

“Blood-Type” Diet food items

Food List	ABO Blood Group			
	A	B	AB	O
Skim milk	-	+	/	-
Milk 1-2%	-	+	/	-
Whole milk	-	+	-	-
Soy milk	+	-	/	/
Yogurt (flavoured)	/	+	+	-
Yogurt (plain)	/	+	+	-
Cottage cheese	-	+	+	-
Cream cheese	-	/	/	-
Other cheese (cheddar and swiss)	-	/	/	-
Butter	-	/	-	/
Mayonnaise	-	/	/	-
Ice cream	-	-	-	-
Grapes	/	+	+	/
Prunes	+	/	/	+
Bananas	-	+	-	+
Cantaloupe	/	/	/	-
Honeydew	-	/	/	-
Watermelon	/	+	+	/
Avocado	/	-	-	-
Apple	/	/	/	/
Apple juice	/	/	/	/
Apple butter	/	+	/	/
Orange	-	/	-	-
Orange juice	-	/	-	-
Grapefruit	+	/	+	/
Grapefruit juice	+	/	/	/
Other fruit juices (pineapple etc.)	+	+	/	+
Strawberries	/	/	/	/
Blueberries	+	/	/	+
Peaches	/	/	/	/
Tropical fruits (pineapple etc.)	+	+	+	/
Dried apricot	+	/	/	/
Raisins	/	/	/	/
Dried dates	/	/	/	/
Cranberries	+	+	+	/

Tomatoes	-	-	/	/
Tomato juice	-	-	/	/
Tomato sauce	-	-	/	/
Tofu	+	-	+	/
Green beans	+	/	/	/
Broccoli	+	+	+	+
Cabbage	-	+	/	/
Cauliflower	/	+	+	-
Brussels Sprouts	/	+	/	/
Raw carrots	+	+	/	/
Cooked carrots	+	+	/	/
Corn	/	-	-	-
Peas (green/pod/snow)	+	/	/	/
Mixed vegetables	/	/	/	/
Beans	/	/	/	/
Squash	/	/	/	/
Zucchini	/	/	/	/
Eggplant	-	+	+	/
Yams	-	+	+	/
Garlic	+	/	+	/
Cooked spinach	+	/	/	+
Raw spinach	+	/	/	+
Kale	+	+	+	+
Iceberg	/	/	/	/
Romaine lettuce	+	/	/	+
Celery	+	/	+	/
Green peppers	-	+	-	/
Red peppers	-	+	-	+
Onions (Garnish)	+	/	/	+
Onions	+	/	/	+
Okra	+	/	/	+
Cucumber	/	/	+	-
Pickles	-	/	-	-
Olives	-	-	-	-
Olive oil	+	+	/	+
Beets	/	+	+	/
Asparagus	/	/	/	/

Peanut butter	+	-	+	-
Peanuts	+	-	+	-
Almond butter	/	/	/	/
Almonds	/	/	/	/
Walnuts	+	+	+	+
Egg whites	/	/	/	/
Eggs	/	/	/	/
Bacon	-	-	-	-
Chicken sandwich	/	/	/	/
Chicken/Turkey with skin	/	/	/	/
Chicken/Turkey without skin	/	/	/	/
Pork/Beef hotdogs	-	-	-	-
Chicken/Turkey hotdogs	-	-	-	-
Processed meat sandwich	-	-	-	-
Processed meat	-	-	-	-
Lean hamburger	-	-	-	-
Hamburger	-	-	-	-
Beef/Pork/Lamb Sandwich	/	/	/	/
Pork	-	-	-	-
Beef	-	/	-	+
Liver	-	/	/	+
Chicken liver	/	-	-	/
Other organ meats (heart etc.)	-	-	-	+
Canned tuna	/	/	+	/
Fish cakes	/	/	/	/
Shrimp	-	-	-	/
Dark meat fish (salmon etc.)	+	+	/	/
Other fish (cod etc.)	+	+	+	+
Cold cereal	/	/	/	/
Cooked oatmeal	+	+	+	/
Oat bran	+	+	+	/
Cooked breakfast cereal	/	/	/	/
White bread (flour)	/	/	/	-
English muffins	-	/	/	-
Heavy bread (rye etc.)	/	-	+	/
Dark bread (whole wheat etc.)	-	-	/	-

Bagel	/	/	/	-
Biscuits	/	/	/	/
Brown rice	/	/	+	/
White rice	/	/	+	/
Mac & cheese	-	-	-	-
Pasta (durum wheat flour)	/	-	/	-
Whole grain pasta	/	/	/	/
Wheat germ	-	-	/	-
Barley	/	/	/	-
Bulgur	/	-	/	-
Other grains (couscous etc.)	/	-	/	-
Pancakes	/	/	/	/
French fries	-	-	-	-
Potatoes (scaloped)	-	/	/	-
Potatoes (baked)	-	/	/	-
Potato chips	-	-	-	-
Corn chips	-	-	-	-
Crackers	/	/	/	/
Pizza	-	-	-	-
Tortillas (wheat flours)	-	-	/	-
Coffee	+	/	-	-
Green Tea	+	+	+	+
Black Tea	-	/	-	-
White Wine	/	/	/	/
Red Wine	+	/	/	/
Beer	-	/	/	-
Soda	-	-	-	-
Liquor	-	-	-	-

The “+” signs indicate the foods that are recommended for the blood group according to the “Blood-Type” diet. The “-” signs indicate the foods to avoid for the blood group. The “/” signs indicate the foods that are neutral.