



## BLOOD TYPE B

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*Beneficial and Non-Beneficial Blood for Food for Blood Type B*

# Correct Foods for your Blood Type

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There is considerable evidence that the development of the various blood types is related to changes in diet during our evolutionary history. The original hunter and gatherer populations were type O, however with increasing population and migrations the other blood types developed.

The first appearance of type A in appreciable numbers was during the agricultural revolution about 10,000 years ago. People with type A blood were more suited to the largely vegetarian diet and hence were more likely to survive than their type O predecessors.

The type B blood type developed amongst the first communities to consume dairy foods in substantial quantities and it is not surprising that people with type B blood are able to tolerate dairy foods better than other individuals. The type AB blood type developed about 2000 years ago as a result of intermingling of type A and type B societies.

The importance of blood type in the development of disease has been recognized for many years. Type O's are more prone to ulceration whereas type A's are prone to cancer and cardiovascular disease, however the reason for these observations was not known.

Substances in foods called lectins can interact with the blood and thus provide an environment in which disease can develop. The cells in our body have markers on their surfaces called antigens, that the immune system uses to determine whether the substances or cells are foreign or not. One of the most powerful antigens in the body is the one that determines blood type. It is found on the surface of red blood cells and your blood type is name for this antigen. For example, blood type A has the A antigen on the surface, blood type B has the B antigen, blood type AB has both the A and B antigens and blood type O has no antigens.

The key to the blood type approach to diet is that your body will reject blood type antigens that are not of your blood type. That is:

- Blood type A will accept type A and reject type B antigens
- Blood type B will accept type B and reject type A antigens
- Blood type AB will accept any other blood type
- Blood type O will reject all other blood types

The link between blood type and food is found in components of foods called lectins, and these lectins can mimic the blood type antigens. Simply put, when you eat food containing lectins that are incompatible with your blood type antigens, the lectins target an organ or bodily system and cause the blood cells in that area to clump together. This clumping is then associated with tissue destruction and can be a major factor in the development of disease.

## TYPE B DIET: BENEFICIAL FOODS

### Meats & Poultry

1. Lamb
2. Mutton
3. Rabbit
4. Venison

### Seafood

1. Cod
2. Flounder
3. Grouper
4. Haddock
5. Hake
6. Halibut
7. Mackerel
8. Mahi-mahi
9. Monkfish
10. Ocean perch
11. Pickerel
12. Pike
13. Porgy
14. Salmon
15. Sardine
16. Sea trout
17. Shad
18. Sole
19. Sturgeon
20. Sturgeon eggs  
(caviar)

### Eggs & Dairy

1. Cottage cheese
2. Farmer
3. Feta
4. Goat cheese
5. Goat milk
6. Kefir
7. Mozzarella
8. Ricotta
9. Skim or 2% milk
10. Yogurt

11. Yogurt with fruit

12. Yogurt frozen

### Oils & Fats

1. Olive oil

### Beans & Legumes

2. Beans, kidney
3. Beans, lima
4. Beans, navy
5. Beans, red soy

### Cereals

1. Millet
2. Oat bran
3. Oatmeal
4. Rice, puffed
5. Rice, bran
6. Spelt

### Breads & Muffins

1. Brown rice bread
2. Essene bread
3. Ezekiel bread
4. Fin crisp
5. Millet
6. Rice cakes
7. Wasa bread

### Grains & Pasta

1. Flour, oat
2. Flour, rice

### Vegetables

1. Beets
2. Beet leaves
3. Broccoli
4. Cabbage, Chinese
5. Cabbage, red
6. Cabbage, white
7. Carrots
8. Cauliflower

9. Collard greens

10. Eggplant

11. Kale

12. Mushroom, shiitake

13. Mustard greens

14. Parsley

15. Parsnips

16. Peppers, green

17. Peppers, red

18. Peppers, yellow

19. Potatoes, sweet

20. Sprouts, Brussels

21. Yams, all types

### Fruits

- Bananas
- Cranberries
- Grapes, black
- Grapes, concord
- Grapes, green
- Grapes, red
- Paw paw
- Pineapple
- Plums, dark
- Plums, green
- Plums, red

### Juices & Fluids

1. Cabbage
2. Cranberry
3. Grape
4. Paw paw
5. Pineapple

### Spices

1. Cayenne pepper
2. Curry
3. Ginger
4. Horseradish
5. Parsley

## Herbal Teas

1. Ginger
2. Ginseng
3. Licorice
4. Parsley
5. Peppermint
6. Raspberry leaf
7. Rosehips
8. Sage

## Misc. Beverages

Tea, green

## TYPE B DIET: FOODS TO AVOID

### Meats & Poultry

1. Bacon
2. Chicken
3. Duck
4. Goose
5. Ham
6. Heart
7. Partridge
8. Pork
9. Quail

### Seafood

1. Anchovy
2. Barracuda
3. Beluga
4. Bluegill bass
5. Clam
6. Crab
7. Crayfish
8. Eel
9. Frog
10. Lobster
11. Mussels
12. Octopus
13. Oysters
14. Sea bass
15. Shrimp
16. Smoked salmon
17. Snail
18. Striped bass
19. Turtle
20. Yellowtail

### Eggs & Dairy

1. American cheese
2. Blue cheese
3. Ice cream

### Oils & Fats

1. Canola oil
2. Corn oil

3. Cottonseed oil
4. Peanut oil
5. Safflower oil
6. Sesame oil
7. Sunflower oil

### Nuts & Seeds

1. Nuts, cashews
2. Nuts, hazelnuts
3. Nuts, pine
4. Nuts, pistachio
5. Peanut butter
6. Peanuts
7. Poppy seeds
8. Pumpkin seeds
9. Sesame butter (tahini)
10. Sesame seeds
11. Sunflower butter
12. Sunflower seeds

### Beans & Legumes

1. Beans, aduke
2. Beans, azuki
3. Beans, black
4. Beans, garbanzo
5. Beans, pinto
6. Lentils, domestic
7. Lentils, green
8. Lentils, red
9. Peas, black-eyed

### Cereals

1. Amaranth
2. Barley
3. Buckwheat
4. Cornflakes
5. Cornmeal
6. Cream of wheat
7. Kamut
8. Kasha

9. Mixed grain
10. Rye
11. Wheat bran  
Wheat germ
12. Wheat, shredded

### Breads & Muffins

10. Bagels, wheat
11. Corn muffins
12. Durum wheat
13. 100% rye bread
14. Multi-grain bread
15. Rye crispbreads
16. Wheat bran muffins
17. Whole wheat bread

### Grains & Pastas

18. Buckwheat kasha
19. Couscous
20. Flour, barley
21. Flour, bulgur
22. Flour, Durum wheat
23. Flour, gluten
24. Flour, whole wheat
25. Noodles, soba
26. Pasta, artichoke
27. Rice, wild

### Vegetables

1. Artichoke, domestic
2. Artichoke, Jerusalem
3. Avocado
4. Corn, white
5. Corn, yellow
6. Olives, black
7. Olives, Greek
8. Olives, green
9. Olives, Spanish
10. Pumpkin
11. Radishes
12. Sprouts, radish

13. Sprouts, mung
14. Tempeh
15. Tofu
16. Tomato

### Fruits

1. Coconuts
2. Persimmons
3. Pomegranates
4. Prickly pear
5. Rhubarb
6. Starfruit (carambola)
7. Juices
8. Tomato

### Spices

1. Allspice
2. Almond extract

3. Barley malt
4. Cinnamon
5. Cornstarch
6. Corn syrup
7. Gelatin, plain
8. Pepper, black ground
9. Pepper, white
10. Tapioca

### Condiments

1. Tomato sauce

### Herbal Teas

1. Aloe
2. Coltsfoot
3. Corn silk
4. Fenugreek
5. Gentian

6. Hops
7. Linden
8. Mullein
9. Red clover
10. Rhubarb
11. Senna
12. Shepherd's-purse
13. Skullcap

### Misc. Beverages

1. Liquor, distilled
2. Seltzer water
3. Soda, club
4. Soda, cola
5. Soda, diet
6. Soda, other

## CONCEPTS OF A/B/O EATING

Individuals with type A blood tend to be healthier if they avoid red meats and dairy foods. Beneficial foods for A's include soy, certain vegetables and fruits, nuts and beans.

O blood type individuals, however, tend to be healthier when consuming red meats and animal proteins. O's must avoid most grains and dairy foods. B blood type individuals are the only people who can safely consume certain dairy products.

B's also do well on animal protein but should also avoid grains. AB's have greatest tolerance to lectins, but must still avoid many meats, grains and beans.

### A/B/O Blood type program

- Reduces food sensitivities
- Based on human history
- Aids in weight loss
- Improves muscle mass
- Feeds the body what its designed to eat
- Reduces sugar cravings and balances blood sugar levels

# Shabbazz Organics



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