

## Blood Type Diet

A = Avoid N/B = Neutral/Beneficial B = Beneficial N = Neutral  
 - = Unknown O = Occasional R = Rare

Beans/Legumes	A	AB	B	O
Adzuki Beans	B	A	A	B
Black Bean	B	A	A	O
Black Eyed Pea	B	A	A	B
Broad Bean	N	N	N	O
Cannellini Bean	N	N	N	O
Copper Bean	A	N	N	A
Fava Bean	N	A	N	O
Garbanzo Bean	A	A	A	O
Green Bean	B	N	N	O
Jicama	N	N	N	O
Kidney Bean	A	A	B	A
Lentil (Domestic)	B	N	A	A
Lentil (Green)	B	B	A	A
Lentil (Red)	B	N	A	A
Lima Bean	A	A	B	O
Mung Beans (Sprouts)	N	A	A	O
Navy Bean	A	B	B	A
Northern Bean	-	N	N	O
Pinto Bean	B	B	A	B
Red Bean	A	B	N	O
Snap Bean	N	N	N	O
Soy Bean	B	B	B	O
Soy Flakes	-	N	-	-
Soy Granules	-	N	-	-
Tamarind Bean	A	N	N	A
Tempeh (Fermented Soy)	B	B	A	O
Tofu	B	B	A	O
White Bean	N	N	N	O

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<b>Beverage</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Beer	A	N	N	N
Coffee (Regular/Decaf)	B	B	N	A
Green Tea	B	B	N	N
Liquor (Distilled)	A	A	A	A
Seltzer Water	A	N	A	B
Soda (Club)	A	N	A	B
Soda (Misc/Diet/Cola)	A	A	A	A
Tea (Black Regular/Decaf)	A	A	N	A
Tea (Green)	B	B	B	N
Wine (Red)	B	N	N	N
Wine (White)	N	N	N	N

<b>Condiment</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Almond Extract	N	A	A	N
Apple Pectin	-	-	-	-
Aspartame	A	-	-	-
Carrageenan	-	-	A	-
Chocolate	N	N	N	N
Gelatin Plain	A	A	A	N
Guar Gum	A	A	A	A
Ketchup	A	A	A	A
Mayonnaise	A	N	N	N
Miso	B	B	N	N
MSG	A	A	A	A
Mustard	B	N	N	N
Salad Dressing (OK'd Ingredients)	N	N	N	N
Sea Salt	N	N	N	N
Soy Sauce	B	N	N	N
Tamari	B	N	-	N
Vinegar (Apple Cider)	A	-	-	-
Vinegar (Balsamic/Cider/Red)	A	A	N	A

Worcestershire Sauce	A	A	N	N
Yeast (Bakers)	-	-	-	-
Yeast (Brewers)	N	-	-	N

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<b>Dairy</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Almond Milk	N	N	N	N
American Cheese	A	A	A	A
Blue Cheese	A	A	A	A
Brie Cheese	A	A	N	A
Butter	A	A	N	O
Buttermilk	A	A	N	A
Camembert Cheese	A	A	N	A
Casein	A	N	N	A
Cheddar Cheese	A	N	N	A
Colby Cheese	A	N	N	A
Cottage Cheese	A	B	B	A
Cream Cheese	A	N	N	A
Edam Cheese	A	N	N	A
Emmenthal Cheese	A	N	N	A
Farmer Cheese	N	B	B	O
Feta Cheese	N	B	B	O
Ghee (Clarified Butter)	N	O	O	O
Goat Cheese	N	B	B	A
Gouda Cheese	A	N	N	A
Gruyere Cheese	A	N	N	A
Half & Half	A	A	N	A
Ice Cream	A	A	A	A
Jarlsberg Cheese	A	N	N	A
Kefir	N/B	B	B	A
Milk (Cow-Skim or 2%)	R	N	B	A
Milk (Cow-Whole)	R	A	N	A
Milk (Goat)	N/B	B	B	A

Monterey Jack Cheese	A	N	N	A
Mozzarella Cheese	N/B	B	B	O
Munster Cheese	A	N	N	A
Neufchatel Cheese	A	N	N	A
Paneer	A	N	B	A
Parmesan Cheese	A	A	N	A
Provolone Cheese	A	A	N	A
Quark Cheese	A	-	N	-
Rice Milk	N	B	B	N/B
Ricotta Cheese	N/B	B	B	A
Sherbet	A	A	N	A
Sour Cream (low/non-fat)	N	B	N	A
Soy Cheese	B	N	N	N
Soy Milk	B	N	N	N
String Cheese	A	N	A	A
Swiss Cheese	A	N	N	A
Whey/Whey Protein Supplement	A	N	N	A
Yogurt	N	B	B	R

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<b>Egg</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Duck Egg	-	-	-	-
Egg (chicken)	O ?	N ?	N ?	O ?
Egg White (chicken)	N ?	B ?	N ?	O ?
Egg Yolk (chicken)	O ?	N ?	N ?	O ?
Goose Egg	-	-	-	-
Quail Egg	-	-	-	-
Salmon Roe	-	A	A	-

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<b>Exercise</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Hatha Yoga	B	-	-	-
Meditation	B	-	-	-
Strenuous Exercise	A	A	A	N
Tai Chi	B	-	-	-
Yoga - alternate nostril breathing	N	-	-	-

<b>Fish</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Abalone	N	N	N	N
Anchovy	A	A	A	N
Barracuda	A	A	A	A
Bass (Bluegill)	A	A	A	N
Bass (Sea)	N	A	A	N
Bass (Striped)	A	A	A	B
Beluga	A	A	A	N
Bluefish	A	N	N	B
Carp	B	N	N	N
Catfish	A	N	N	A
Caviar	A	N	B	A
Clam	A	A	A	N
Cod	B	B	B	B
Conch	A	A	A	A
Crab	A	A	A	N
Crab (Horseshoe)	-	A	A	-
Crayfish/Crawfish	A	A	A	N
Eel/Japanese Eel	A	A	A	N
Flounder	A	A	B	N
Frog	A	A	A	N
Gray Sole	A	A	-	N
Grouper	A	B	B	N
Haddock	A	A	B	N

Hake	A	A	B	B
Halibut	A	A	B	B
Herring/Kippers (fresh)	A	N	N	B
Herring/Kippers (pickled)	A	A	N	A
Lobster	A	A	A	N
Lox	A	A	A	A
Mackerel	B	B	B	B
Mahi-mahi	N	B	B	N
Monkfish	B	B	B	N/B
Mussels	A	N	A	N
Octopus	A	A	A	A
Oyster	A	A	A	N
Perch (Ocean)	N	B	B	N
Perch (Silver)	B	N	N	N
Perch (White)	N	N	N	B
Perch (Yellow)	B	N	N	B
Pickrel	B	B	B	N
Pike	N	B	B	B
Porgy	N	B	B	N
Red Snapper	B	B	N	B
Sailfish	N	B	N	N
Salmon (Ocean: Pacific NW, Norwegian)	B	N	B	B
Salmon (Farm Raised)	N	N	N	N
Sardine	B	B	B	B
Scallop	A	N	N	N
Shad	A	B	B	B
Shark	N	N	N	N
Shrimp	A	A	A	N
Smelt	N	N	N	N/B
Snail (Helix Pomatia/Escargot)	B	B	A	N
Snapper	N	N	N	B
Sole	A	A	B	B
Squid	A	N	N	N
Sturgeon	N	B	B	B
Swordfish	N	N	N	B

Tilefish	A	N	N	B
Trout (RaiN/Bow)	B	B	N	B
Trout (Sea)	B	B	B	N
Tuna	N	B	N	N/B
Weakfish	N	N	N	N
Whitefish	B	N	N	B
Yellowtail	N	A	A	B

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<b>Fruit/Fruit Juice</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Apple	N	N	N	N
Apple Cider/Apple Juice	N	N	N	A
Apricot/Apricot Juice	B	N	N	N
Avocado	N	A	A	A
Banana	A	A	B	N/B
Blackberry/Blackberry Juice	B	N	N	A
Blueberry	B	N	N	N/B
BoyseN/Berry	B	N	N	N
Canang Melon	N	N	N	N
Cantaloupe	A	N	N	A
Casaba Melon	N	N	N	N
Cherry (Bing, Sweet, White, etc)	B	B	N	N
Cherry/Juice (Black)	B	B	N	B
Christmas Melon	N	N	N	N
Coconut/Coconut Milk	A	A	A	A
Cran/Berry	B	B	B	N
Cran/Berry Juice	N	B	B	N
Crenshaw Melon	N	N	N	N
Currants (Black/Red)	N	N	N	N
Date	N	N	N	N
Elderberry (Dark Blue/Purple)	N	N	N	N
Fig (Fresh/Dried)	B	B	N	B

Gooseberry	N	B	N	N
Grape	N	B	B	N
Grapefruit	B	B	N	N
Grapefruit Juice	B	N	N	N
Guava	N	A	N	N/B
Guava Juice	N	-	-	-
Honeydew	A	N	N	A
Jam/Jelly OK'd Ingrid	N	N	N	N
Kiwi	N	B	N	N
Kumquat	N	N	N	N
Lemon/Lemon Juice	B	B	N	N
Lime/Lime Juice	N	N	N	N
Logan/Berry	N	B	N	N
Mango/Mango Juice	A	A	N	N/B
Musk Melon	N	N	N	N
Nectarine/Nectarine Juice	N	N	N	N
Orange/Orange Juice	A	A	N	A
Papaya	A	N	B	N
Papaya Juice	A	B	B	N
Peach	N	N	N	N
Pear/Pear Juice	N	N	N	N
Persimmon	N	A	A	N
Pineapple	B	B	B	N
Pineapple Juice	B	N	B	B
Plantain	A	N	N	A
Plum (Dark/Green/Red)	B	B	B	B
Pomegranate	N	A	A	N
Prickly Pear	N	A	A	N
Prune/Prune Juice	B	N	N	B
Raisin	B	N	N	N
Raspberry	N	N	N	N
Spanish Melon	N	N	N	N
Starfruit (Carambola)	N	A	A	N
Strawberry	N	N	N	A
Tangerine/Tangerine Juice	A	N	N	A



Water & Lemon	B	N	N	-
Watermelon	N	N	N	N

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<b>Grains</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Amaranth	B	N	A	O
Artichoke Pasta (Pure)	B	A	A	O
Barley	N	N	A	O
Buckwheat/Kasha	B	A	A	N/B
Corn	N	A	A	A
Couscous (Cracked Wheat)	N	N	A	A
Essene Bread (Manna Bread)	B	B	B	B
Ezekiel Bread	B	B	B	B
Gluten Flour	N	N	A	A
Gluten Free Bread	N	N	N	O
Graham Flour	N	N	N	A
Kamut	N	A	A	O
Millet	N	B	B	O
Oat Flour	B	B	B	an
Oat/Oat Bran/Oatmeal	N	B	B	an
Popcorn	-	-	A	A
Quinoa	N	N	N	O
Rice (Cream of)	N	N	N	N/B
Rice (Puffed)/Rice Bran	N	B	B	N/B
Rice (White/Brown/Basmati)/Bread	N	B	N	N/B
Rice (Wild)	N	B	A	O
Rice Cake/Flour	B	B	B	N/B
Rye Flour	B	B	A	O
Rye/100% Rye Bread	N	B	A	O
Soba Noodles (100% Buckwheat)	B	A	A	O
Sorghum	-	-	-	-
Soy Flour Bread	B	B	N	N
Spelt	N	B	B	O

Spelt Flour/Products	N	N	N	O
Tapioca	N	A	A	O
Teff	A	A	A	O
Wheat (Berry)	A	N	A	A
Wheat (Bleached Flour Products)	O	N	N	A
Wheat (Bran)	A	N	A	A
Wheat (Bulghur)	N	N	A	A
Wheat (Durum Flour Products)	A	N	A	A
Wheat (Germ)	A	N	A	A
Wheat (Gluten Flour Products)	N	N	A	A
Wheat (Refined UN/Bleached)	O	-	N	A
Wheat (Semolina Flour Products)	O	N	N	A
Wheat (White Flour Products)	O	N	N	A
Wheat (Whole Wheat Products)	A	N	A	A
Wheat Bread (Sprouted Commercial)	B	B	-	A

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Herb/Spice	A	AB	B	O
Allspice	N	A	A	N
anise	N	A	N	N
Arrowroot	N	N	N	N
Basil	N	N	N	N
Bay Leaf	N	N	N	N
Bergamot	N	N	N	N
Caraway	N	N	N	N
Cardamom	N	N	N	N
Carob	N	N	N	B
Chives	N	N	N	N
Cinnamon	N	N	A	A
Clove	N	N	N	N
Coriander	N	N	N	N
Cream of Tartar	N	N	N	N

Cumin	N	N	N	N
Curry	N	B	B	B
Dill	N	N	N	N
Dulse	N	N	N	B
Licorice	N	N	N	N
Mace	N	N	N	A
Marjoram	N	N	N	N
Mint	N	N	N	N
Mustard Dry	N	N	N	N
Nutmeg	N	N	N	A
Oregano	N	-	N	-
Paprika	N	N	N	N
Parsley	N	B	B	B
Pepper (Black/White)	A	A	A	A
Pepper (Peppercorn/Red Flakes)	A	A	N	N
Peppermint	N	N	N	N
Rosemary	N	N	N	N
Saffron	N	N	N	N
Sage	N	N	N	N
Savory	N	N	N	N
Spearmint	N	N	N	N
Stevia	-	N	A	-
Tamarind	N	N	N	N
Tarragon	N	N	N	N
Thyme	N	N	N	N
Turmeric	N	N	N	B
Vanilla	N	N	N	A
Wintergreen	A	N	N	N

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<b>Meat</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Bacon/Ham/Pork	A	A	A	A
Beef	A	A	N	B

Buffalo	A	A	N	B
Chicken	O	A	A	N
Cornish Hens	O	A	A	N
Duck	A	A	A	N
Goat	A	A	U	N
Goose	A	A	A	A
Heart	A	A	A	B
Lamb	A	B	B	B
Liver (Calf)	A	O	N	B
Mutton	A	B	B	B
Partridge	R	A	A	N
Pheasant	A	O	O	N
Quail	R	A	A	N
Rabbit	A	B	B	N
Turkey	O	B	O	N/B
Turtle	A	A	A	N
Veal	A	A	N	B
Venison	A	A	B	B

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<b>Medicinal Herbs</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Alfalfa Juice/Tea	B	B	N	A
ARA-6 (larch arabinogalactan)	N	N	N	N
Ashawaghanda	N	-	-	-
Astragalus	N	-	-	-
Berberis Vulgaris	N	-	-	-
Black Cohosh	N	N	N	N
Bladderwrack	-	-	-	N
Blue Cohosh	-	-	-	A
Boswellia	N	-	-	-
Bromelain	N	-	N	N
Burdock	B	B	N	A

Catnip	A	N	N	N
Cayenne	A	N	N	B
Chamomile	N	-	-	-
Chamomile	B	B	N	N
Chaparral	A	A	A	A
Chaste Berry	-	-	-	N
Chickweed	N	N	N	B
Chlorella	N	-	-	-
Chrysanthemum Tea	-	N	-	A
Coleus forskolin	N	-	-	N
Collinsonia Canadensis (Stone Root)	N	N	-	N
Coltsfoot	N	A	A	A
Comfrey	A	A	A	A
Corn Silk	A	A	A	A
Dandelion	N	N	N	B
De-glycyrrhizinated Licorice (DGL)	N	-	N	N
Dessicated Thyroid	-	-	-	N
Dioscorea vilosa (Wild Yam)	N	-	-	-
Dong Quai	N	N	N	N
Echinacea Root	N	N	N	A
Echinacea Tea/Extract	B	B	N	A
Elder	N	N	N	N
Evening Primrose Oil	-	N	-	A
Fenugreek	B	A	A	B
Feverfew	-	-	-	N
Fucus vesiculosus	-	-	-	N
Gentian	N	N	A	A
Ginger	B	B	B	B
Gingko biloba	-	-	N	N
Ginseng (Siberian - Eleutherococcus)	B	B	B	N
Goldenseal Gargle	N	N	N	N
Goldenseal Root	A	A	A	A
Grease Root (Grindelia Robusta)	N	-	-	-
Guggul	N	-	-	A
Hawthorne	N	N	N	N

Hops	N	A	A	B
Horehound	N	N	N	N
Inula	N	-	-	-
Kava	-	-	-	N
Kombucha	N	A	A	A
Licorice	N	B	B	N
Linden	N	A	A	B
Maitake Mushroom	N	N	-	N
Milk Thistle	N	-	-	A
Mistletoe	-	-	-	-
Mulberry	N	N	N	B
Mullein	N	A	A	N
Nettles	-	-	A	-
Oregon Grape (Gargle)	N	N	N	N
Parsley	N	N	B	B
Peppermint	N	N	B	B
Piccorhiza	-	-	-	-
Pimpinella	-	-	-	-
Psyllium seed	-	-	-	A
Quercetin	N	N	N	N
Raspberry Leaf	N	N	B	N
Red Clover	A	A	A	A
Rhubarb	A	A	A	A
Rose Hips	B	B	B	B
Sage	N	N	B	N
St. John's Wort	B	N	N	A
Sarsaparilla	N	N	N	B
Sassafras	A	A	A	A
Saw Palmetto	-	N	N	-
Senna	N	A	A	A
Shepherd's Purse	N	A	A	A
Skullcap	N	A	A	N
Slippery Elm	B	N	N	B
Spearmint	N	N	N	N
Stinging Nettle Leaf	-	-	N	-

Stinging Nettle Root	-	A	A	N
Strawberry Leaf	N	B	N	A
Taraxacum	N	-	-	-
Thyme	N	N	N	N
Valerian Tea/Extract	B	N	N	N
Valerian Root	N	-	-	N
Vervain	N	N	N	N
Western Larch	-	-	-	N
White Birch	N	N	N	N
White Oak Bark	N	N	N	N
Witch Hazel	N	-	-	N
Yarrow	N	N	N	N
Yellow Dock	A	N	N	A

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<b>Nuts/Seeds</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Almond	N	N	N	N/B
Almond Butter	O	N	N	N/B
Brazil Nut	A	N	N	A
Cashew/Cashew Butter	A	N	A	A
Chestnut	N	B	N	N
Filbert (Hazelnut)	N	A	A	N
Flax Seed	B	N	N	B
Hickory	N	N	N	N
Litchi	N	N	N	A
Macadamia	N	N	N	N
Peanut	B	B	A	A
Peanut Butter	B	B	A	A
Pecan/Pecan Butter	-	-	N	N
Pine Nut (Pignola)	N	N	A	N
Pistachio	A	N	A	A
Poppy Seed	N	A	A	A
Pumpkin Seed	B	A	A	B

Sesame Butter/Tahini	O	A	A	N
Sesame Seed	N	A	A	N
Sunflower Butter	O	-	-	-
Sunflower Seed	N	A	A	N
Walnut (Black)	B	B	B	B
Walnut (English)	B	B	B	B

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Oils	A	AB	B	O
Black Currant Seed Oil	B	N	N	N
Borage Seed Oil	-	-	-	A
Canola Oil	A	A	A	A
Castor Oil	-	-	-	A
Coconut Oil	A	A	A	A
Cod Liver Oil	N	N	N	N
Corn Oil	A	A	A	A
Cottonseed Oil	A	A	A	A
Flax Seed (Linseed) Oil	B	N	N	B
Olive Oil	B	B	B	B
Peanut Oil	A	A	A	A
Safflower Oil	A	A	A	A
Sesame Oil	A	A	A	N
Sunflower Oil	-	A	A	-
Walnut Oil	B	B	N	N
Wheat Germ Oil	N	-	-	A

Supplements	A	AB	B	O
B-12	N	-	-	-
B-Vitamins	N	-	-	N



Bee Pollen	A	-	-	-
Beta Carotene	A	-	N	-
Betaine (Betaine Hydrochloric Acid)	A	-	-	-
Biotin	N/B	-	-	-
Bitters	N	N	-	-
Blue Green Algae	A	A	A	A
Calcium	N	-	-	N
Cellulose	-	-	-	-
Chondroitin Sulphate	N	N	A	A
Chromium Picholinate	A	A	A	A
Colostrum (Bovine)	A	A	A	A
CoQ10	-	-	-	N
Creatine	-	-	-	A
Curcumin (Turmeric Extract)	N	-	-	N
DHEA	A	-	-	-
EFA's (Essential Fatty Acids)	-	-	N	-
Ephedra	-	-	A	-
Fish Oils	N	-	N	A
Floradix Liquid	N	N	-	N
Folic Acid	N	-	N	-
Glucosamine Sulfate	-	-	N	N
Grape Seed	-	-	N	-
Iodine	-	-	-	N
Iron	N	-	-	-
L-Carnitine	-	-	-	A
L-Carnitine (Non-meat eating O's)	-	-	-	N
L-Cystein	-	-	-	N
L-Glutamine	A	-	A	-
L-Taurine	-	-	-	N
Lacto-Albumin Protein	A	N	N	A
Lecithin	-	-	N	-
Magnesium	-	-	N	N
Manganese	-	-	-	N
Manose	-	-	-	N
Membrane Fluidizer Cocktail	A	N	N	-

MSM	-	-	-	A
N-Actyl Glucosamine	N	-	-	N
Pancreatic Enzymes	-	-	-	N
Pantethine (active B-5)	N	N	N	N
Pantothenic Acid (B-5)	-	-	N	N
Pectin	-	N	N	-
Pro-Biotics	N	-	-	-
Pycnogenol	-	-	N	N
Royal Jelly	-	-	-	A
Selenium	N	-	-	-
Thymus (Glandular)	-	-	-	A
Tyrosine	-	-	-	N
Vitamin A	A	-	-	A
Vitamin B5	N	-	-	-
Vitamin C	N	N	-	N
Vitamin E	N	N	N	A
Vitamin K	-	-	-	N
Zinc	N	N	A	A

Oral Contraceptive Pills	A	-	-	A
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A = Avoid N/B = Neutral/Beneficial

B = Beneficial

N = Neutral

- = Unknown O = Occasional R = Rare

Sweetener	A	AB	B	O
Barley Malt	B	A	A	N
Corn Syrup	N	A	A	A
Dextrose	-	A	A	A
Fructose	-	N	-	A
Honey	N	N	N	N
Maltodextrin	-	A	A	A
Maple Syrup	N	N	N	N
Molasses	-	N	N	N
Molasses (Blackstrap)	B	-	-	-

Rice Syrup	N	N	N	N
Sucanat	-	-	-	N
Sugar (Brown/White)	A	A	A	A

<b>Vegetables / Veg Juices</b>	<b>A</b>	<b>AB</b>	<b>B</b>	<b>O</b>
Acacia (Arabic Gum)	A	A	A	A
Agar	N	N	N	N
Alfalfa Sprouts	B	B	N	A
Aloe/Aloe Tea/Aloe Juice	B	A	A	A
Artichoke	B	A	A	B
Arugula	N	N	N	N
Asparagus	N	N	N	N
Asparagus Pea	-	-	-	-
Bamboo Shoot	N	N	N	N
Beet	N	B	B	N
Beet Greens	B	B	B	B
Beet/Beet Greens Juice	N	B	B	N
Bok Choy	N	N	N	N
Broccoli	B	B	B	B
Brussel Sprout	N	N	B	A
Cabbage (Chinese/Red/White)	A	N	B	A
Cabbage Juice	N	B	B	A
Caper	A	A	N	A
Carrot	B	N	B	N
Carrot Juice	B	B	N	N
Cauliflower	N	B	B	A
Celeriac	-	-	-	-
Celery	N	B	N	N
Celery Juice	B	B	N	N
Chervil	N	N	N	N
Chicory	B	N	N	B
Cilantro	N	-	-	-
Collard Greens	B	B	B	B

Cucumber	N	B	N	N
Cucumber Juice	N	N	N	N
Daikon Radish	N	N	N	N
Dandelion	B	B	N	B
Eggplant	A	B	B	A
Endive	N	N	N	N
Escarole	B	N	N	B
Fennel	N	N	N	N
Fiddlehead Fern	N	N	N	N
Garlic	B	B	N	B
Ginger	B	N	B	N
Horseradish	B	N	N	B
Kale	B	B	B	B
Kelp	N	N	N	B
Kohlrabi	B	N	N	B
Leek	B	N	N	B
Lettuce	N	N	N	N
Lettuce (Romaine)	B	N	N	B
Mushroom (Abalone)	N	A	N	N
Mushroom (Domestic)	A	N	N	A
Mushroom (Oyster/Enoki/Portobello)	N	N	N	N
Mushroom (Shiitake)	A	A	B	A
Mushroom (Straw)	N	-	-	-
Mustard Greens	N	B	B	A
Okra	B	N	N	B
Olive (Black)	A	A	A	A
Olive (Greek/Spanish)	A	N	A	A
Olive (Green)	N	N	A	N
Onion (Green)	N	N	N	N
Onion (Red/Spanish/Yellow)	B	N	N	B
Parsnip	B	B	B	B
Pea (Green/Pod/Snow)	N	N	N	N
Pepper (Green/Yellow/Jalapeno)	A	A	B	N
Pepper (Red/Cayenne)	A	A	B	B
Pickle	N	A	N	A

Pimento	N	N	N	N
Potato (Sweet)	A	B	B	B
Potato (White/Red/Blue/Yellow)	A	N	N	A
Pumpkin	B	N	A	B
Radicchio	N	N	N	N
Radish	N	A	A	N
Radish Sprouts	N	A	A	N
Rappini	N	N	N	N
Rhubarb	A	A	A	A
Rutabaga	N	N	N	N
Sauerkraut	A	N	-	A
Scallion	N	N	N	N
Seaweed	N	N	N	B
Shallots	N	N	N	N
Spinach/Spinach Juice	B	N	N	B
Spirulina/Spirulina Juice	-	-	-	A
Squash (Summer/Winter)	N	N	N	N
String Bean	N	N	N	N
Swiss Chard	B	N	N	B
Taro	N	-	-	-
Tomato/Tomato Juice	A	N	A	N
Turnip	B	N	N	B
Water Chestnut	N	N	N	N
Watercress	N	N	N	N
Yam	A	B	B	N
Yucca	-	-	-	N
Zucchini	N	N	N	N