

✓ New food database blood type B - Standard

BENEFICIAL FOODS

FOOD	Category	Priority	Breakfast	Lunch	Dinner
Grilled Lamb	Protein	High	Low	High	High
Baked lamb	Protein	High	Low	High	High
Cod fillet	Protein	High	Low	High	High
Grilled salmon	Protein	High	Low	High	High
Baked salmon	Protein	High	Low	High	High
Mackerel fillet	Protein	High	Low	Medium	High
Sardines (in water)	Protein	High	Low	Medium	High
Seared tuna steak	Protein	High	Low	High	High
Steamed scallops	Protein	High	Low	Medium	High
Kidney beans (boiled)	Carb / Legume	High	Low	Medium	Medium
Walnuts	Fat / Nut	High	Medium	Low	Low
Chestnuts	Carb / Nut	High	Medium	Low	Low
Milk (low fat)	Dairy	High	High	Low	Low

Greek yogurt (plain)	Dairy	High	High	Low	Low
Cottage cheese	Dairy	High	High	Low	Low
Feta cheese	Dairy	High	Low	Medium	Low
Goat cheese	Dairy	High	Low	Medium	Low
Mozzarella (fresh)	Dairy	High	Low	Medium	Low
Ricotta cheese	Dairy	High	Medium	Low	Low
Oats	Carb	High	High	Low	Low
Oatmeal	Carb	High	High	Low	Low
	Carb	High	Low	Medium	Medium
Sweet potato (roasted)	Carb	High	Low	High	High
Yam (roasted)	Carb	High	Low	High	High
Steamed broccoli	Vegetable	High	Low	High	High
Brussels sprouts (roasted)	Vegetable	High	Low	High	High

Cabbage (steamed)	Vegetable	High	Low	High	High
Carrots (steamed)	Vegetable	High	Medium	High	High
Cauliflower (roasted)	Vegetable	High	Low	High	High
Collard greens (steamed)	Vegetable	High	Low	High	High
Grilled eggplant	Vegetable	High	Low	Medium	High
Fresh ginger	Vegetable	High	Medium	Medium	Medium
Kale (steamed)	Vegetable	High	Low	High	High
Fresh parsley	Herb	High	Low	Medium	Medium
Roasted parsnip	Vegetable	High	Low	High	High
Bell peppers (grilled)	Vegetable	High	Low	High	High
Banana	Fruit	High	High	Low	Low
Cranberries	Fruit	High	Medium	Low	Low
Grapes	Fruit	High	Medium	Low	Low

Pineapple	Fruit	High	Medium	Low	Low
Plums	Fruit	High	Medium	Low	Low
Watermelon	Fruit	High	Medium	Low	Low

Neutral foods

Food	Category	Priority	Breakfast	Lunch	Dinner
Lean beef mince	Protein	Medium	Low	Medium	High
Grilled beef steak	Protein	Medium	Low	Medium	High
Grilled turkey breast	Protein	Medium	Low	High	High
Scrambled eggs	Protein	Medium	High	Medium	Low
Boiled eggs	Protein	Medium	High	Medium	Low
Almonds	Fat / Nut	Medium	Medium	Low	Low
Chia seeds	Fat / Seed	Medium	High	Low	Low
Ground flaxseed	Fat / Seed	Medium	High	Low	Low
Hemp seeds	Fat / Seed	Medium	Medium	Low	Low

Macadamia nuts	Fat / Nut	Medium	Medium	Low	Low
Butter	Fat	Medium	Low	Medium	Medium
Cheddar cheese	Dairy	Medium	Low	Medium	Low
Cream cheese	Dairy	Medium	Medium	Low	Low
Swiss cheese	Dairy	Medium	Low	Medium	Low
White rice (boiled)	Carb	Medium	Low	High	High
Brown rice	Carb	Medium	Low	High	High
Rice noodles	Carb	Medium	Low	Medium	High
Quinoa (boiled)	Carb	Medium	Low	Medium	Medium
Barley (boiled)	Carb	Medium	Low	Medium	Medium
Couscous	Carb	Medium	Low	Medium	Medium
Green beans (steamed)	Vegetable	Medium	Low	High	High
Peas	Vegetable	Medium	Low	Medium	Medium
Garlic (fresh)	Vegetable	Medium	Low	High	High
Apples	Fruit	Medium	High	Low	Low
Blueberries	Fruit	Medium	High	Low	Low

Strawberries	Fruit	Medium	High	Low	Low
Mango	Fruit	Medium	Medium	Low	Low
Oranges	Fruit	Medium	Medium	Low	Low
Pears	Fruit	Medium	High	Low	Low
Almond oil	Fat / Oil	Medium	Low	Medium	Medium
Flaxseed oil	Fat / Oil	Medium	Low	Medium	Medium
Walnut oil	Fat / Oil	Medium	Low	Medium	Medium
Honey	Sweetener	Medium	Medium	Low	Low
Maple syrup	Sweetener	Medium	Medium	Low	Low
Basil	Herb	Medium	Low	Medium	Medium
Cinnamon	Spice	Medium	High	Low	Low
Oregano	Herb	Medium	Low	Medium	Medium
Paprika	Spice	Medium	Low	Medium	Medium
Rosemary	Herb	Medium	Low	Medium	Medium
Dark chocolate (70%+)	Treat	Medium	Medium	Low	Low