Beneficial Food List for Blood Type B Individuals

Category	Food to Consume More of
Seafood	Mackerel, Salmon, Sardine, Cod, Halibut
Meat	Goat, Lamb, Rabbit, Venison
Grains	Oat Flour, Rice Flour
Cereals	Oat, Millet, Rice Spelt
Fruits	Bananas, Cranberries, Grapes (all types), Plums, Pineapple, Papaya, Watermelon
Vegetables	Green vegetables, such as Broccoli, Kale, Collard Greens, Beet Leaves, Mustard Greens
Beans	Navy, Lima Beans, Red Soybeans, Kidney Beans
Dairy	Yogurt, Low or Nonfat Milk, Goat Milk, Mozzarella, Ricotta, Feta, Cottage Cheese
Spices and Flavors	Ginger, Horseradish, Curry Powder, Cayenne Pepper

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Craig Grannell

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