

This Sheet Best Zone Choices	Soybeans, cooked 1/3c	Tomato 1 1/2c chopped	Spices
For Blood Type B	Tempeh 1 1/2oz	Tomato, Cherry 2c	Cayenne Pepper
Yellow EAT- Purple AVOID	Yogurt, plain skim 8oz	Fresh Fruits (Carbohydrates)	Curry
for your BLOOD TYPE B	Best Carbohydrate Choices (9gm/block)	Apple, 1/2	Ginger
Best Protein Choices (7grams/block)	Cooked Veggies (Carbohydrate)	Apricots 3	Horseradish
Meat/Poultry (Protein)	Artichokes, 4 lg or 1c hearts	Blackberries 3/4c	Parsley!!
Beef 1oz.	Asparagus 12 spears or 1c	Blueberries 1/2c	Herbal Teas
Chicken, Cornish Game Hens 1oz	Beans, Black/Garbanzo/Pinto 1/4c	Cherries 8	Green Tea
Turkey/Emu 1oz	Beans, Kidney/Lima/Navy/Red Soy 1/4c	Grapefruit 1/2	Blood Type B
Pork, Sausage, Keilbasa 1oz	Beans, Navy/Red/White/Fava/Broad 1/4c	Grapes, All Kinds 1/2c	Top 11 Best Foods
Lamb 1oz	Bok Choy 3c	Kiwi 1	Alfalfa sprouts
Fish/Seafood (Protein)	Broccoli 3c	Nectarine 1/2	Milk, whole
Bass 1.5oz	Brussels Sprouts 1 1/2 c	Orange 1/2	Molasses
Cod, Founder, Grouper 1.5oz	Cabbage, Chinese/Red/White 3c	Peach 1	Oatmeal
Crab, Lobster, Shrimp 1.5oz	Cauliflower 4c	Pear 1/2 or 1/2c	Parsley
Haddock, Hake, Halibut 1.5oz	Eggplant 1 1/2c	Plums, All Kinds 1	Pineapple
Mackerel, Mahimahi, Monkfish 1.5oz	Radish, Daikon only 1c	Raspberries 1c	Raspberries
Perch, Piickerel, Porgy 1.5oz	Beans, Green 1 1/2c	Strawberries 1c	Salmon
Salmon, Swordfish, Sole 1.5oz	Kale 2c	Tangerine 1	Sweet Potatoes
Sardines, Scallops 1.5oz	Kohlrabi 1c	Grains/Alcohol (Carbohydrate)	Venison
Shad,Sturgeon,Caviar 1.5oz	Leeks 1c	Barley, dry 1/2 Tbsp.	White wine
Shrimp,Snails 1.5oz	Lentils, cooked 1/4c	Oatmeal, cooked 1/3c	Eat SOME of the
Trout, Sea 1.5oz	Mushrooms, Any kind 2c		Above EVERY day
Tuna Steak 1oz	Mustard greens 4c	Best Fat Choices (3gm/block)	Exercises for Type B:
Tuna, Albacore 1.5oz	Okra, sliced 1c	Almonds 3	Aerobics,Calisthenics
Eggs/Dairy (Protein)	Onions, boiled 1/2c	Avocado 1 Tbsp	Biking
Egg Whites 2	Spinach 3 1/2c	Canola Oil 2/3tea	Golf, Tennis
Egg Subst. 1/4c.	Squash, All Types 2c	Cashews 3	Hatha Yoga, Tai Chi
Cottage Cheese 2% 1/4c.	Swiss Chard 2 1/2c	Macadamia 1	Hiking
Vegetarian (Protein)	Turnip Greens or Beet Leaves 4c	Oils, Olive/Cod Liver/Flax 2/3tsp	Martial Arts-less aggressive
Protein Pdr. 1/3c.	Zucchini 2c	Peanuts 6	Non-Competitive Sports
Soy Burger 2/3 patty	Raw Veggies (Carbohydrate)	Pistacios 3	Swimming
Soy Burger Crumbles 1/3c.	Celery 2c		Walking-Brisk
Soy Sausage 1	Cucumber 1 1/2 med.	3 Block Balanced Meals Eating Out	Weight Training
Tofu, extra firm 2oz.	Fennel, Chervil, Bamboo Shoots 3/4c	Wendy's 12 oz. Chili	Avoid these foods
Tofu, firm 3oz.	Lettuce, All Kinds 10c	McDonald's Grilled McChicken	for BLOOD TYPE B
Tofu, soft 4oz.	Onions, Any Kind Chopped 1 1/2c	(Throw away 1/4 of the bun)	Canola Oil
Mixed (1block protein, 1 block carb)	Parsley 10c	Burger King BK Broiler w/o	Cinnamon
Milk, 1% or Skim 1c	Peppers, Green/Red/Yellow/All 2c	mayo & throw away 1/4 of the bun	Clams
Soy Milk 1c (read labels carefully)	Radishes 4c	Taco Bell Chicken Tacos-2	Colas
One Balanced Snack equals:	A Balanced Meal is 3-4 Blocks	If a meal is too large you can Graze:	Corn and
One Block of Protein	3-4 Blocks of Protein	Two Blocks of Protein	Anything w/ the word
One Block of Carbohydrate	3-4 Blocks of Carbohydrates	Two Blocks of Carbohydrates	CORN in it.
One Block of Fat	3-4 Blocks of Fat	Two Blocks of Fat	Wheat
	(3 Blocks for a woman/4 for a man)		© wms 2003
WEIGHT MANAGEMENT SYSTEMS	Featuring the Zone and Blood Type Diets	BEST ZONE CHOICES	BLOOD TYPE B
Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com			