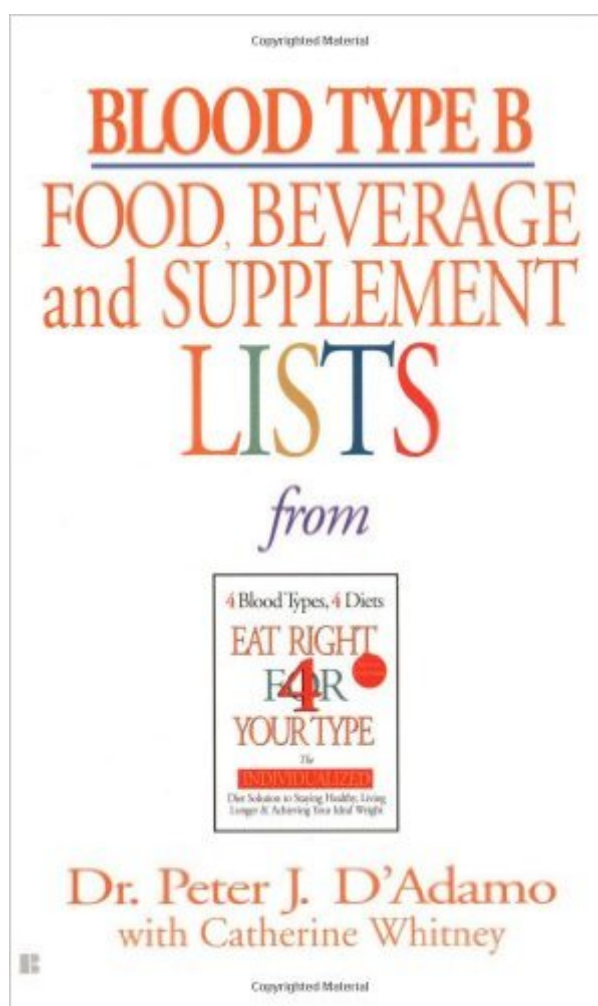


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# Blood Type B Food, Beverage And Supplemental Lists



## Synopsis

The Eat Right 4 (For) Your Type portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistry. If your blood type is B, enjoy your best health with plenty of variation. Eat plenty of protein, and add a bit of dairy. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing. You'll never have to be without Dr. D'Adamo's reassuring guidance again. Inside you will find complete listings of what's right for Type B in the following categories:

- \* meats, poultry, and seafood
- \* oils and fats
- \* dairy and eggs
- \* nuts, seeds, beans, and legumes
- \* breads, grains, and pastas
- \* fruits, vegetables, and juices
- \* spices and condiments
- \* herbal teas and other beverages
- \* special supplements
- \* drug interactions
- \* resources and support

Refer to this book while shopping, dining, or cooking and soon, you will be on your way to developing a prescription plan that's right for your type.

## Book Information

Series: Food, Beverage and Supplement

Mass Market Paperback: 96 pages

Publisher: Berkley; Reissue edition (December 31, 2001)

Language: English

ISBN-10: 0425183122

ISBN-13: 978-0425183120

Product Dimensions: 4.2 x 0.2 x 6.8 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (218 customer reviews)

Best Sellers Rank: #19,271 in Books (See Top 100 in Books) #8 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #262 in [Books > Health, Fitness & Dieting > Nutrition](#) #394 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

So now that you've read Eat Right For Your Type and are familiar with the basic theories behind the blood type diets, you need a list that you can grab and take with you on those grocery shopping trips or for those dinners out where you may find menu items that you can't quite remember as either Recommended, Neutral, or Avoid. This is one of those pocket references that was made to be convenient for these situations if you happen to be a type B like most of my family. (If you haven't read the abovementioned book first, you should. It explains in detail the hows and whys of eating

according to one's blood type - O, A, B, or AB - instead of the dictates of popular trends. Foods are divided into three lists for each blood type: Highly Recommended (foods that have some great benefit or another and act almost as medicine in your system), Neutral (basics that are neither highly beneficial nor bad), or Avoid (foods that you should avoid, either because they have a bad effect on your blood type's metabolism, immune system, digestion, etc). But back to the review...)The format of this list book is divided into convenient chapters that each represent a food group, such as Ch.1, Meats and Poultry, Ch. 2, Seafood, Ch.3, Eggs and Dairy, Ch.4, Fats and Oils, and so on until we have categorized every type of common edible into 14 sections altogether. Each chapter also has a brief introductory essay explaining a few highlights of the lists that follow, for instance, why certain healthy veggies such as tomatoes ended up on the Avoid list for type Bs and why Pineapple is on the Highly Recommended list. Most of the selections are not explained in detail however, so the reader must take these recommendations on faith.

I purchased this book in conjunction with the book but, since this book ended up arriving first, I flipped through it a bit.THERE ARE MAJOR ISSUES WITH THIS BOOK. I'll go through the pros and cons via a list.Pros:Well organized. Items are listed by category (meats, produce, beans, grains, etc.), then according to whether the item is very beneficial, neutral, or to be avoided.It's pocket-sized, so you can take it with you when you go out to eat, etc.Cons:THE INFORMATION IS OFTEN CONTRADICTORY!Just flipping through it, I've found numerous areas where the same item is listed in more than one category (either listed as both beneficial AND unhealthy, or neutral and unhealthy, etc.) Some times, this is blatantly obvious, since the wording is exactly the same. It's like someone wasn't paying attention while they dragged and dropped the info in their Word file.Other times, it's less obvious. For example, I've had Celiac disease for a number of years (actually, not surprising, from what I now understand of B-type individuals). Thus, I am very keen to products that contain gluten, which is found in wheat, rye, barley, spelt, and can be found in trace amounts in oats processed in the US. Some of the inconsistencies in the grain categorization:Tells you to avoid ALL gluten products.Also tells you to avoid ALL wheat products.Then, calls Spelt "beneficial" (though, being an "ancestor" of modern wheat, IT CONTAINS GLUTEN!

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Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Blood Type A: Food, Beverage and Supplemental Lists from Eat Right 4 Your Type Blood Type O Food, Beverage and Supplemental Lists Blood Type B Food, Beverage and Supplemental Lists Blood Type A Food,

Beverage and Supplemental Lists Blood Type AB Food, Beverage and Supplemental Lists Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) The Food Combining/Blood Type Diet Solution: A Personalized Diet Plan and Cookbook for Each Blood Type Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Blood Type Diet: Eat Right for Your Blood Type: The simple way to eat for weight loss and live a healthy life Blood Type Diet: A Starter Guide: Eating Based on Blood Type for Health and Wellness

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