

| MEATS & POULTRY | SEAFOOD | EGGS & DAIRY |
|---|--|---|
| <p>Highly Beneficial None</p> <p>Neutral Chicken Cornish Hens Turkey</p> <p>Avoid Bacon Beef, regular, ground Buffalo Duck goose Ham Heart Lamb Liver Mutton Partridge Pheasant Pork Quail Rabbit Veal Venison</p> | <p>Highly Beneficial Carp Cod Grouper Mackerel Monkfish Pickerel Red Snapper Rainbow Trout Salmon Sardine Sea Trout Silver Perch Snail Whitefish Yellow Perch</p> <p>Neutral Abalone Albacore (Tuna) Mahi-mahi Ocean Perch Pike Porgy Sailfish Sea Bass Shark Smelt Snapper Sturgeon Swordfish Weakfish White Perch Yellowtail</p> <p>Avoid 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>Highly Beneficial Soya Cheese Soy Milk (Good Dairy alternatives)</p> <p>Neutral Farmer Feta Goat cheese Goat milk Kefir Mozzarella: low fat Ricotta: low fat String cheese Yogurt: regular, w/ fruit, frozen eggs</p> <p>Avoid 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>Highly Beneficial Linseed (flaxseed) oil Olive oil</p> <p>Neutral Canola oil Cod liver oil</p> <p>Avoid Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil</p> | <p>Highly Beneficial Peanuts Peanut butter Pumpkin seeds</p> <p>Neutral 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>Avoid Brazil nuts Cashews Pistachios</p> | <p>Highly Beneficial Beans: adzuki, azuki, black, green, pinto, red soy Lentils: domestic, green, red Peas: black-eyed</p> <p>Neutral Beans, cannellini, broad, fava, jicama, snap, string, white Peas: green, pods, snow</p> <p>Avoid Beans: copper, garbanzo, kidney, lima, navy, red, tamarind</p> | <p>Highly Beneficial Amaranth Buckwheat Kasha</p> <p>Neutral Barley Cornflakes Cornmeal Cream of rice Kamut Millet: puffed Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p>Avoid Cream of wheat Familia Farine Granola Grape nuts wheat germ Seven grain Shredded wheat Wheat bran</p> |

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| BREADS & MUFFINS | GRAINS & PASTAS | VEGETABLES | |
|---|--|---|---|
| <p>Highly Beneficial Essene bread Ezekiel bread Rice cakes Soya flour bread Spouted wheat bread</p> <p>Neutral 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>Avoid Durum wheat English muffins High-protein bread Matzos: wheat Multi-grain bread Pumpernickel Wheat bran muffins Whole Wheat bread</p> | <p>Highly Beneficial Buckwheat Kasha Flour: oat, rice rye, soba Pasta, artichoke</p> <p>Neutral Couscous Flour: barley, bulgur wheat, Durum wheat, gluten, graham, spelt, sprouted wheat Noodles: spelt Quinoa rice: basmati, brown, white, wild</p> <p>Avoid Flour: white, whole wheat Pasta: semolina spinach</p> | <p>Highly Beneficial 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>Neutral Arugula Asparagus Avocado Bamboo shoots Beets Bok Choy Caraway Cauliflower celery chervil Coriander Corn: white, yellow</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>Avoid 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> |

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| FRUIT | | JUICES & FLUIDS | CONDIMENTS |
|--------------------------|-----------------------|--------------------------|--------------------------|
| Highly Beneficial | | Highly Beneficial | Highly Beneficial |
| Apricots | Limes | Apricot | Mustard |
| Blackberries | Loganberries | Carrot | |
| Blueberries | Melons: canang, | Celery | Neutral |
| 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 | Neutral | 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 | |
| Neutral | | Grapefruit | Avoid |
| Apples | Avoid | Vegetable juice | Ketchup |
| Currants: black, red | Bananas | (corresponding | Mayonnaise |
| Dates | Coconuts | to highlighted | Worcestershire sauce |
| Elderberries | Mangoes | vegetables) | |
| Gooseberries | Melons: cantaloupe, | Avoid | |
| Grapes: red Concord, | honeydew | Orange | |
| green, black | Oranges | Papaya | |
| Guava | Papayas | Tomato | |
| Kiwi | Plantains | | |
| Kumquat | Rhubarb | | |
| | Tangerines | | |

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| SPICES | | HERBAL TEAS | MISC BEVERAGES |
|--------------------------|-----------------------|--------------------------|--------------------------|
| Highly Beneficial | | Highly Beneficial | Highly Beneficial |
| 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 | Neutral |
| Soy sauce | Nutmeg | Fenugreek | Wine: white |
| Tamari | Oregano | Ginger | |
| | Paprika | Ginseng | Avoid |
| Neutral | Parsley | Green tea | Beer |
| 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 | Neutral | |
| 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 | Avoid | 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 | |
| | | Avoid | |
| | | Catnip | |
| | | Cayenne | |
| | | Corn silk | |
| | | Red clover | |
| | | Rhubarb | |