

The All Blood Types Food List Sample Page

	Blood Group A	Blood Group B	Blood Group AB	Blood Group O
FRUIT and JUICES				
Apple/Apple Juice/ Cider	N	N	N	N (A)
Apricot/Apricot Juice	B	N	N	N (A)
Asian Pear	N	N	N	A
Avocado	N	A	A	A (B)
Banana	A (N)	B (N)	A	B
Bitter Melon	A	A	A	A
Blackberry/ Blackberry Juice	B	N (B)	N (B)	A
Blueberry	B	N (B)	N (B)	B
Boysenberry	B	N (B)	N	N
Breadfruit	N	N	N	N
Canang Melon	N	N	N	N
Cantaloupe	N (A)	N (A)	N (A)	A
Casaba Melon	N (A)	N	N	N
Cherry (all)	B	N (B)	B	B
Cherry Juice (Black)	B	N (B)	B	B
Christmas Melon	N	N	N	N
Coconut	A (N)	A	A	A
Coconut Milk	A (N)	A	A	A
Cranberry	B	B	B	N
Cranberry Juice	N (B)	B	B	N
Crenshaw Melon	N	N	N	N
Currants (Black/Red)	N	N (B)	N	N
Date (all)	N	N	N	N (A)
Dewberry	N	N	A	N
Elderberry (Dark Blue/ Purple)	N (B)	N (B)	N (B)	N
Fig (Fresh/Dried)	B	N (B)	B	B
Gooseberry	N	N	B	N
Grape (all)	N	B	B	N
Grapefruit	B	N	B	N
Grapefruit Juice	B	N	N	N
Guava/Guava Juice	N	N (B)	A	B
Honeydew	A	N (A)	N (A)	A
Kiwi	N	N	B	A
Kumquat	N	N	N	N
Lemon/Lemon Juice	B	N	B	N
Lime/Lime Juice	B (N)	N	N (B)	N
Loganberry	N	N	B	N
Mango/Mango Juice	A (N)	N	A	B
Mulberry	N	N	N	N
Muskmelon	N	N	N	N
Nectarine/Juice	N	N	N	N
Orange/Orange Juice	A	N	A	A
Papaya/Papaya Juice	A	B	N	N
Peach	N	N	N	N
Pear/Pear Juice	N	N	N	N
Persian Melon	N	N	N	N
Persimmon	N	A	A	N
Pineapple	B	B	B	N
Pineapple Juice	B	B	N	B

Note: The rating of **B**eneficial, **N**eutral or **A**void which is shown in the (brackets) refers to the non-secretor.