

Group II Foods

Fast Oxidizers & Parasympathetics

Proteins			Carbohydrates			Fats
Meat	Seafood	Dairy +	Grains	Veggies	Fruit	Oils/Nuts
<i>All are OK but Emphasize Dark Meats</i>	<i>All are OK but Emphasize Oily Fish</i>	<i>All Whole Milk is OK (Cow, Goat, Sheep)</i>	<i>Most are OK, in Moderation</i>	<i>Emphasize the Following</i>	<i>Only have the Following, in Moderation</i>	<i>All Oils, Nuts & Seeds are OK, Including</i>
Beef	Anchovies	Cheese	Amaranth	Artichoke	Apples (Tart):	Butter
Buffalo	Caviar/Roe	Cottage	Barley	Asparagus	Granny Smith	Nut Butters
Lamb	Herring	Cream (Full)	Buckwheat	Avocado	Pippins	Tahini
Liver/Kidneys	Mackerel	Milk	Corn	Carrots	Banana (Firm)	
Ostrich	Salmon	Ricotta	Kamut	Cauliflower	Blueberries	Oils:
Poultry (Dark)	Sardines	Yogurt (Plain)	Millet	Celery	Pears (Firm):	Coconut
Red Meat	Tuna (Dark)		Oats	Green Beans		Olive
		Misc.	Quinoa	Mushrooms		Sesame
Minimize	Crab	Eggs	Rice (Brown)	Olives		
<i>Broccoli</i>	Lobster	Beans (Dried)	Rye	Peas	Moderately	
<i>Potatoes</i>	Shrimp	Lentils	Spelt	Spinach	Apricots	Nuts/Seeds:
<i>Mustard Green</i>	Oyster	Tempeh		Winter Squash	Berries (Other)	Almonds
<i>Soft Squashes</i>	Shellfish	Tofu	Minimize		Plums	Brazils
<i>Tomatoes</i>			<i>Wheat & All</i>	Moderately		Cashews
<i>Zucchini</i>			<i>By-Products</i>	Chard	Minimize	Pecans
<i>Vinegar</i>			<i>White Rice</i>	Green Salads	<i>Citrus Fruits</i>	Pumpkin
				Kale	<i>Grapes</i>	Sunflower
					<i>Fruit Juice</i>	Walnuts

Possible Lectin Sensitivities (each of the different blood types tends, statistically, to react negatively to certain foods; if a reaction is known or verified by various tests, minimize or avoid the following foods, even if they are recommended above)

Blood Type A: blackberries, halibut, flounder, sole, soy, string beans, lima beans

Blood Type B: black eyed peas, chocolate, salmon, tuna, sesame/sunflower seeds, soy

Blood Type AB: blackberries, black-eyed peas, halibut, flounder, sole, salmon, tuna, soy, sesame seeds, sunflower seeds, string beans, pomegranate

Blood Type O: blackberries, chocolate, halibut, flounder, sole, sunflower seeds

- Eat 3 regular meals per day, with a couple of snacks as needed; do not eat the same foods every day
- Eat protein with every meal; never eat carbohydrates alone, except perhaps a piece of fruit
- Eat organic meats and produce whenever possible; avoid processed foods; use unrefined oils only
- Bake, broil, grill, poach or stew animal foods; do not overcook or blacken
- Drink 2 cups of filtered water on arising; drink a total of 6-8 glasses per day
- Minimize alcohol (especially hard liquor) and coffee; avoid fruit juices and all sodas (regular and diet)
- Avoid all sugar and artificial sweeteners (NutraSweet®, etc.); use Stevia, xylitol instead
- Use unrefined sea salt, such as Celtic, Eden®, Mediterranean or Real Salt