

Group II Foods

for

Fast Oxidizers & Parasympathetics

PROTEINS			CARBS			FATS
MEAT	SEAFOOD	DAIRY +	GRAINS	VEG.	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 cheese	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	<i>Oils:</i>
poultry (dark)	sardines	yogurt (plain)	millet	celery	pears (firm):	coconut
red meat	tuna (dark)		oats	green beans	Bosc	olive
		<i>Misc.</i>	quinoa	mushrooms	D'Anjou	sesame
<i>Minimize</i>	crab	eggs	rice (brown)	olives		
<i>broccoli</i>	lobster	beans (dried)	rye	peas	<i>Moderately</i>	<i>Nuts/Seeds:</i>
<i>potatoes</i>	shrimp	lentils	spelt	spinach	apricots	almonds
<i>mustard grns.</i>	oyster	tempeh		winter squash	berries (other)	brazils
<i>soft squashes</i>	shellfish	tofu	<i>Minimize</i>		plums	cashews
<i>tomatoes</i>			<i>wheat & all by-products</i>	<i>Moderately</i>		peanuts
<i>zucchini</i>			<i>white rice</i>	chard	<i>Minimize</i>	pecans
<i>vinegar</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/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 *or lo han* instead
- ☛ Use unrefined sea salt, such as Celtic, Eden, Mediterranean or Real Salt