

MEATS & POULTRY	SEAFOOD	EGGS & DAIRY
<p><b>Highly Beneficial</b> None</p> <p><b>Neutral</b> Chicken Cornish Hens Turkey</p> <p><b>Avoid</b> Bacon Beef, regular, ground Buffalo Duck goose Ham Heart Lamb Liver Mutton Partridge Pheasant Pork Quail Rabbit Veal Venison</p>	<p><b>Highly Beneficial</b> Carp Cod Grouper Mackerel Monkfish Pickerel Red Snapper Rainbow Trout Salmon Sardine Sea Trout Silver Perch Snail Whitefish Yellow Perch</p> <p><b>Neutral</b> Abalone Albacore (Tuna) Mahi-mahi Ocean Perch Pike Porgy Sailfish Sea Bass Shark Smelt Snapper Sturgeon Swordfish Weakfish White Perch Yellowtail</p> <p><b>Avoid</b> Anchovy Barracuda Betuga Bluefish Bluegill Bass Catfish Caviar Clam Conch Crab Crayfish Eel Flounder Frog Grey Sole Haddock Hake Halibut Herring: fresh, pickled Lobster Lox (smoked salmon) Mussels Octopus Oysters Scallop Shad Shrimp sole Squid (calamari) Striped Bass Tilefish Turtle</p>	<p><b>Highly Beneficial</b> Soya Cheese Soy Milk (Good Dairy alternatives)</p> <p><b>Neutral</b> Farmer Feta Goat cheese Goat milk Kefir Mozzarella: low fat Ricotta: low fat String cheese Yogurt: regular, w/ fruit, frozen eggs</p> <p><b>Avoid</b> American cheese Blue cheese Brie Butter Buttermilk Camembert Casein Cheddar Colby Cottage Cream cheese Edam Emmenthal Gouds Gruyere Ice cream Jarvisberg Monterey jack Munster Parmesan Provolone Neufchatel Sherbet Skim or 2% milk Swiss Whey Whole milk</p>

From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

OILS & FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p><b>Highly Beneficial</b> Linseed (flaxseed) oil Olive oil</p> <p><b>Neutral</b> Canola oil Cod liver oil</p> <p><b>Avoid</b> Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil</p>	<p><b>Highly Beneficial</b> Peanuts Peanut butter Pumpkin seeds</p> <p><b>Neutral</b> Almond butter Nuts: almonds, chestnuts, filberts, hickory, litchi, macadamia pignola (pine) Poppy seeds Sesame seeds Sesame butter (tahini) Sunflower butter Sunflower seeds Walnuts</p> <p><b>Avoid</b> Brazil nuts Cashews Pistachios</p>	<p><b>Highly Beneficial</b> Beans: adzuki, azuki, black, green, pinto, red soy Lentils: domestic, green, red Peas: black-eyed</p> <p><b>Neutral</b> Beans, cannellini, broad, fava, jicama, snap, string, white Peas: green, pods, snow</p> <p><b>Avoid</b> Beans: copper, garbanzo, kidney, lima, navy, red, tamarind</p>	<p><b>Highly Beneficial</b> Amaranth Buckwheat Kasha</p> <p><b>Neutral</b> Barley Cornflakes Cornmeal Cream of rice Kamut Millet: puffed Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p><b>Avoid</b> Cream of wheat Familia Farine Granola Grape nuts wheat germ Seven grain Shredded wheat Wheat bran</p>

From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
<p><b>Highly Beneficial</b> Essene bread Ezekiel bread Rice cakes Soya flour bread Spouted wheat bread</p> <p><b>Neutral</b> Bagels: wheat Brown rice bread Corn muffins Fin Crisp Gluten -free bread Ideal Flat Bread Millet Oat bran muffins Rye bread: 10% Rye Crisps Rye Vita Spelt bread Wasa bread</p> <p><b>Avoid</b> Durum wheat English muffins High-protein bread Matzos: wheat Multi-grain bread Pumpernickel Wheat bran muffins Whole Wheat bread</p>	<p><b>Highly Beneficial</b> Buckwheat Kasha Flour: oat, rice rye, soba Pasta, artichoke</p> <p><b>Neutral</b> Couscous Flour: barley, bulgur wheat, Durum wheat, gluten, graham, spelt, sprouted wheat Noodles: spelt Quinoa rice: basmati, brown, white, wild</p> <p><b>Avoid</b> Flour: white, whole wheat Pasta: semolina spinach</p>	<p><b>Highly Beneficial</b> Artichoke: domestic, Jerusalem Beet leaves Broccoli Carrots Chicory Collard greens Dandelion Escarole Garlic Horseradish Kale Kohlrabi Leek Lettuce: romaine Okra Onions: red, Spanish yellow Parsley parsnips Pumpkin spinach sprouts: alfalfa Swiss chard Tempeh Tofu Turnips</p>	<p>cucumber Dalkon radish Endive Fennel Fiddlehead ferns Lettuce: bibb, Boston, iceberg, mesclun Mushroom: abalone, enoki, Portobello, tree oyster Mustard greens Olives: green Onions: green Radicchio Radishes Rappini Rutabaga Scallion Seaweed Shallots Sprouts: Brussels, mung, radish Squash: all types Water chestnut Water cress Zucchini</p>
		<p><b>Neutral</b> Arugula Asparagus Avocado Bamboo shoots Beets Bok Choy Caraway Cauliflower celery chervil Coriander Corn: white, yellow</p>	<p><b>Avoid</b> Cabbage: Chinese, red, white Eggplant Lima beans Mushroom: domestic, shiitake Olives: black, Greek, Spanish Peppers: green, red jalapeno, yellow Potatoes: sweet, red white Tomatoes Yams</p>

From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

FRUIT		JUICES & FLUIDS	CONDIMENTS
<b>Highly Beneficial</b>		<b>Highly Beneficial</b>	<b>Highly Beneficial</b>
Apricots	Limes	Apricot	Mustard
Blackberries	Loganberries	Carrot	
Blueberries	Melons: canang,	Celery	<b>Neutral</b>
Cherries	casaba, Christmas,	Cherry: black	Jam (from
Cranberries	Crenshaw, musk	Grapefruit	acceptable fruits)
Figs: dried, fresh	Spanish, watermelon	Pineapple	Jelly (from
Grapefruit	Nectarines	Prune	acceptable fruits)
Lemons	Peaches	Water (with lemon)	Pickles: dill, sour,
Pineapple	Pears		kosher, sweet
Plums: dark green,	Persimmons	<b>Neutral</b>	Relish
red	Pomegranates	Apple	Salad dressing
Prunes	Prickly pears	Apple cider	(low-fat, from
Raisins	Raspberries	Cabbage	acceptable fruits)
	Star Fruit, carambola	Cucumber	ingredients)
	Strawberries	Cranberry	
<b>Neutral</b>		Grapefruit	<b>Avoid</b>
Apples	<b>Avoid</b>	Vegetable juice	Ketchup
Currants: black, red	Bananas	(corresponding	Mayonnaise
Dates	Coconuts	to highlighted	Worcestershire sauce
Elderberries	Mangoes	vegetables)	
Gooseberries	Melons: cantaloupe,	<b>Avoid</b>	
Grapes: red Concord,	honeydew	Orange	
green, black	Oranges	Papaya	
Guava	Papayas	Tomato	
Kiwi	Plantains		
Kumquat	Rhubarb		
	Tangerines		

From the book Eat Right 4 Your Type by Dr. Peter J. D'Adamo

SPICES		HERBAL TEAS	MISC BEVERAGES
<b>Highly Beneficial</b>		<b>Highly Beneficial</b>	<b>Highly Beneficial</b>
Barley malt	Kelp	Alfalfa	Coffee: regular, decaf
Blackstrap molasses	Maple syrup	Aloe	Tea: green
Garlic	Marjoram	Burdock	Wine: red
Ginger	Mint	Chamomile	
Miso	Mustard (dry)	Echinacea	<b>Neutral</b>
Soy sauce	Nutmeg	Fenugreek	Wine: white
Tamari	Oregano	Ginger	
	Paprika	Ginseng	<b>Avoid</b>
<b>Neutral</b>	Parsley	Green tea	<b>Beer</b>
Agar	Peppermint	Hawthorn	Liquor: distilled
Allspice	Pimiento	Milk thistle	Seltzer water
Almond extract	rice syrup	Rose hips	Soda: club, cola,
Anise	Rosemary	Saint-John's-wort	diet, other
Arrowroot	Saffron	Slippery elm	Tea, black: regular.
Basil	Sage	Valerain	decaf
Bay leaf	Salt		
bergamot	Savory	<b>Neutral</b>	
Brown rice syrup	Spearmint	Chickweed	
Cardamom	Sugar: brown, white	Coltsfoot	
Carob	Tamarind	Dandelion	
Chervil	Tapioca	Dong quai	
Chives	Tarragon	Elder	
Chocolate	Thyme	Gentian	
Cinnamon	Turmeric	Goldenseal	
Clove	Vanilla	Hops	
Coriander		Horhound	
Cornstarch	<b>Avoid</b>	Licorice root	
Corn syrup	Capers	Linden	
Cream of tartar	Gelatin: plain	Mulberry	
Cumin	Pepper: black ground,	Mullein	
Curry	cayenne, peppercorn,	Parsley	
Dill	red flakes, white	Peppermint	
dulse	Vinegar: apple cider,	Raspberry leaf	
Honey	white, balsamic,	Sage	
Horseradish	red wine	Sarsaparilla	
	Wintergreen	Senna	
		Shepherd's purse	
		Skullcap	
		Spearmint	
		Strawberry leaf	
		Thyme	
		Vervain	
		White birch	
		With oak bark	
		Yarrow	
		<b>Avoid</b>	
		Catnip	
		Cayenne	
		Corn silk	
		Red clover	
		Rhubarb	