

This Sheet POOR Zone Choices	Cranberries 3/4c	Roll, dinner 1/2 small	Spices
For Blood Type B	Cranberry sauce 1oz	Roll, hamburger 1/2	Allspice
Yellow EAT - Purple AVOID	Dates 2	Rye, Any kind	Almond Extract
for BLOOD TYPE B	Figs 1	Taco shell 1	Barley Malt
Poor Protein Choices 7gm/blk	Guava 1/2c	Tortilla, corn 6" 1	Cinnamon
Meat/Poultry (Protein)	Kumquat 3	Tortilla, flour 8" 1/2	Cornstarch
Bacon 3 strips	Mango, sliced 1/3c	Waffle 1/2	Corn Syrup
Beef, fatty cut 1oz	Papaya, cubed 3/4c	Unfavorable Choices-Other 9gm/blk	Gelatin, Plain
Beef, ground full fat 1oz	Prunes, dried 2	Barbecue sauce 2 Tbsp	Pepper, Black Ground
Hot Dog, Pork or Chicken 1 link	Rhubarb 1/2c, Starfruit 2	Beer 1 bottle	Pepper, White
Hot Dog, Beef or Turkey 1 link	Raisins 1 Tbsp	Cake, small slice 1/3	Tapioca
Kielbasa 2oz	Grains/Breads (Carbohydrates)	Candy bar 1/4	Beverages
Liver, beef 1oz	Bagel, small 1/4	Catsup 2 Tbsp	Liquor, distilled
Pepperoni 1oz	Biscuit 1/2	Cocktail sauce 2 Tbsp	Seltzer Water
Pork Sausage 2 links	Bread crumbs 1/2oz	Honey 1/2Tbsp	Soda, Club
Duck,Goose,Quail,Partridge 1oz	Bread, whole grain 1/2 slice	Jam or Jelly 2tsp	Soda, Cola
Salami 1oz	Bread, white 1/2 slice	Ice cream, regular 1/4c	Soda, Diet
Fish/Seafood (Protein)	Breadstick, small 1 (check label)	Ice cream, premium 1/6c	Soda, Other
Anchovy,Barracuda,Beluga,Bass 1.5oz	Buckwheat, dry 1/2oz	Liquor, distilled 1 1/2 oz	Diseases Associated
Conch,Crayfish,Eel,Frog,Lox 1.5oz	Bulgur wheat, dry 1/2oz	Molasses 2 tsp	with BLOOD TYPE B
Mussels,Octopus,Oysters,Turtle 1.5oz	Cereal, dry 1/2oz	Plum sauce 1 1/2Tbsp	Bladder Infections
Yellowtail 1.5oz	Combread 1 square	Potato chips 1/2oz	Crohn's Disease
Poor Carbohydrate Choices 9gm/blk	Cornstarch 4 tea	Pretzels 1/2oz	Chronic Fatigue
Cooked Vegetables (Carbohydrates)	Couscous 1/2oz	Relish, pickle 4 tsp	Chronic Sinus Infections
Acorn squash 1/2c	Cracker, graham 1	Sugar, brown 1 1/2tsp	Diarrhea (Wheat Allergy)
Artichoke, Jerusalem 1c	Cracker, saltine 4	Sugar, granulated white 2 tsp	Ear Infections
Baked beans 1/4c	Cracker, Triskett 3	Sugar, confectionery 1Tbsp	Gallstones
Beets, sliced 1/2c	Croissant, small plain 1/4	Syrup, maple 2tsp	Hypoglycemia
Butternut squash 1/2c	Crouton 1/2oz	Syrup, pancake 2tsp	Infertility
Carrot, raw 1	Donut, small plain 1/4	Teriyaki sauce 1/2oz	Kidney Infections
Carrots, sliced 1c	English muffin 1/4 (check label)	Tortilla chips 1/2oz	Lupus
Carrot, shredded 1c	Granola 1/2oz	Wine, red 4oz	Multiple Schlerosis
Corn 1/4c	Kamut,Kasha 1/3c	Wine, white 4oz	Reproductive Cancers
French Fries 5	Grits, cooked 1/3c	Poor Fat Choices 3gm/block	Stomach Ulcers
Lima beans 1/4c	Melba toast 1/2oz	Bacon bits, imitation 2tsp	Strep. Throat
Parsnip 1/3c	Millet 1/2oz	Butter 1/3tsp	Type 1 Diabetes
Peas 1/4c	Muffin, blueberry 1/4	Cream 1/2Tbsp	Vaccination Reactions
Pinto beans 1/4c	Noodles, egg (cooked) 1/5c	Cream Cheese 1 tsp, Lite 2tsp	
Potato, baked 1/3c	Pancake, 4" 1	Cheese--American,Blue,String 1oz	Top 6 Foods to
Potato, boiled 1/4c	Pasta--Artichoke,Soba,Wheat (cooked) 1/4c	Oils--Peanut,Safflower,Sunflower 2/3tsp	Avoid for Type B
Potato, mashed 1/4c	Pita bread 1/4 pocket	Oils--Corn,Cottonseed 2/3tsp	Clams
Refined beans 1/4c	Pita bread, mini 1/2 pocket	Nuts--Filbert 5, Pine nuts 2tsp	Canola Oil
Sweet Potato, baked 1/3	Popcorn, popped 2c	Lard 2/3tsp	Wheat
Sweet Potato, mashed 1/5c	Rice--Brown,White (cooked 1/5c)	Seeds--Pumpkin,Poppy,Sunflower 2tsp	Corn
Fruits (Carbohydrates)	Rice, Wild (cooked) 1/5c	Sour cream 1/2Tbsp	Cinnamon
Banana 1/3	Rice cake 1	Sour cream, light 1Tbsp	Colas
Coconut	Roll, bulky 1/4	Vegetable shortening 1/3tsp	© wms 2003
WEIGHT MANAGEMENT SYSTEMS	Featuring the Zone and Blood Type Diets	POOR ZONE CHOICES	BLOOD TYPE B
Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com			