretor variant: NEUTRAL |
| Lentil (Green) | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Flocculates serum or precipitates serum proteins; contains lectin or other agglutinin. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID Non-secretor variant: NEUTRAL |
| Lentil (Red) | BENEFICIAL: Contains an agglutinin which modifies disease susceptibility. | AVOID: Contains lectin or other agglutinin. | NEUTRAL | AVOID Non-secretor variant: NEUTRAL |
| Lima Bean | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. | BENEFICIAL: Contains component which either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Mung Bean/Sprouts | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |

BEAN/LEGUME, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------------------|--|---|---|--|
| Navy Bean | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin.</p> |
| Northern Bean | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Pinto Bean | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> | <p>AVOID</p> <p>Non-secretor variant: NEUTRAL</p> |
| Snap Bean | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Soybean | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Soy Cheese | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Soy Flakes | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Soy Granules (Lecithin) | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |

BEAN/LEGUME, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------------------|--|--|--|--|
| Soy Milk | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Tamarind Bean | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>AVOID: Gastric irritant; inhibits proper digestive function; increases intestinal imbalance; increases polyamine or indican levels.</p> |
| Tempeh (fermented soy) | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Tofu (soy cake) | <p>BENEFICIAL: Contains an agglutinin that modifies disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor.</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| White Bean | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |

NUT/SEED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------------|---------------|---------------|----------------|--------------------------------|
| Almond/Almond Butter | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Almond Cheese | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| | | | | Non-secretor variant: AVOID |
| Almond Milk | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| | | | | Non-secretor variant: AVOID |

NUT/SEED, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------------|---|---|---|--|
| Beechnut | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Brazil Nut | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. |
| Butternut | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Cashew/Cashew Butter | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains component that can modify known disease susceptibility. |
| Chestnut | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | AVOID: Provokes abnormal blood reaction. |
| Filbert (Hazelnut) | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Flaxseed (Linseed) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL |
| Hickory | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Litchi | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Increases intestinal imbalance; increases polyamine or indican levels. |
| Macadamia | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Peanut/Peanut Butter | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Contains lectin or other agglutinin. | BENEFICIAL Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. |

NUT/SEED, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------------------------|---|---|---|---|
| Pecan/Pecan Butter | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Pine Nut (Pignola) | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL |
| Pistachio | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. |
| Poppy Seed | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Enhances effect of other food toxins; contains component that can modify known disease susceptibility. |
| Pumpkin Seed/Pumpkin Seed Butter | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Safflower Seed | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; provokes abnormal blood reaction. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Sesame Butter/Tahini | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Sesame Seed | NEUTRAL | AVOID: Contains lectin or other agglutinin. Provokes abnormal blood reaction. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Sunflower Seed/Sunflower Seed Butter | NEUTRAL: Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; provokes abnormal blood reaction. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. |
| Walnut (Black) | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |

NUT/SEED, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------|---|---|---|---|
| Walnut (English) | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |

GRAIN

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------------|--|--|--|---|
| Amaranth | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Contains lectin or other agglutinin. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Artichoke Flour/Pasta | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids; contains component that positively influences known disease susceptibility. | AVOID: Contains lectin or other agglutinin. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | NEUTRAL Non-secretor variant: AVOID |
| Barley | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Metabolic inhibitor. |
| Buckwheat/Kasha | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL Non-secretor variant: AVOID |
| Corn (all) | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Cornmeal | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |

GRAIN, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------------------|---|---|--|---|
| Couscous (Cracked Wheat) | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Essene Bread (Manna Bread) | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids Non-secretor variant: NEUTRAL | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. |
| Ezekiel Bread | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. Non-secretor variant: NEUTRAL | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. Non-secretor variant: NEUTRAL | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | NEUTRAL |
| Gluten Flour | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Gluten-Free Bread | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Kamut | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Increases polyamine or indican levels. | NEUTRAL |
| Millet | NEUTRAL | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | NEUTRAL |

GRAIN, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------------------------|--|--|---|--|
| Oat Flour | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: AVOID |
| Oat/Oat Bran/Oatmeal | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: AVOID |
| Popcorn | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component which can modify known disease susceptibility. |
| Quinoa | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Rice (Cream of) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Rice (Puffed) | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Rice (White/Brown/Basmati) Bread | NEUTRAL | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Rice (Wild) | NEUTRAL | AVOID Non-secretor variant: NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Rice Bran | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |

GRAIN, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------------------|---|--|--|---|
| Rice Cake/Flour | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Rice Milk | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Rye Flour (Whole Rye) | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | AVOID: Contains lectin or other agglutinin. | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | NEUTRAL |
| Rye/100% Rye Bread | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | AVOID: Contains lectin or other agglutinin. | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. | NEUTRAL |
| Soba Noodles (100% Buckwheat) | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL Non-secretor variant: AVOID |
| Sorghum | NEUTRAL | AVOID: Contains lectin or other agglutinin. Non-secretor variant: NEUTRAL | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. |
| Soy Flour/Bread | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: AVOID | BENEFICIAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID |
| Spelt (whole) | NEUTRAL | BENEFICIAL Non-secretor variant: NEUTRAL | BENEFICIAL Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: AVOID |

GRAIN, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------------------------|--|--|---|---|
| Spelt Flour/Products | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Tapioca | NEUTRAL | AVOID Non-secretor variant: NEUTRAL | AVOID: Increases polyamine or indican levels. | NEUTRAL Non-secretor variant: AVOID |
| Teff | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; provokes abnormal blood reaction. | NEUTRAL |
| Wheat (Bran) | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. | NEUTRAL | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Wheat (Germ) | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Wheat (Gluten Flour Products) | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor. | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Wheat (Refined Unbleached) | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |

GRAIN, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--|--|--|--|---|
| Wheat (Semolina Flour Products) | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Wheat (White Flour Products) | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Wheat (Whole Wheat Products) | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Wheat Bread (Sprouted Commercial, Except Essene and Ezekiel) | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |

VEGETABLE/VEG JUICE

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------|---|--|--|--|
| Agar | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID |
| Alfalfa Sprouts | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID: Contains component that can modify known disease susceptibility. |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------------------|---|---|---|--|
| Aloe/Aloe Tea/Aloe Juice | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Contains lectin or other agglutinin; contains component that can modify known disease susceptibility. |
| Artichoke (Globe/Jerusalem) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Arugula | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Asparagus | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Asparagus Pea | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Bamboo Shoot | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Beet | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL Non-secretor variant: NEUTRAL | NEUTRAL |
| Beet Greens | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Bok Choy | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Broccoli | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Brussels Sprouts | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---|--|--|---|---|
| Cabbage (Chinese/ Red/White) | AVOID: Provokes abnormal blood reaction; secretory insufficiency; increases intestinal imbalance. | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Cabbage Juice | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: AVOID |
| Caper | AVOID: Flocculates serum or precipitates serum proteins. | NEUTRAL | AVOID: Flocculates serum or precipitates serum proteins. | AVOID: Metabolic inhibitor. |
| Carrot | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Carrot Juice | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Cauliflower | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID: Metabolic inhibitor. |
| Celeriac | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Celery/Celery Juice | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------|---|---|---|---|
| Chicory | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Chili Pepper | AVOID: Flocculates serum or precipitates serum proteins. Non-secretor variant: NEUTRAL | NEUTRAL | AVOID: Gastric irritant; inhibits proper digestive function. | NEUTRAL |
| Collard Greens | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Cucumber | NEUTRAL | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Contains lectin or other agglutinin. |
| Cucumber Juice | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Contains lectin or other agglutinin. |
| Daikon Radish | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Dandelion | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Eggplant | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL Non-secretor variant: AVOID |
| Endive | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Escarole | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------|--|---|---|---|
| Fennel | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Fiddlehead Fern | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Garlic | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL |
| Ginger | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Horseradish | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Juniper | AVOID: Secretory insufficiency; induces intestinal imbalance. | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | AVOID: Gastric irritant; inhibits proper digestive function. |
| Kale | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Kelp | NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: metabolic enhancer. |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---|---|---|--|--|
| Kohlrabi | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Leek | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL | NEUTRAL | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. |
| Lettuce (except Romaine) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Lettuce (Romaine) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL |
| Mushroom (Abalone) | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Mushroom (Domestic white "Button," "Silver Dollar") | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: AVOID | NEUTRAL | NEUTRAL | AVOID Non-secretor variant: NEUTRAL |
| Mushroom (Enoki) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Mushroom (Maitake) | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL |
| Mushroom (Oyster) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Mushroom (Portobello) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Mushroom (Shiitake) | AVOID: Provokes abnormal blood reaction. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--|--|---|---|---|
| Mushroom (Straw) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Mustard Greens | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID Non-secretor variant: NEUTRAL |
| Okra | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Olive (Black) | AVOID: Secretory insufficiency; induces intestinal imbalance; provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Provokes abnormal blood reaction. | AVOID: Increases polyamine or indican levels. | AVOID: Contains component that can modify known disease susceptibility. |
| Olive (Greek/Spanish) | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Olive (Green) | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Onion (Red/Spanish/ Yellow/ White/Green) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Oyster Plant | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Parsnip | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL |
| Pea (Green/Pod/Snow) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--|---|---|--|--|
| Pepper (Green/ Yellow/Jalapeño) | <p>AVOID: Provokes abnormal blood reaction.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>BENEFICIAL</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> |
| Pepper (Red/Cayenne) | <p>AVOID</p> | <p>BENEFICIAL: Contains component that positively influences known disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>BENEFICIAL: Contains component that positively influences known disease susceptibility.</p> |
| Pickle (in brine) | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> | <p>NEUTRAL</p> | <p>AVOID: Gastric irritant; inhibits proper digestive function.</p> | <p>AVOID: Contains component that can modify known disease susceptibility.</p> |
| Pickle (in vinegar) | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> | <p>AVOID: Provokes abnormal blood reaction.</p> | <p>AVOID: Contains component that can modify known disease susceptibility.</p> |
| Pimento | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> |
| Poi | <p>NEUTRAL</p> | <p>NEUTRAL</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Potato (Sweet) | <p>AVOID: Secretory insufficiency; induces intestinal imbalance; inhibits proper gastric function or blocks assimilation.</p> | <p>BENEFICIAL: Contains component that positively influences known disease susceptibility.</p> | <p>BENEFICIAL: Contains component that positively influences known disease susceptibility.</p> | <p>BENEFICIAL: Contains component that positively influences known disease susceptibility.</p> <p>Non-secretor variant: NEUTRAL</p> |
| Potato (White/ Red/Blue/Yellow) | <p>AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes abnormal blood reaction.</p> | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> | <p>NEUTRAL</p> | <p>AVOID: Contains lectin or other agglutinin; contains component that can modify known disease susceptibility; metabolic inhibitor.</p> |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------|--|--|---|---|
| Pumpkin | BENEFICIAL: Contains component that positively influences known disease susceptibility. | AVOID Non-secretor variant: NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Radicchio | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Radish | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Radish Sprouts | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Rappini | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Rhubarb | AVOID: Secretory insufficiency. | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Gastric irritant; inhibits proper digestive function; contains component that can modify known disease susceptibility. |
| Rutabaga | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Sauerkraut | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Scallion | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Seaweed | NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: Metabolic enhancer. |
| Shallot | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Spinach/Spinach Juice | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |

VEGETABLE/VEG JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------------------|---|---|---|--|
| Squash (Summer/Winter) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Swiss Chard | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Taro | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | AVOID: Metabolic inhibitor. |
| Tomato/Tomato Juice | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL |
| Turnip | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL |
| Water Chestnut | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Watercress | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Yam | AVOID: Secretory insufficiency; induces intestinal imbalance. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Yucca | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL | AVOID: Metabolic inhibitor. |
| Zucchini | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

FRUIT/FRUIT JUICE

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------------|---|---|---|--|
| Apple/Apple Juice/Cider | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Apricot/Apricot Juice | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Asian Pear | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Contains lectin or other agglutinin. |
| Avocado | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID Non-secretor variant: BENEFICIAL |
| Banana | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. |
| Bitter Melon | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; contains component that can modify known disease susceptibility. |
| Blackberry/Blackberry Juice | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | AVOID: Contains lectin or other agglutinin. |
| Blueberry | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Boysenberry | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL |

FRUIT/FRUIT JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------------------|--|--|--|---|
| Breadfruit | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Canang Melon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Cantaloupe | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases intestinal imbalance. |
| Casaba Melon | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | NEUTRAL | NEUTRAL |
| Cherry (all) | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BEN- EFICIAL | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. |
| Cherry Juice (Black) | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BEN- EFICIAL | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. |
| Christmas Melon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Coconut | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEU- TRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Enhances effect of other food toxins. | AVOID: Enhances effect of other food toxins; provokes abnormal blood reaction. |
| Coconut Milk | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEU- TRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | AVOID: Enhances effect of other food toxins; contains component that can modify known disease susceptibil- ity. |
| Cranberry | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL |
| Cranberry Juice | NEUTRAL Non-secretor variant: BEN- EFICIAL | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL |

FRUIT/FRUIT JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------------------|---|---|---|---|
| Crenshaw Melon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Currents (Black/Red) | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL |
| Date (all) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Dewberry | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Elderberry (Dark Blue/Purple) | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL |
| Fig (Fresh/Dried) | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Gooseberry | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL |
| Grape (all) | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL |
| Grapefruit | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Grapefruit Juice | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | NEUTRAL |

18 **FRUIT/FRUIT JUICE, CONTINUED**

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------------|--|---|---|--|
| Guava/Guava Juice | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | AVOID: Provokes abnormal blood reaction. | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. |
| Honeydew | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Enhances effect of other food toxins. |
| Kiwi | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | AVOID: Metabolic inhibitor. |
| Kumquat | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Lemon/Lemon Juice | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Lime/Lime Juice | BENEFICIAL: Contains component that positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL |
| Loganberry | NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL |
| Mango/Mango Juice | AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels. Non-secretor variant: NEUTRAL | NEUTRAL | AVOID: Increases polyamine or indican levels. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Mulberry | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Muskmelon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

FRUIT/FRUIT JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-------------------------------|---|--|--|--|
| Nectarine/ Nectarine Juice | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Orange/Orange Juice | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | NEUTRAL | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels; metabolic inhibitor. |
| Papaya/Papaya Juice | AVOID: Provokes abnormal blood reaction. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL | NEUTRAL |
| Peach | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Pear/Pear Juice | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Persian Melon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Persimmon | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Pineapple | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. | NEUTRAL |
| Pineapple Juice | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. | NEUTRAL | BENEFICIAL: Contains com- ponent that positively influ- ences known disease susceptibility. |
| Plantain | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL | AVOID: Contains lectin or other agglutinin. |
| Plum (Dark/Green/Red) | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains com- ponent that either blocks polyamine synthesis or lowers indican levels. |
| Pomegranate | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL Non-secretor variant: BEN- EFICIAL |

FRUIT/FRUIT JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------------|--|---|---|---|
| Prickly Pear | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: BENEFICIAL |
| Prune | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Quince | NEUTRAL | NEUTRAL | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Raisin | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Raspberry | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL |
| Sago Palm | NEUTRAL | NEUTRAL | AVOID: Metabolic inhibitor. | NEUTRAL |
| Spanish Melon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Starfruit (Carambola) | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Strawberry | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Tangerine | AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | AVOID: Increases polyamine or indican levels; metabolic inhibitor. |
| Water & Lemon | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL | NEUTRAL |

FRUIT/FRUIT JUICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------|---|---|---|---------------|
| Watermelon | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Youngberry | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

OIL

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|------------------------|---|---|--|---|
| Almond Oil | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Black Currant Seed Oil | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL |
| Borage Seed Oil | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Canola Oil | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Castor Oil | AVOID: Secretory insufficiency. | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Contains lectin or other agglutinin. |
| Coconut Oil | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | AVOID: Enhances effect of other food toxins. | AVOID Non-secretor variant: NEUTRAL |
| Cod Liver Oil | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |

OIL, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------------------|---|---|---|--|
| Corn Oil | AVOID: Secretory insufficiency; interferes with cardiovascular activity. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. |
| Cottonseed Oil | AVOID: Secretory insufficiency; interferes with cardiovascular activity. | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Enhances effect of other food toxins; metabolic inhibitor. |
| Evening Primrose Oil | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Enhances effect of other food toxins. |
| Flax Seed (Linseed) Oil | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | BENEFICIAL Non-secretor variant: NEUTRAL |
| Olive Oil | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Peanut Oil | AVOID: Secretory insufficiency; interferes with cardiovascular activity. Non-secretor variant: NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Enhances effect of other food toxins; provokes abnormal blood reaction; metabolic inhibitor. |
| Safflower Oil | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. |
| Sesame Oil | NEUTRAL Non-secretor variant: BENEFICIAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | NEUTRAL |
| Soy Oil | NEUTRAL | AVOID: Contains lectin or other agglutinin. | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Sunflower Oil | NEUTRAL | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Provokes abnormal blood reaction. |

OIL, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------|---|---|---|---|
| Walnut Oil | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL |
| Wheat Germ Oil | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction; increases intestinal imbalance; increases polyamine or indican levels. |

HERB/SPICE

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------|---|--|---|---|
| Acacia (Arabic Gum) | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor; increases lectin activity and binding. | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. |
| Allspice | NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Anise | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL |
| Arrowroot | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Basil | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Bay Leaf | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Bergamot | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Caraway | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

HERB/SPICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------|---|---|---|---|
| Cardamom | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Carob | NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. Non-secretor variant: NEUTRAL |
| Chervil | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Chili Powder | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Chives | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Chocolate | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Cilantro | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Cinnamon | NEUTRAL | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Clove | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Coriander | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Cornstarch | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin; metabolic inhibitor; contains component that can modify known disease susceptibility. |
| Cream of Tartar | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

HERB/SPICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------|---|--|--|---|
| Cumin | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Curry | NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Dill | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Dulse | NEUTRAL | NEUTRAL | NEUTRAL | BENEFICIAL: Metabolic enhancer. |
| Guarana | NEUTRAL | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | AVOID: Increases polyamine or indican levels; inhibits proper gastric function or blocks assimilation. | AVOID: Enhances effect of other food toxins. |
| Licorice Root | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Mace | NEUTRAL | NEUTRAL | NEUTRAL | AVOID: Provokes abnormal blood reaction. |
| Marjoram | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Mustard, Dry | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL | NEUTRAL | NEUTRAL |
| Nutmeg | NEUTRAL | NEUTRAL | NEUTRAL | AVOID Non-secretor variant: NEUTRAL |
| Oregano | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL |
| Paprika | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

HERB/SPICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------------------------|--|---|---|---|
| Parsley | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Pepper (Black/White) | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction; increases polyamine or indican levels. | AVOID: Gastric irritant; inhibits proper digestive function. | AVOID: Gastric irritant; inhibits proper digestive function; contains component that can modify known disease susceptibility. |
| Pepper (Peppercorn/Red Flakes) | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Gastric irritant; inhibits proper digestive function. | NEUTRAL |
| Peppermint | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Rosemary | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Saffron | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Sage | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Savory | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Senna | NEUTRAL Non-secretor variant: AVOID | NEUTRAL | NEUTRAL | NEUTRAL |
| Spearmint | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Tamarind | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Tarragon | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Thyme | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

■ HERB/SPICE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--------------------|---|---------------|--|---|
| Turmeric | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> | NEUTRAL | <p>NEUTRAL</p> <p>Non-secretor variant: BENEFICIAL</p> | <p>BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels.</p> <p>Non-secretor variant: NEUTRAL</p> |
| Vanilla | NEUTRAL | NEUTRAL | NEUTRAL | <p>NEUTRAL</p> <p>Non-secretor variant: AVOID</p> |
| Wintergreen | <p>AVOID: Provokes abnormal blood reaction.</p> <p>Non-secretor variant: NEUTRAL</p> | NEUTRAL | NEUTRAL | NEUTRAL |

CONDIMENT

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------------------|--|---|---|---|
| Apple Pectin | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Carrageenan | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Provokes abnormal blood reaction; metabolic inhibitor. | AVOID: Increases polyamine or indican levels. | AVOID: Contains component that can modify known disease susceptibility. |
| Gelatin, Plain | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Increases polyamine or indican levels; metabolic inhibitor; inhibits proper gastric function or blocks assimilation. | AVOID: Metabolic inhibitor. | NEUTRAL |
| Guar Gum | AVOID: Contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Increases polyamine or indican levels; metabolic inhibitor; inhibits proper gastric function or blocks assimilation. | AVOID: Metabolic inhibitor. | AVOID: Provokes abnormal blood reaction. |
| Jam/Jelly (OK ingredients) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

CONDIMENT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|--|--|--|--|--|
| Ketchup | AVOID: Provokes abnormal blood reaction; contains lectin or other agglutinin; metabolic inhibitor. | AVOID: Contains lectin or other agglutinin. | AVOID: Enhances effect of other food toxins. | AVOID: Contains lectin or other agglutinin. |
| Mayonnaise | AVOID: Provokes abnormal blood reaction. | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Miso | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | AVOID: Contains lectin or other agglutinin. | BENEFICIAL Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| MSG | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels; metabolic inhibitor. | AVOID: Enhances effect of other food toxins. | AVOID Non-secretor variant: NEUTRAL |
| Mustard (with vinegar and wheat) | AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Gastric irritant; inhibits proper digestive function. | AVOID: Gastric irritant; inhibits proper digestive function. |
| Mustard (with vinegar, wheat-free). | NEUTRAL | NEUTRAL | AVOID: Gastric irritant; inhibits proper digestive function. | AVOID: Gastric irritant; inhibits proper digestive function. |
| Mustard (with wheat, vinegar-free) | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | AVOID: Gastric irritant; inhibits proper digestive function. |
| Mustard (wheat-free, vinegar-free) | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL | NEUTRAL | NEUTRAL |
| Pickle Relish | AVOID: Provokes abnormal blood reaction. | NEUTRAL Non-secretor variant: AVOID | AVOID: Gastric irritant; inhibits proper digestive function. | AVOID: Gastric irritant; inhibits proper digestive function. |
| Salad Dressing (OK ingredients) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |

CONDIMENT, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|-----------------------------------|---|---|--|--|
| Sea Salt | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Soy Sauce | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | AVOID: Contains lectin or other agglutinin. | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Tamari (wheat-free) | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Vinegar (Apple Cider) | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Gastric irritant; inhibits proper digestive function. | NEUTRAL Non-secretor variant: AVOID |
| Vinegar (Balsamic/White/Red/Rice) | AVOID: Provokes abnormal blood reaction. | NEUTRAL | AVOID: Gastric irritant; inhibits proper digestive function. | AVOID: Gastric irritant; inhibits proper digestive function. |
| Worcestershire Sauce | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels. |
| Yeast (Baker's) | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Yeast (Brewer's) | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL |

■ SWEETENER

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------|---------------|---|---|---------------|
| Almond Extract | NEUTRAL | AVOID: Increases polyamine or indican levels. | AVOID: Increases polyamine or indican levels; floccu- lates serum or precipitates serum proteins. | NEUTRAL |
| | | | | |

SWEETNER, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------|---|--|--|--|
| Aspartame | AVOID: Provokes abnormal blood reaction; inhibits proper gastric function or blocks assimilation. | AVOID: Inhibits proper gastric function or blocks assimilation; metabolic inhibitor. | AVOID: Metabolic inhibitor. | AVOID: Metabolic inhibitor. |
| Barley Malt | BENEFICIAL: Healthy alternative to more common variety of foods which are classed as avoids. Non-secretor variant: NEUTRAL | AVOID: Provokes abnormal blood reaction. | AVOID: Increases polyamine or indican level. | NEUTRAL Non-secretor variant: AVOID |
| Corn Syrup | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin. | AVOID: Contains lectin or other agglutinin. | AVOID: Metabolic inhibitor; contains lectin or other agglutinin. |
| Dextrose | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | AVOID: Enhances effect of other food toxins. | AVOID: Metabolic inhibitor. |
| Fructose | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | AVOID: Metabolic inhibitor. | AVOID: Metabolic inhibitor. |
| Honey | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID |
| Invert Sugar | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | AVOID: Metabolic inhibitor. | AVOID: Metabolic inhibitor. |
| Maltodextrin | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains lectin or other agglutinin; increases polyamine or indican levels. | AVOID: Metabolic inhibitor. | AVOID: Metabolic inhibitor. |
| Maple Syrup | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID |

SWEETNER, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------------------------|---|---|---|--|
| Molasses | NEUTRAL | NEUTRAL | NEUTRAL | NEUTRAL |
| Molasses (Blackstrap) | BENEFICIAL: Contains component which positively influences known disease susceptibility. Non-secretor variant: NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | NEUTRAL |
| Rice Syrup | NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID |
| Stevia | NEUTRAL | AVOID Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID |
| Sucanat | AVOID: Provokes abnormal blood reaction. | AVOID: Provokes abnormal blood reaction. | AVOID: Metabolic inhibitor. | NEUTRAL Non-secretor variant: AVOID |
| Sugar (Brown/White) | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID | NEUTRAL Non-secretor variant: AVOID |

BEVERAGE

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|---------------------------|---|--|--|---|
| Beer | AVOID: Provokes abnormal blood reaction. Non-secretor variant: NEUTRAL | NEUTRAL | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains component that can modify known disease susceptibility. |
| Coffee (Regular/Decaf) | BENEFICIAL: Contains an agglutinin that modifies disease susceptibility. | NEUTRAL Non-secretor variant: AVOID | AVOID: Provokes abnormal blood reaction. | AVOID: Contains component that can modify known disease susceptibility. |

BEVERAGE, CONTINUED

| Food Item | BLOOD GROUP A | BLOOD GROUP B | BLOOD GROUP AB | BLOOD GROUP O |
|----------------------------------|---|---|---|---|
| Green Tea | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that positively influences known disease susceptibility. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. |
| Liquor (Distilled) | AVOID: Secretory insufficiency. | AVOID: Inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | AVOID Non-secretor variant: NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. |
| Seltzer Water | AVOID: Secretory insufficiency; inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | AVOID: Inhibits proper gastric function or blocks assimilation; metabolic inhibitor. Non-secretor variant: NEUTRAL | NEUTRAL | BENEFICIAL: Contains component that positively influences known disease susceptibility. |
| Soda (Club) | AVOID: Secretory insufficiency. | AVOID: Inhibits proper gastric function or blocks assimilation. Non-secretor variant: NEUTRAL | NEUTRAL | BENEFICIAL: Contains component which positively influences known disease susceptibility. |
| Soda (Misc./Diet/Cola) | AVOID: Secretory insufficiency; inhibits proper gastric function or blocks assimilation. | AVOID: Inhibits proper gastric function or blocks assimilation. | AVOID: Metabolic inhibitor. | AVOID: Inhibits proper digestive function. |
| Tea (Black Regular/Decaf) | AVOID: Secretory insufficiency. Non-secretor variant: NEUTRAL | NEUTRAL Non-secretor variant: AVOID | AVOID: Contains component that can modify known disease susceptibility. | AVOID: Contains component that can modify known disease susceptibility. |
| Wine (Red) | BENEFICIAL: Contains component that either blocks polyamine synthesis or lowers indican levels. | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL |
| Wine (White) | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL Non-secretor variant: BENEFICIAL | NEUTRAL | AVOID: Contains component that can modify known disease susceptibility. |