

# TYPE B - AVOID LIST

Below you will find a checklist of foods to avoid. I recommend becoming your own case study. Remove and reintroduce these foods to see how you feel. (Only 1 at-a-time) You might save this doc to your device or print off and keep handy for reference until you have created a habit of avoiding these foods for optimal digestion.

### MEATS & POULTRY

Bear, Beef-heart, Chicken, Chicken liver, Cornish hen, Duck, Duck liver, Goose, Goose liver, Grouse, Guinea hen, Ham, Horse, Partridge, Pork and bacon, Quail, Squab, Squirrel, Sweetbreads, Turtle

### SEAFOOD

Anchovy, Barracuda, Bass-bluegill, Bass-sea-lake, Bass-striped, Beluga, Butterfish, Clam, Conch, Crab, Crayfish, Eel, Frog, Herring-pickled, Lobster, Mussels, Octopus, Oyster, Pollock-Atlanta, Salmon roe, Salmon-smoked (lox), Sea bream, Shrimp, Skate, Snail-escargot, Sole-grey-Dover Trout-rainbow (wild), Trout-sea, Trout-steelhead (wild), Yellowtail

### DAIRY & EGGS

American cheese, Blue cheese, Egg-duck, Egg-goose, Egg-quail, Gorgonzola cheese, Ice cream, Romano cheese, Roquefort cheese, String cheese

### OILS & FATS

Avocado oil, Borage seed oil, Canola oil, Castor oil, Coconut oil, Corn oil, Cottonseed oil, Lard, Margarine, Palm oil, Peanut oil, Pumpkin seed oil, Safflower oil, Sesame oil

### NUTS & SEEDS

Cashew, Cashew butter, Filbert-hazelnut, Peanut, Peanut butter, Peanut flour, Pine nut-pignoli, Pistachio, Poppy seed, Pumpkin seed, Safflower seed, Sesame butter-tahini, Sesame flour, Sesame seeds, Sunflower butter, Sunflower seed

### BEANS & LEGUMES

Adzuki bean, Black bean, Black-eyed pea, Butterbean, Garbanzo bean-chickpea, Lentil-sprouted, Lentil-all types, Mung beans-sprouts, Natto, Pinto beans, Pinto bean-sprouted, Soybean cheese, Soybean meal, Soybean-tofu, Soy miso, Soy tempeh

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### GRAINS & CEREALS

Amaranth, Artichoke flour-pasta, Buckwheat-kasha-soba, Bulgur wheat flour, Couscous, Corn Flakes, Corn meal-hominy-polenta-all, Cream of Wheat, Durham wheat flour, Garbanzo bean (chickpea) flour, Gluten flour, Gram flour, Grits, Kamut, Lentil flour-dahl, Mastic gum, Papadum, Puffed wheat, Rice-wild, Rye, Rye flour, Seven grain, Shredded wheat, Sorghum, Tapioca-manioc-cassava-yucca, Teff, Wheat-bran-germ, Wheat-whole grain

### VEGETABLES

Aloe vera, Artichoke, Cassava, Corn-popcorn, Jerusalem artichoke, Olive-black, Olive-green, Pumpkin, Quorn, Radish sprouts, Radishes, Rhubarb, Tomato

### FRUITS

Avocado, Bitter melon, Coconut, Huckleberry, Loquat, Persimmon, Pomegranate, Prickly pear, Starfruit-carambola

### BEVERAGES, TEAS & COFFEE

Aloe tea, Coconut milk, Coltsfoot tea, Cornsilk tea, Fenugreek tea, Gentian tea, Goldenseal tea, Hops tea, Linden tea, Liquor-distilled, Milk-soy, Mullein tea, Pomegranate juice, Red clover tea, Rhubarb tea, Seltzer water, Sanity, Shepherd's purse tea, Skullcap tea, Soda (such as cola and diet cola), Tomato juice

### HERBS & SPICES

Acacia (gum arabic), Allspice, Cinnamon, Cornstarch, Guarana, Pepper-black-white

### CONDIMENTS, SWEETENERS & ADDITIVES

Acacia (gum arabic), Aspartame, Barley malt, Carrageenan, Cornstarch, Corn syrup, Dextrose, Gelatin, High-fructose corn syrup, High-maltose corn syrup-maltodextrin, Invert sugar, Ketchup, MSG, Mayonnaise-tofu-soy, Miso, Polysorbate 80, Sodium carboxymethyl cellulose, Stevia, Sucanat, Tragacanth gum, Umeboshi plum-vinegar