Blood Type Diet

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| Type A Diet List | Type B Diet List | Type AB Diet List | Type O Diet List |
| Acceptable for Consumption | Acceptable for Consumption | Acceptable for Consumption | Acceptable for Consumption |
| * Artichokes
* Arugula
* Asparagus
* Beets
* Broccoli
* Celery
* Endive
* Fennel
* Garlic
* Kale
* Lettuce
* Mushrooms
* Watercress
* [Ezekiel Bread](http://diet.lovetoknow.com/wiki/Where_Can_I_Purchase_Ezekiel_Bread)
* Oat Bran
* Rye
* Black Beans
* Tofu
* Apples
* Blueberries
* Cherries
* Dates
* Guava
* Raspberries
* Watermelon
* Chicken
* Cornish Hens
* Turkey
* Cod
* Perch
* Tuna
* Almond Milk
* Kefir
* Ricotta Cheese
* Soy Milk
* Yogurt
 | * Alfalfa
* Bok Choy
* Cabbage
* Celery
* Collard Greens
* Eggplant
* Fennel
* Jicama
* Lettuce
* Mushrooms
* Peppers
* Rutabaga
* Yams
* Apricot
* Cranberries
* Currants
* Grapes
* Mango
* Melons
* Pineapple
* Strawberries
* Beef
* Lamb
* Pheasant
* Turkey
* Veal
* Carp
* Halibut
* Sardines
* Millet
* Oats
* [Quinoa](http://vegetarian.lovetoknow.com/What_Is_Quinoa)
* Rice
* Cheeses
* Butter
* Milk
* Whey
* Yogurt
 | * Agar
* Bamboo
* Brussels Sprouts
* Carrots
* Cucumbers
* Ginger
* Leek
* Okra
* Olives
* Tomatoes
* Zucchini
* Lamb
* Liver
* Mutton
* Turkey
* Abalone
* Mussels
* Red Snapper
* Squid
* Apples
* Blueberries
* Cranberries
* Currants
* Figs
* Kiwi
* Papaya
* Peach
* Tangerine
* Watermelon
* Eggs
* Couscous
* Gluten-free Breads
* Quinoa
* Spelt
 | * Asparagus
* Garlic
* Ginger
* Kelp
* Leek
* Lettuce
* Onions
* Pumpkin
* Radishes
* Sweet Potato
* Swiss Chard
* Tomato
* Turnips
* Yucca
* Barley
* Ezekiel Bread
* [Rice Flour](http://gluten.lovetoknow.com/rice-flour-bread-recipes)
* Spelt
* Black Beans
* Fava Beans
* Beef
* Chicken
* Duck
* Liver
* Rabbit
* Turkey
* Venison
* Bass
* Clams
* Crab
* Hake
* Lobster
* Perch
* Salmon
* Shrimp
* Tilapia
* Whitefish
* Apples
* Banana
* Boysenberry
* Cherry
* Dates
* Figs
* Kiwi
* Lemon
* Lime
* Mulberry
* Nectarine
* Plum
* Raisin
* Watermelon
* Almond Milk
* Feta Cheese
* Rice Milk
* Soy Milk
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