

Protein					Carbohydrates					Vegetables				
	Type A	Type AB	Type O	Type B		Type A	Type AB	Type O	Type B		Type A	Type AB	Type O	Type B
<b>Seafood</b>					<b>Beans and legumes</b>					<b>Asparagus</b>	Neutral	Neutral	Neutral	Neutral
Haddock			Neutral	Good	<b>Black beans</b>	Good		Neutral		<b>Lettuce</b>	Neutral	Neutral	Neutral	Neutral
Hake			Neutral	Good	<b>Black eyed beans</b>	Good		Good		<b>Celery</b>	Good	Good	Neutral	Neutral
Halibut			Good	Good	<b>Green beans</b>	Good	Neutral	Neutral	Neutral	<b>Onions</b>	Good	Neutral	Good	Neutral
Mahi mahi	Neutral	Good	Neutral	Good	<b>Kidney beans</b>				Good	<b>Brussels sprouts</b>	Neutral	Neutral	Neutral	Good
Salmon	Good	Good	Neutral	Good	<b>Lentils</b>	Good	Good			<b>Broccoli</b>	Good	Good	Good	Good
Sardines	Good	Good	Neutral	Good	<b>Soy beans</b>	Good	Good	Neutral	Neutral	<b>Peppers</b>			Neutral	Good
Tuna	Neutral	Good	Neutral	Neutral	<b>Tofu</b>	Good	Good	Neutral		<b>Spinach</b>	Good	Neutral	Good	Neutral
Cod	Good	Good	Good	Good	<b>Grains and cereals</b>					<b>Cauliflower</b>	Neutral	Good		Good
Sea bass	Neutral		Good		<b>Buckwheat</b>	Good		Neutral		<b>Cucumber</b>	Neutral	Good		Neutral
Trout	Good		Neutral		<b>Cous cous</b>	Neutral	Neutral			<b>Leeks</b>	Good	Neutral		Neutral
Tilapia	Neutral	Neutral	Neutral	Neutral	<b>Gluten free bread</b>	Neutral	Neutral	Neutral	Neutral	<b>Tomatoes</b>		Neutral	Neutral	
<b>Dairy</b>					<b>Oats</b>	Good	Good	Neutral	Good	<b>Beet</b>	Neutral	Good	Neutral	Good
Full cream cow's milk				Good	<b>Rice cakes</b>	Good	Good	Neutral	Good	<b>Peas</b>	Neutral	Neutral	Neutral	Neutral
Cottage cheese		Good		Good	<b>Rice</b>	Neutral	Good	Neutral	Neutral	<b>Garlic</b>	Good	Good	Neutral	Neutral
<b>Meat products</b>					<b>Rye bread</b>	Good	Good	Neutral		<b>Fats</b>				
Beef			Good	Neutral	<b>Whole wheat bread</b>	Neutral	Neutral			<b>Dairy products</b>				
Chicken	Neutral		Neutral		<b>Vegetables</b>					<b>Feta cheese</b>	Neutral	Good	Neutral	Good
Lamb		Neutral	Good	Good	<b>Carrots</b>	Good	Good	Neutral	Neutral	<b>Butter</b>			Neutral	Neutral
Mutton		Neutral	Good	Good	<b>Eggplant</b>		Good	Neutral	Good	<b>Nuts and seeds</b>				
Ostrich	Neutral	Neutral	Neutral	Neutral	<b>Sweet potato</b>		Good	Good	Good	<b>Almonds</b>	Neutral	Neutral	Neutral	Neutral
Turkey	Neutral	Good	Neutral	Neutral	<b>Pumpkin</b>	Good	Neutral	Good		<b>Macadamia nuts</b>	Neutral	Neutral	Neutral	Neutral
Venison			Good	Good	<b>Yams</b>		Good	Neutral	Good	<b>Pumpkin seeds</b>	Good		Good	
<b>Eggs and other protein sources</b>					<b>Fruits</b>					<b>Walnuts</b>	Good	Good	Good	Good
Whole chicken eggs	Neutral	Neutral	Neutral	Neutral	<b>Apples</b>	Neutral	Neutral	Neutral	Neutral	<b>Pecan nuts</b>	Neutral	Neutral	Neutral	Neutral
Duck eggs	Neutral		Neutral		<b>Grapefruit</b>	Good	Good	Neutral	Neutral	<b>Oils</b>				
Goose eggs	Neutral	Neutral								<b>Olive oil</b>	Good	Good	Good	Good
Soy milk	Good	Neutral	Neutral	Neutral						<b>Flax seed oil</b>	Good	Neutral	Good	Neutral
										<b>Canola oil</b>	Neutral	Neutral		
										<b>Fruit</b>				
										<b>Avocado</b>	Neutral			