

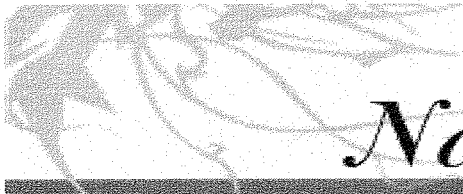
# Naturally-u

## Easy Reference Guide to Healthy Eating Blood Type B, Secretor

Type	Excellent	OK	NO NO and NO
<b>Meat</b>	Lamb, Mutton, Rabbit, Venison	Beef (including minced), Liver (calf, chicken, pig), Pheasant, Turkey, Veal	Bacon, Chicken, Duck, Goose, Ham, Heart, Partridge, Pork, Quail
<b>Seafood</b>	Caviar, Cod, Haddock, Hake, Halibut, Mackerel, Mahi mahi (Yellow-finned dolphin), Salmon, Sardines, Shad, Sturgeon, Sole	Abalone, Albacore (tuna), Carp, Catfish, Herring(fresh, pickled), Mussels, Red snapper, Sailfish, Scallop, Shark, Snapper, Squid, Swordfish	Anchovy, Barracuda, Clams, Crab, Crayfish, Eels, Frogs' Legs, Lobster, Octopus, Oysters, Prawns, Sea Bass, Smoked Salmon, Snails, Striped bass, Salmon Roe, Trout (all varieties)
Eggs Cheeses Yoghurt Milk	Cottage cheese, Feta Cheese, Goat's Cheese, Goat's Milk, Kefir, Milk (preferably non-pasteurised), Mozzarella cheese, Ricotta cheese, Yoghurt (Yalna Bio-dynamic, Goats, Greek-style, with fruit)	Brie, Butter, Buttermilk, Camembert, Cheddar cheese, Creme fraiche, Edam cheese, Eggs, Emmenthal cheese, Fromage frais, Ghee, Gouda cheese, Gruyere Cheese, High-/low-fat soft cheese, Jarlsburg cheese, Munster Cheese, Neufchatel cheese, Quark, Parmesan cheese, Provolone cheese, Whey	Blue cheese, Ice-cream, duck egg, goose egg, Soya milk
<b>Oils and fats</b>	Olive Oil	Cod Liver Oil, Ghee, Linseed (flaxseed) oil, Walnut oil	Canola Oil, Corn Oil, Cottonseed Oil, Safflower Oil, Sunflower Oil, Sesame Oil
<b>Nuts and seeds</b>	Walnuts (black)	Almonds, Almond Butter, Brazil Nuts, Chestnuts, Macadamia Nuts, Walnuts (English)	Cashews, Hazelnuts, Peanuts, Peanut Butter, Pistachios, Pine Nuts, Poppy Seeds, Pumpkin Seeds, Sesame Seeds, Sunflower Margarine, Sunflower Seeds, Tahini (sesame seed paste)
<b>Beans</b>	Kidney Beans, Lima Beans, Navy Beans (baked beans, but not in tomato sauce)	Broad Beans (Fava), Cannellini Beans, Green Beans, Peas (green, Sugar-snap), Soybean (whole)	Adzuki Beans, Black Beans, Black-eyed Beans, Chickpeas, Lentils, Mung bean/sprouts, Pinto, Soy cheese, flakes, granules, lecithin, Tofu & Tempeh

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Type	Excellent	OK	NO NO and NO
<b>Cereals</b>	Millet, Oat Bran, Oatmeal, Rice Bran, Rice, Spelt (whole)	Barley, Quinoa, Spelt & white wheat flour products, Semolina	Amaranth, Buckwheat, Cornflakes, Cornmeal, Couscous, Cream of Wheat, Gluten, Kamut, Popcorn, Rye, Shredded Wheat, Tapioca, Wheat Bran, Wheat germ, Wild Rice
<b>Breads, Grains &amp; Pastas</b>	Oat flour, Rice flour	Oat bran muffins-Semolina, Spelt bread, Sprouted-wheat bread, Rice pasta, Semolina pasta, Spelt pasta	Bagels, Cornbread, Corn muffins, Durum Wheat bread, Multi-grain bread, Polenta, 100 per cent rye bread, Rye crisps, Ryvita crispbreads, Wheat Bran muffins, Wholewheat bread, Barley flour, Buckwheat flour, Bulgur wheat flour, Couscous, Durum wheat, Flour, Gluten flour, Rye flour, Soba (buckwheat) noodles, Tapioca, Whole wheat flour, Wild rice
<b>Vegetables</b> Soy products	Aubergines (eggplant), Beetroots, Beetroot leaves, Broad beans, Brussels sprouts, Cabbage (Chinese, red, white), Carrots, Cauliflower, Silver beet, Ginger, Kale, Mushrooms (shiitake), Parsley, Parsnips, Peppers (green, Red, yellow), Sweet potatoes, Yams	Alfalfa sprouts, Asparagus, Bamboo shoots, Bok choy, Caper, Celery, Celeriac, Chervil, Chicory, Chilli peppers, Jalapeno, Coriander, Courgettes, Cucumbers, Daikons, Dandelion greens, Dill, Endive, Escarole, Fennel, Garlic, Horseradish, Kohlrabi, Leeks, Lettuce (Cos, Iceberg, Webb), Mesculin salad mixture, Mushrooms (abalone, chantarelles, cultivated, enoki, porcini, Portobello, tree oyster), Okra, Onions, Peas, Potatoes (red, white), Radicchio, Rappini, Rocket, Seaweeds, Shallots, Swedes, Spinach, Squash (all types), Turnips, Water chestnuts, Watercress, Zucchini	Avocado, Jerusalem artichokes, Globe artichokes, Mung bean sprouts, Olives (black, green, Greek, Spanish), Pumpkin, Radishes, Radish sprouts, rhubarb, Sweet corn, Tempe, Tofu, Tomatoes



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Type	Excellent	OK	NO NO and NO
<b>Fruits</b>	Bananas, Cranberries, Grapes, Papaya, Pineapple, Plums	Apples, Apricots-Blackberries, Blackcurrants, Blueberries, Boysenberries, Cherries, Dates, Elderberries, Figs (dried, fresh), Gooseberries, Grapefruit, Guava, Kiwi, Kumquats, Lemons, Limes, Loganberries, Lychees, Mangoes, Melons (cantaloupe, casaba, honeydew,) Nectarines, Oranges, Peaches, Pears, Plantains, Prunes, Raspberries, Redcurrants, Strawberries, Tangerines, Watermelons	Coconuts, Persimmons, Pomegranates, Prickly pears, Rhubarb, Star fruit
<b>Juices</b>	Cabbage juice, Cranberry juice, Grape juice, Papaya juice, Pineapple juice (Freshly squeezed)	Apple cider, Apple juice, Apricot juice, Black cherry juice, Carrot juice, Celery juice, Cucumber juice, Grapefruit juice, Orange juice, Other vegetable Juices ( <i>corresponding with suitable vegetables</i> ), Prune juice, Water (with lemon juice)	Tomato juice
<b>Herbs, spices</b>	Curry powder, Horseradish, Parsley	Agar, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Capers, Caraway seeds, Cardamom, Carob, Cayenne pepper, Chervil, Chives, Chocolate (dark), Coriander, Cream of tartar, Cumin, Dill, Garlic, Honey, Maple syrup, Marjoram, Mint, Miso, Molasses, Mustard (dry), Nutmeg, Paprika, Pepper (red flakes), Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Seaweeds (dulse, kelp), Spearmint, Soy Sauce, Sugar (brown, white), Tamarind, Tarragon,	Allspice, Almond essence, Barley malt, Cinnamon, Cornflour, Corn syrup, Gelatine (plain), Pepper (ground black & white, peppercorns)



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Type	Excellent	OK	NO NO and NO
		Thyme, Turmeric, Vanilla (essence, pod), Vinegars (balsamic, cider, herb, red & white wine, white)	
<b>Herbal teas</b>	Ginger, Ginseng, Liquorice, Parsley, Peppermint, Raspberry leaf, Rosehip, Sage	Alfalfa, Burdock root, Catnip, Cayenne, Camomile, Chickweed, Dandelion, Dong quai (Chinese angelica), Echinacea, Elderflower, Golden seal, Green tea Hawthorn, Horehound, Sarsaparilla, spearmint, St John's wort, Strawberry leaf, Thyme, Valerian, Vervain, Yarrow, Yellow dock	Aloe, Coltsfoot, Cornsilk, Fenugreek, Gentian, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Shepherd's purse, Scullcap
<b>Beverages</b>	Green tea	Coffee (decaffeinated, regular), Lager, Tea (decaffeinated, regular), Wine (red, white)	Distilled spirits, Soda (club, cola, diet, others), Seltzer water
<b>Condiments</b>		Jam (from acceptable fruits on p. 4), Jelly (from acceptable fruits on p. 4), Mayonnaise, Mustard, Pickles (dill, kosher, sweet, sour), Relish, Salad Dressing (low-fat, from acceptable ingredients), Worcestershire sauce	Ketchup

For more information and recipes please go to: [www.dadamo.com](http://www.dadamo.com)