



LAMPIRAN

Lampiran A : Piramid makanan

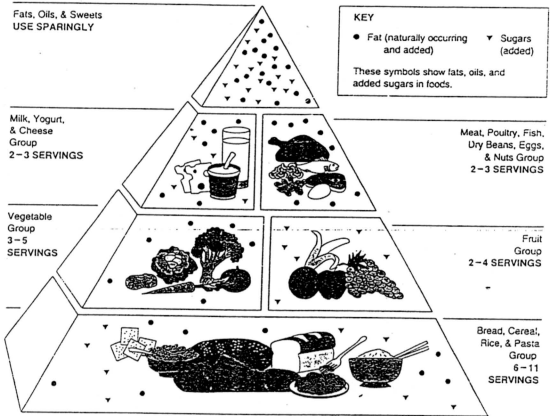
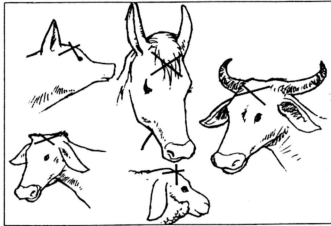
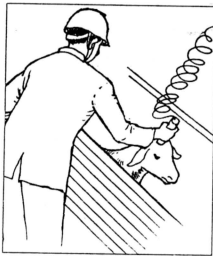


Figure 1-1
 The Food Guide Pyramid. (Courtesy of the U.S. Department of Agriculture)

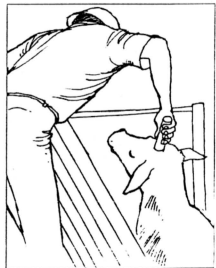
Lampiran B : Kaedah Penyembelihan Secara Stunning



Stunner diacukan di pelbagai bahagian menurut jenis haiwan.

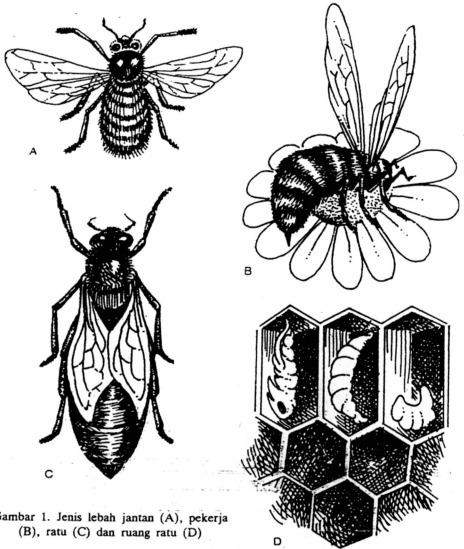


Tembakan angin bertekanan tinggi.



Kaedah ini menggunakan 'peluru'.

Lampiran C : Jenis-jenis Lebah Madu



Gambar 1. Jenis lebah jantan (A), pekerja (B), ratu (C) dan ruang ratu (D)

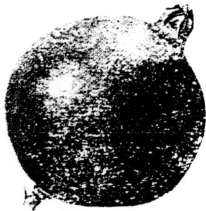
Lampiran D : Gambar Buah Kurma



Lampiran E : Gambar Buah Anggur



Lampiran F : Gambar Buah Delima

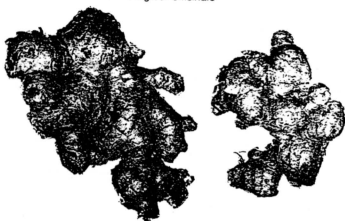


Lampiran G : Gambar Buah Zaitun

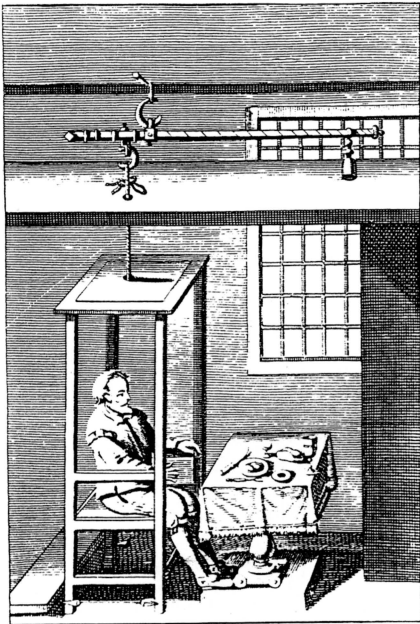


Lampiran H : Gambar Halia

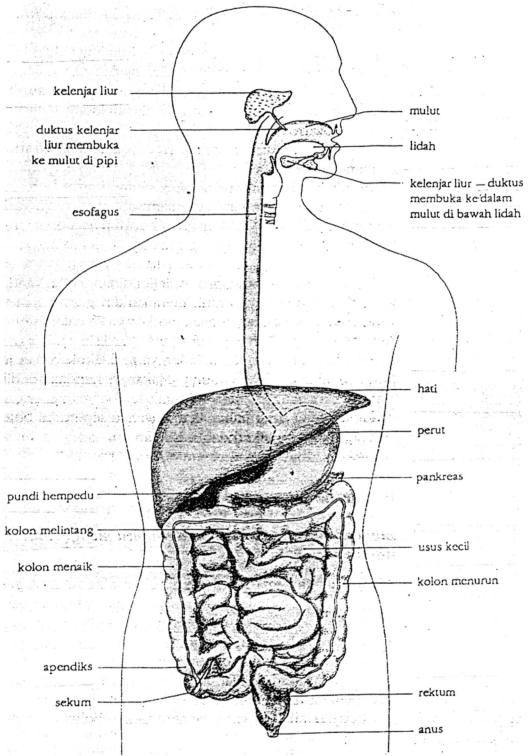
Zingiber officinale



Lampiran I : Neraca Yang Digunakan Oleh Santororius Untuk Menyukat Makanan



Lampiran J : Sistem Penghadaman Manusia



Lampiran K : Senarai Nutrien Dalam Makanan Dan Kestabilan Vitamin dalam Penyediaan Makanan

Kategori Nutrien	Fungsi Asas
Karbohidrat	Bahan bakar untuk kegiatan sel dan tisu, boleh juga disimpan sebagai lemak
Lemak	Punca asas tenaga, boleh juga disimpan sebagai lemak badan
Protein	Bahan untuk tumbesaran dan memperbaiki sel-sel rosak, memberi tenaga dan kadang-kadang disimpan.
Vitamin	Mengawal proses-proses penting, menolong mempercepatkan tindak balas kimia-dalam badan.
Garam mineral	Membekalkan bahan-bahan khas untuk tumbesaran, mengawal proses-proses tertentu dalam badan, untuk membaiki dan menjaga kesempurnaan sel
Air dan makanan pelawas	Walaupun kedua-dua bahan ini tidak mengandungi zat makanan, tetapi kedua-duanya perlu untuk kesihatan yang baik

Kestabilan Vitamin dalam Penyediaan Makanan ^a.

Vitamin	Kelarutan	Asid	Alkali	Haba	Cahaya	Pengoksidaan
A	Lemak					X ^b
D	Lemak					
E ^c	Lemak		X		X	
K	Lemak	X	X		X	X
Tiamina	Air		X	X		X
Riboflavin	Air		X		X	
Niasin	Air					
B ₆	Air		X		X	X
Asid pantotenik	Air	X	X	X ^d		
Biotin	Air		X			X
Folasin ^e	Air			X		X
B ₁₂	Air		X			
Asid askorbik	Air		X	X		X

^a Pada amnya retensi vitamin ditingkatkan oleh tempoh memasak yang pendek dan

suhu yang sederhana.

^b Jika terdapat lemak tengik atau bahan dikeringkan oleh matahari.

^c Kehilangannya vitamin E dalam penyediaan makanan normal.

^d Tidak stabil dalam haba kering.

^e Penyimpanan yang lama dan tempoh memasak yang panjang adalah merosakkan.

Lampiran L : Memahami Label Khasiat Makanan

**Komposisi Khasiat Makanan Dalam
100g Makanan**

Tenaga	430kJ 102Kcal
Protein	3.6g
Karbohidrat	15.8g
termasuk gula	1.8g
Lemak	2.7g
termasuk lemak tepu	1.3g 1.4g
Fiber/serat	0.08g
Natrium	83mg
Vitamin A	1.2mg
Vitamin D	

Memahami Label Khasiat Makanan

Jumlah tenaga dalam kiraan Kcal dan kJ

Karbohidrat, termasuklah gula-gula termasuklah dalam bentuk sukros, maltos, fruktos, galaktos, madu, sirap jagung dan laktos.

Lemak boleh dalam bentuk poly tak tepu, mono tak tepu, lemak tepu, minyak sayur, mentega, marjerin, lemak binatang, minyak sapi, lelemak sayuran.

Ini menunjukkan kandungan garam dalam makanan. Semakin tinggi natrium, semakin banyak kandungan garam. Garam juga disebut dalam bentuk natrium (sodium), natrium klorida (sodium chloride).

Lampiran M: Jenis Makanan Yang Memerlukan Label Tarikh Mengikut Peraturan Makanan 1985 Dan Tempoh Penggunaan Makanan Kering

- Biskut, roti
- Makanan berkaling untuk bayi dan kanak-kanak
- Makanan berasaskan bijirin untuk bayi dan kanak-kanak
- Coklat, coklat putih dan coklat susu
- Krim kelapa, santan kelapa, pes kelapa, serbuk krim kelapa, kelapa parut, dan kelapa parut kurang lemak
- Lemak makan dan minyak makan
- Aditif makanan yang mempunyai tempoh penggunaan kurang daripada 18 bulan
- Rumusan bayi
- Telur cecair, kuning telur cecair, putih telur cecair, telur kering, kuning telur kering, dan putih telur kering.
- Makanan tenaga rendah bagi mana-mana makanan yang memerlukan penandaan tarikh
- Margarin dalam bekas tak kedap udara
- Hasil daging dalam bekas tak kedap udara
- Susu dan hasil susu kecuali keju keras
- Minuman ringan pasteur tak berkarbonat dan minuman ringan UHT tak berkarbonat
- Tambahan zat makanan atau sediaan tambahan zat makanan yang dijual sebagai makanan
- Jus buah pasteur
- Jus sayur pasteur
- Mentega kacang
- Seri kaya
- Sos

Tempoh Penggunaan Makanan Kering

MAKANAN KERING	TEMPOH PENGGUNAAN
Biskut	6 minggu
Bijirin sarapan	8 minggu
Cokelat	Tarikh akhir pada label
Susu tepung	26 minggu
Buah kering	32 minggu
Campuran sup	32 minggu
Pasta – beehoon	24 minggu
Beras kilang	32 minggu
Kerepek kentang	3 minggu

Lampiran N : Contoh Logo Halal



Lampiran O : Senarai Aditif Makanan Menurut Hukum Islam

Acetic Acid	Halal
Glycerol/glycerin (plant)	Halal
Alcohol	Haram
Glycerol Stearate	Syubhah
Ammonium chloride	Halal
Glycogen	Syubhah
Ammonium sulfate	Halal
Gum Acacia	Halal
Animal Shortening/Fat	Haram
Hormones (animal)	Syubhah
Ascorbic acid	Halal
Hormones (plant)	Halal
Aspartame	Halal
Hydrogenated Oil	Halal
Benzoate/Benzoic acid	Halal
Hydrolyzed Animal Protein	Syubhah
Bacon (Pork)	Haram
Hydrolyzed Vegetable Protein	Halal
BHA	Halal
BHT	Halal
Lard	Halal
Leavenings	Halal
Calcium carbonate	Halal
Lecithin (Soya or Vege.)	Halal
Calcium sulfate	Halal
Mal	Halal
Carrageenan	Halal
Malto Dextrin	Halal
Cholesterol	Syubhah
Molases	Halal
Citric Acid	Halal
Mono Calcium phosphate	Halal
Cocoa Butter	Halal
Mono Saccharides	Halal
Collagen (Pork)	Haram
Monoglycerides (animal)	Syubhah
Corn Meal/Corn Starch	Halal
Monoglycerides (plant)	Halal
Corn Syrup	Halal
MSG (Monosodium glutamate)	Halal
Dextrin/Dextrose	Halal
Nitrates/Nitrites	Halal
Dicalcium phosphate	Halal
Nonfat Dry Milk	Halal
Diglyceride (animal)	Syubhah
Oxalic acid	Halal

Diglyceride (plant)	Halal
Partially Hydrogenated Vegetable oil	Halal
EDTA	Halal
PABA	Halal
Enzyme (animal)	Syubhah
Pectic materials	Halal
Enzyme plant)	Halal
Pectin	Halal
Ergocalciferol	Halal
Pepsin (animal)	Syubhah
Ergosterol	Halal
Phospholipid (animal)	Syubhah
Ethoxylated Mono-/Di Glyceride	Syubhah
Phospholipid (plant)	Halal
Fatty acid (animal)	Syubhah
Phosphoric acid	Halal
Fatty acid (plant)	Halal
Pork	Haram
Ferrous sulfate	Halal
Potassium Benzoate	Halal
Ferrous Sulfate	Halal
Potassium Bromate	Halal
Fructose	Halal
Potassium Citrate	Halal
Fungal Protease Enzyme	Halal
Propionate	Halal
Gelatin / Kosher Gelatin	Haram
Propionic acid	Halal
Glucose	Halal
Renin / Rennet**	Syubhah
Glyceride (animal)	Syubhah
Saccherine	Halal
Glyceride (plant)	Halal
Salt	Halal
Glycerol/glycerin	Syubhah
Tapioca	Halal
Soya Protein	Halal
Tricalcium Phosphate	Halal
Soybean	Halal
Vegetable oil	Halal
Sucrose	Halal
Shortening	Syubhah
Vinegar	Halal
Whey	Syubhah
Yeast	Halal

Lampiran P : Diet Makanan Mengikuti Jenis Kumpulan Darah

Type "A" Foods (pg 1)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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1 2 3 4 5

Intro

A B AB O

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
Highly Beneficial NONE	Highly Beneficial	Avoid	Highly Beneficial Soya Cheese* Soy Milk* <i>*Good dairy alternatives</i>
Neutral Chicken Cornish hens Turkey	Carp Cod Grouper Mackerel Monkfish Pickerel Red snapper Rainbow trout Salmon Sardine Sea trout Silver perch Snail Whitefish Yellow perch	Anchovy Barracuda Beluga Bluefish Bluegill bass Catfish Caviar Clam Conch Crab Crayfish Eel Flounder Frog Gray sole Haddock Hake Halibut Herring: fresh, pickled Lobster Lox (smoked salmom) Mussels Octopus Oysters Scallop Shad Shrimp Sole Squid (calamari) Striped bass Tilefish Turtle	Neutral Farmer Feta Goat cheese Goat milk Kefir Mozzarella: low fat Ricotta: low fat String cheese Yogurt: regular, w/ fruit, frozen
Avoid Bacon Beef: regular, ground Buffalo Duck Goose Ham Heart Lamb Liver Mutton Partridge Pheasant Pork Quail Rabbit Veal Venison	Neutral Abalone Albacore (Tuna) Mahimahi Ocean perch Pike Porgy Sailfish Sea bass Shark Smelt Snapper Sturgeon Swordfish Weakfish White perch Yellowtail		Avoid American cheese Blue cheese Brie Butter Buttermilk Camembert Casein Cheddar Colby Cottage Cream cheese Edam Emmenthal Gouda Ice cream Jarlsberg Monterey jack Munster Parmesan Provolone Neufchatel Sherbet Skim or 2% milk Whey Whole milk

Type "A" Foods (pg 2)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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Intro

A B AB O

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Linseed (flaxseed) oil Olive oil</p> <p>Neutral Canola oil Cod liver oil</p> <p>Avoid Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil</p>	<p>Highly Beneficial Peanuts Peanut butter Pumpkin seeds</p> <p>Neutral Almond butter Nuts: almonds, chestnuts, filberts, hickory, litchi, macadamia, pignola (pine) Poppy seeds Sesame seeds Sesame butter (tahini) Sunflower butter Sunflower seeds Walnuts</p> <p>Avoid Brazil nuts Cashews Pistachios</p>	<p>Highly Beneficial Beans: aduke, azuki, black, green, pinto, red soy Lentils: domestic, green, red Peas: black-eyed</p> <p>Neutral Beans, cannellini, broad, fava, jicama, snap, string, white Peas: green, pods, snow</p> <p>Avoid Beans: copper, garbanzo, kidney, lima, navy, red, tamarind</p>	<p>Highly Beneficial Amaranth Buckwheat Kasha</p> <p>Neutral Barley Cornflakes Cornmeal Cream of rice Kamut Millet: puffed Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p>Avoid Cream of wheat Familia Farine Granola Grape nuts Wheat germ Seven grain Shredded wheat Wheat bran</p>

Type "A" Foods (pg 3)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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1 2 3 4 5

Intro

A B AB O

BREADS & MUFFINS

Highly Beneficial

Essene bread
Ezekiel bread
Rice cakes
Soya flour bread
Sprouted wheat bread

Neutral

Bagels: wheat
Brown rice bread
Corn muffins
Fin Crisp
Gluten-free bread
Ideal Flat Bread
Millet
Oat bran muffins
Rye bread: 100%
Rye Crisps
Rye Vita
Spelt bread
Wasa bread

Avoid

Durum wheat
English muffins
High-protein bread
Matzos: wheat
Multi-grain bread
Pumpernickel
Wheat bran muffins
Whole wheat bread

GRAINS & PASTAS

Highly Beneficial

Buckwheat Kasha
Flour: oat, rice, rye, soba
Pasta, artichoke

Neutral

Couscous
Flour: barley, bulgur wheat, Durum wheat, gluten, graham, spelt, sprouted wheat
Noodles: spelt
Quinoa
Rice: basmati, brown, white, wild

Avoid

Flour: white, whole wheat
Pasta: semolina, spinach

VEGETABLES

Highly Beneficial

Artichoke: domestic, Jerusalem
Beet leaves
Broccoli
Carrots
Chicory
Collard greens
Dandelion
Escarole
Garlic
Horseradish
Kale
Kohlrabi
Leek
Lettuce: romaine
Okra
Onions: red, Spanish, yellow
Parsley
Parsnips
Pumpkin
Spinach
Sprouts: alfalfa
Swiss chard
Tempeh
Tofu
Turnips

Neutral

Arugula
Asparagus
Avocado
Bamboo shoots
Beets
Bok choy
Caraway
Cauliflower
Celery
Chervil
Coriander
Corn: white, yellow

Cucumber
Daikon radish
Endive
Fennel
Fiddlehead ferns
Lettuce: Bibb, Boston, iceberg, mesclun
Mushroom: abalone, enoki, Portobello, tree oyster
Mustard greens
Olives: green
Onions: green
Radicchio
Radishes
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Sprouts: Brussels, mung, radish
Squash: all types
Water chestnut
Watercress
Zucchini

Avoid

Cabbage: Chinese, red, white
Eggplant
Lima beans
Mushroom: domestic, shiitake
Olives: black, Greek, Spanish
Peppers: green, red, jalapeno, yellow
Potatoes: sweet, red, white
Tomatoes
Yams

Type "A" Foods (pg 4)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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1 2 3 4 5

Intro

A B AB O

FRUIT

Highly Beneficial

- Apricots
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Figs: dried, fresh
- Grapefruit
- Lemons
- Pineapple
- Plums: dark, green, red
- Prunes
- Raisins

Neutral

- Apples
- Currants: black, red
- Dates
- Elderberries
- Gooseberries
- Grapes: red, Concord, green, black
- Guava
- Kiwi
- Kumquat

- Limes
- Loganberries
- Melons: canang, casaba, Christmas, Crenshaw, musk, Spanish, watermelon
- Nectarines
- Peaches
- Pears
- Persimmons
- Pomegranates
- Prickley pears
- Raspberries
- Star Fruit, carambola
- Strawberries

Avoid

- Bananas
- Coconuts
- Mangoes
- Melons: cantaloupe, honeydew
- Oranges
- Papayas
- Plantains
- Rhubarb
- Tangerines

JUICES & FLUIDS

Highly Beneficial

- Apricot
- Carrot
- Celery
- Cherry: black
- Grapefruit
- Pineapple
- Prune
- Water (with lemon)

Neutral

- Apple
- Apple cider
- Cabbage
- Cucumber
- Cranberry
- Grape
- Vegetable juice (corresponding to highlighted vegetables)

Avoid

- Orange
- Papaya
- Tomato

CONDIMENTS

Highly Beneficial

- Mustard

Neutral

- Jam (from acceptable fruits)
- Jelly (from acceptable fruits)
- Pickles: dill, sour, kosher, sweet
- Relish
- Salad dressing (low-fat, from acceptable ingredients)

Avoid

- Ketchup
- Mayonnaise
- Worcestershire sauce

Type "A" Foods (pg 5)

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from the book *Eat Right 4 Your Type* by Dr. Peter J.

1 2 3 4 5

Intro

D'Adamo

A B AB O

SPICES

Highly Beneficial

Barley malt
Blackstrap molasses
Garlic
Ginger
Miso
Soy sauce
Tamari

Neutral

Agar
Allspice
Almond extract
Anise
Arrowroot
Basil
Bay leaf
Bergamot
Brown rice syrup
Cardamom
Carob
Chervil
Chives
Chocolate
Cinnamon
Cloves
Coriander
Cornstarch
Corn syrup
Cream of tartar
Cumin
Curry
Dill
Dulse
Honey
Horseradish

Kelp
Maple syrup
Marjoram
Mint
Mustard (dry)
Nutmeg
Oregano
Paprika
Parsley
Peppermint
Pimiento -
Rice syrup
Rosemary
Saffron
Sage
Salt
Savory
Spearmint
Sugar: brown, white
Tamarind
Tapioca
Tarragon
Thyme
Turmeric
Vanilla

Avoid

Capers
Gelatin: plain
Pepper: black
ground,
cayenne,
peppercorn,
red flakes, white
Vinegar: apple cider,
white, balsamic,
red wine
Wintergreen

HERBAL
TEAS

Highly Beneficial

Alfalfa
Aloe
Burdock
Chamomile
Echinacea
Fenugreek
Ginger
Ginseng
Green tea
Hawthorn
Milk thistle
Rose hips
Saint-John's-wort
Slippery elm
Valerian

Neutral

Chickweed
Coltsfoot
Dandelion
Dong quai
Elder
Gentian
Goldenseal
Hops
Horehound
Licorice root
Linden
Mulberry
Mullein
Parsley
Peppermint
Raspberry leaf
Sage
Sarsaparilla
Senna
Shepherd's purse

Avoid

Catnip
Cayenne
Corn silk
Red clover
Rhubarb
Yellow dock

MISC
BEVERAGES

Highly Beneficial

Coffee: regular,
decaf
Tea: green
Wine: red

Neutral

Wine: white

Avoid

Beer
Liquor: distilled
Seltzer water
Soda: club, cola,
diet, other
Tea, black:
regular,
decaf

Type "B" Foods (pg 1)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Page

1 2 3 4 5IntroA B AB O

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
Highly Beneficial	Highly Beneficial	Shark Silver perch Smelt Snapper Squid (calamari) Swordfish Tilefish Weakfish White perch Whitefish Yellow perch	Highly Beneficial
Lamb Mutton Rabbit Venison	Cod Flounder Grouper Haddock Hake Halibut Mackerel Mahimahi Monkfish Ocean perch - Pickrel Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)	Avoid	Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Skim or 2% milk Yogurt: regular, w/ fruit, frozen
Neutral	Pike Porgy Salmon Sardine Sea trout Shad Sole Sturgeon Sturgeon eggs (caviar)	Anchovy Barracuda Beluga Bluegill bass Clam Conch Crab Crayfish Eel Frog Lobster Lox (smoked salmon) Mussels Octopus Oysters Sea Bass Shrimp Snail Striped bass Turtle Yellowtail	Neutral
Beef: regular, ground Buffalo Liver Pheasant Turkey Veal	Neutral Abalone Albacore (Tuna) Bluefish Carp Catfish Herring: fresh, pickled Rainbow trout Red snapper Sailfish Scallop		Brie Butter Buttermilk Camembert Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey jack Munster Neufchatel Parmesan Provolone Sherbet Soy cheese Soy milk Swiss Whey Whole milk
Avoid			Avoid
Bacon Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail			American cheese Blue cheese Ice cream String cheese

Type "B" Foods (pg 2)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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Intro
A B AB O

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Olive Oil</p> <p>Neutral Cod liver oil Linseed (flaxseed) oil</p> <p>Avoid Canola oil Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil Sunflower oil</p>	<p>Highly Beneficial NONE</p> <p>Neutral Almond butter Nuts: almonds, brazil, chestnuts, hickory, litchi, macadamia, pecans, walnuts</p> <p>Avoid Nuts: cashews, filberts, pignola (pine), pistachio Peanuts Peanut butter Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>Highly Beneficial Beans: kidney, lima, navy, red soy</p> <p>Neutral Beans: broad, cannellini, copper, green, java, jicama, northern, red, snap, string, tamarind, white Peas: green, pods</p> <p>Avoid Beans: aduke, azuki, black, garbanzo, pinto Lentils: domestic, green, red Peas: black-eyed</p>	<p>Highly Beneficial Millet Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p>Neutral Cream of rice Farina Farina Granola Grape nuts</p> <p>Avoid Amaranth Barley Buckwheat Cornflakes Cornmeal Cream of wheat Kamut Kasha Rye Seven-grain Shredded wheat Wheat bran Wheat germ</p>

Type "B" Foods (pg 3)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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1 2 3 4 5

Intro

A B AB Q

BREADS & MUFFINS

Highly Beneficial

Brown rice bread
Essene bread
Ezekiel bread
Fin Crisp
Millet
Rice cakes
Wasa bread

Neutral

Gluten-free bread
High protein no-wheat bread
Ideal Flat Bread
Oat bran muffins
Pumpnickel
Spelt bread
Soy flour bread

Avoid

Bagels: wheat
Corn muffins
Durum wheat
Multi-grain bread
100% rye crisp
Rye Crisp
Rye Vita
Wheat bran muffins
Whole wheat bread

GRAINS & PASTAS

Highly Beneficial

Oat flour
Rice flour

Neutral

Flour: Graham, spelt, white
Pasta: semolina, spinach
Quinoa
Rice: basmati, brown, white

Avoid

Buckwheat kasha
Couscous
Flour: barley, rye, bulgur wheat, Durum wheat, whole wheat, gluten
Pasta: artichoke
Noodles: soba
Rice: wild

VEGETABLES

Highly Beneficial

Beets
Beet leaves
Broccoli
Cabbage: Chinese, red, white
Carrots
Cauliflower
Collard greens
Eggplant
Kale
Lima beans
Mushroom: shiitake
Mustard greens
Parsley
Parsnips
Peppers: green, red, jalapeno, yellow
Potatoes: sweet
Sprouts: Brussels
Yams: all types

Neutral

Arugula
Asparagus
Bamboo shoots
Bok choy
Celery
Chervil
Chicory
Cucumber
Daikon radish
Dandelion
Dill
Endive
Escarole
Fennel
Fiddlehead ferns
Garlic
Ginger
Horseradish
Kohlrabi

Leek

Lettuce: Bibb, Boston, iceberg, romaine, mesclun
Mushrooms: abalone, domestic, enoki, Portobello, tree oyster
Okra
Onions: green, red, Spanish, yellow
Potatoes, red, white
Radicchio
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Snow peas
Spinach
Sprouts: alfalfa
Squash: all types
Swiss chard
Turnips
Water chestnut
Watercress
Zucchini

Avoid

Artichoke: domestic, Jerusalem
Avocado
Corn: white, yellow
Olives: black, Greek, green, Spanish
Pumpkin
Radishes
Sprouts: mung, radish
Tempeh
Tofu
Tomato

Type "B" Foods (pg 4)

Page

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

1 2 3 4 5

Intro

A B AB O

FRUIT

Highly Beneficial

- Bananas
- Cranberries
- Grapes: black, red, Concord, green
- Papaya
- Pineapple
- Plums: dark, red, green

Neutral

- Apples
- Apricots
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Currants, black, red
- Dates
- Elderberries
- Figs: dried, fresh
- Gooseberries
- Grapefruit
- Guava
- Kiwi

- Kumquat
- Lemons
- Limes
- Loganberries
- Mangoes
- Melon, cantaloupe, canang,
- Crenshaw,
- Christmas, casaba,
- honeydew, musk,
- Spanish,
- watermelon
- Nectarines
- Oranges
- Peaches
- Pears
- Plantains
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines

Avoid

- Coconuts
- Persimmons
- Pomegranates
- Prickly pear
- Rhubarb
- Starfruit
- (carambola)

JUICES & FLUIDS

Highly Beneficial

- Cabbage
- Cranberry
- Grape
- Papaya
- Pineapple

Neutral

- Apple
- Apple cider
- Apricot
- Carrot
- Celery
- Cherry: black
- Cucumber
- Grapefruit
- Orange
- Prune
- Water (with lemon)
- Vegetable juice (corresponding with highlighted vegetables)

Avoid

- Tomato

CONDIMENTS

Highly Beneficial
NONE

Neutral

- Apple butter
- Jam (from acceptable fruits)
- Jelly (from acceptable fruits)
- Mayonnaise
- Mustard
- Pickles: sour, dill, kosher, sweet
- Relish
- Salad dressing (low-fat, from acceptable ingredients)
- Worcestershire sauce

Avoid

- Ketchup

SPICES

Highly Beneficial

Cayenne pepper
Curry
Ginger
Horseradish
Parsley

Neutral

Agar
Anise
Arrowroot
Basil
Bay leaf
Bergamot
Brown rice syrup
Capers
Caraway
Cardamom
Carob
Chervil
Chives
Chocolate
Clove
Coriander
Cream of tartar
Cumin
Dill
Dulse
Garlic
Honey
Kelp
Maple syrup
Marjoram
Mint
Miso
Molasses
Mustard (dry)

Nutmeg
Oregano
Paprika
Pepper: peppercorn,
red flakes
Peppermint
Pimiento
Rice syrup
Rosemary
Saffron
Sage
Salt
Savory
Soy sauce
Spearment
Sugar: brown, white
Tamarind
Tarragon
Thyme
Turmeric
Vanilla
Vinegar: apple cider,
balsamic, white,
red wine
Wintergreen

Avoid

Allspice
Almond extract
Barley malt
Cinnamon
Cornstarch
Corn syrup
Gelatin, plain
Pepper: black
ground,
white
Tapioca

**HERBAL
TEAS**

**Highly
Beneficial**

Ginger
Ginseng
Licorice
Parsley
Peppermint
Raspberry leaf
Rose hips
Sage

Neutral

Alfalfa
Burdock
Catnip
Cayenne
Chamomile
Chickweed
Dandelion
Dong quai
Echinacea
Elder
Goldenseal
Green tea
Hawthorn
Horehound
Licorice root
Mulberry
Saint-John's wort
Sarsaparilla
Slippery elm
Spearment
Strawberry leaf
Thyme
Valerian
Vervain
White birch
White oak bark
Yarrow
Yellow dock

Avoid

Aloe
Coltsfoot
Corn silk
Fenugreek
Gentian
Rhubarb
Senna
Shepherd's purse
Skullcap

**MISC
BEVERAGES**

Highly Beneficial

Tea: green

Neutral

Beer
Coffee: regular,
decaf
Tea, black:
regular,
decaf
Wine: red, white

Avoid

Liquor: distilled
Seltzer water
Soda: club, cola,
diet, other

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Type "AB" Foods (pg 1)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Page

1 2 3 4 5

Intro

A B AB O

MEATS & POULTRY

Highly Beneficial

Lamb
Mutton
Rabbit
Turkey

Neutral

Liver
Pheasant

Avoid

Bacon
Beef: ground,
regular
Buffalo
Chicken
Cornish Hens
Duck
Goose
Ham
Heart
Partridge
Pork
Quail
Veal
Venison

SEAFOOD

Highly Beneficial

Albacore (Tuna)
Cod
Grouper
Hake
Mackerel
Mahimahi
Monkfish
Ocean perch
Pickarel
Pike
Porgy
Rainbow trout
Red snapper
Sailfish
Salmon
Sardine
Sea tout
Shad
Snail
Sturgeon

Neutral

Abalone
Bluefish
Carp
Catfish
Caviar
Herring (fresh)
Mussels
Scallop
Shark
Silver perch
Smelt
Snapper
Sole
Squid (calamari)
Swordfish
Tilefish
Weakfish
Whitefish
White perch
Yellow perch

Avoid

Anchovy
Barracuda
Beluga
Bluegill bass
Clam
Conch
Crab
Crayfish
Eel
Flounder
Frog
Gray sole
Haddock
Halibut
Herring (pickled)
Lobster
Lox (smoked
salmon)
Octopus
Oysters
Sea bass
Shrimp
Striped bass
Turtle
Yellowtail

EGGS & DAIRY

Highly Beneficial

Cottage cheese
Farmer
Feta
Goat cheese
Goat milk
Kefir
Mozzarella
Ricotta
Sour cream (non-fat)
Yogurt

Neutral

Casein
Cheddar
Colby
Cream cheese
Edam
Emmenthal
Gouda
Gruyere
Jarlsberg
Monterey jack
Munster
Neufchatel
Skim or 2% milk
Soy cheese*
Soy milk*
String cheese
Swiss
Whey

**Good dairy alternatives*

Avoid

American cheese
Blue cheese
Brie
Butter
Buttermilk
Camembert
Ice cream
Parmesan
Provolone
Sherbet
Whole milk

Type "AB" Foods (pg 2)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Page

1 2 3 4 5

Intro

A B AB Q

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Olive Oil</p> <p>Neutral Canola oil Cod liver oil Linseed (flaxseed) oil Peanut oil</p> <p>Avoid Corn oil Cottonseed oil Safflower oil Sesame oil Sunflower oil</p>	<p>Highly Beneficial Chestnuts Peanuts Peanut butter Walnuts</p> <p>Neutral Almond butter Nuts: almonds, Brazil, cashews, hickory, litchi, macadamia, pignola, pistachio</p> <p>Avoid Filberts Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>Highly Beneficial Beans: navy, pinto, red, red soy Lentils: green</p> <p>Neutral Beans: broad, cannellini, copper, green, jicama, northern, snap, string, tamarind, white Lentils: domestic, red Peas: green, pods</p> <p>Avoid Beans: aduke, azuki, black, fava, kidney, garbanzo, lima Peas: black-eyed</p>	<p>Highly Beneficial Millet Oat bran Oatmeal Rice bran Rice: puffed Spelt</p> <p>Neutral Amaranth Barley Cream of rice Cream of wheat Familia Farina Farina Granola Grape nuts Seven-grain Shredded wheat Soy flakes Soy granules Wheat bran Wheat germ</p> <p>Avoid Buckwheat Cornflakes Cornmeal Kamut Kasha</p>

Type "AB" Foods (pg 3)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Page

1 2 3 4 5

Intro
A B AB Q

BREADS & MUFFINS

Highly Beneficial

Brown rice bread
Essene bread
Ezekiel bread
Fin Crisp
Millet
Rice cakes
100% rye bread
Rye Crisps
Rye Vita
Soy flour bread
Spouted wheat bread
Wasa bread

Neutral

Bagels: wheat
Durum wheat
Gluten-free bread
High-protein bread
Ideal Flat Bread
Matzos: wheat
Multi-Grain Bread
Oat bran muffins
Pumpernickel
Spelt bread
Wheat bran muffins
Whole wheat bread

Avoid

Corn muffins

GRAINS & PASTAS

Highly Beneficial

Flour: oat, rice, rye, sprouted wheat
Rice: bismati, brown, white, wild

Neutral

Couscous
Flour: barley, bulgar wheat, Durum wheat, gluten, Graham, spelt, white, whole wheat
Pasta: semolina, spinach
Quinoa

Avoid

Buckwheat kasha
Pasta: artichoke
Soba noodles

VEGETABLES

Highly Beneficial

Beet leaves
Beets
Broccoli
Cauliflower
Celery
Collard greens
Cucumber
Dandelion
Eggplant
Garlic
Kale
Mustard greens
Parsley
Parsnips
Potatoes: sweet
Sprouts: alfalfa
Tempeh
Tofu
Yams: all types

Neutral

Arugula
Asparagus
Bamboo shoots
Bok choy
Cabbage: Chinese, red, white
Caraway
Carrots
Chervil
Chicory
Coriander
Daikon
Endive
Escarole
Fennel
Fiddlehead ferns
Ginger
Horseradish
Kohlrabi
Leek
Lettuce: Bibb, Boston, iceberg, mesclun, romaine

Mushroom:

domestic, enoki, Portobello, oyster, tree
Okra
Olives: green, Greek, Spanish
Onions: green, red, Spanish, yellow
Potatoes: red, white
Pumpkin
Radicchio
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Snow peas
Spinach
Sprouts: Brussels
Squash: all types
Swiss chard
Tomato
Turnips
Water chestnut
Watercress
Zucchini

Avoid

Artichoke, domestic, Jerusalem
Avocado
Corn: white, yellow
Lima beans
Mushroom: abalone, shiitake
Olives: black
Peppers: green, red, jalapeno, yellow,
Radishes
Sprouts: mung, radish

FRUIT

Highly Beneficial

- Cherries
- Cranberries
- Figs: dried, fresh
- Gooseberries
- Grapes: black, Concord, green, red
- Grapefruit
- Kiwi
- Lemons
- Loganberries
- Pineapples
- Plums: dark, green, red

Neutral

- Apples
- Apricots
- Blackberries
- Blueberries
- Boysenberries
- Currants: black, red
- Dates
- Elderberries
- Kumquat
- Limes

- Melon, cantaloupe, canang, Crenshaw, Christmas, casaba, honeydew, musk, Spanish, watermelon
- Nectarines
- Papayas
- Peaches
- Pears
- Plantains -
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangerines

Avoid

- Bananas
- Coconuts
- Guava
- Mangoes
- Oranges
- Persimmons
- Pomegranates
- Prickly pear
- Rhubarb
- Starfruit (carambola)

JUICES & FLUIDS

Highly Beneficial

- Cabbage
- Carrot
- Celery
- Cherry: black
- Cranberry
- Grape
- Papaya

Neutral

- Apple
- Apple cider
- Apricot
- Cucumber
- Grapefruit
- Pineapple
- Prune
- Water (with lemon)
- Vegetable juice (corresponding with highlighted vegetables)

Avoid

- Orange

CONDIMENTS

Highly Beneficial
NONE

Neutral

- Jam (from acceptable fruits)
- Jelly (from acceptable fruits)
- Mayonnaise
- Mustard
- Salad dressing (low-fat, from acceptable ingredients)

Avoid

- Ketchup
- Pickles: dill, kosher, sweet, sour relish
- Worcestershire sauce

Type "AB" Foods (pg 5)
from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Intro
A B AB O

SPICES

- Highly Beneficial**
- Curry
- Garlic
- Horseradish
- Miso
- Parsley

- Neutral**
- Agar
- Arrowroot
- Basil
- Bay leaf
- Bergamot
- Brown rice syrup
- Cardamom
- Carob
- Chervil
- Chive
- Chocolate
- Cinnamon
- Clove
- Coriander
- Cream of tartar
- Cumin
- Dill
- Dulse
- Honey
- Kelp
- Maple syrup
- Marjoram
- Mint
- Molasses
- Mustard (dry)
- Nutmeg
- Paprika

- Peppermint
- Pimiento
- Rice syrup
- Rosemary
- Saffron
- Sage
- Salt
- Savory -
- Soy sauce
- Spearmint
- Sugar: brown, white
- Tamari
- Tamarind
- Tarragon
- Thyme
- Turmeric
- Vanilla
- Wintergreen

- Avoid**
- Allspice
- Almond extract
- Anise
- Barley malt
- Capers
- Cornstarch
- Corn syrup
- Gelatin: plain
- Pepper: black ground, cayenne, peppercorn, red flakes, white
- Tapioca
- Vinegar: apple cider, balsamic, white, red wine

HERBAL TEAS

- Highly Beneficial**
- Alfalfa
- Burdock
- Chamomile
- Echinacea
- Ginger
- Ginseng
- Green tea
- Hawthorn
- Licorice root
- Rose hips
- Strawberry leaf

- Neutral**
- Catnip
- Cayenne
- Chickweed
- Dandelion
- Dong quai
- Elder
- Goldenseal
- Horehound
- Mulberry
- Parsley
- Peppermint
- Raspberry leaf
- Sage
- Saint-John's wort
- Sarsaparilla
- Slippery elm
- Spearmint
- Thyme
- Valerian
- Vervain
- White birch
- White oak bark
- Yarrow
- Yellow dock

- Avoid**
- Aloe
- Coltsfoot
- Corn silk
- Fenugreek
- Gentian
- Senna
- Skullcap

MISC BEVERAGES

- Highly Beneficial**
- Coffee: regular, decaf
- Tea: green

- Neutral**
- Beer
- Seltzer water
- Soda: club
- Wine: red, white

- Avoid**
- Liquor, distilled
- Soda: cola, diet, other
- Tea, black: regular, decaf

MEATS & POULTRY

Highly Beneficial

Beef: regular,
ground
Buffalo
Heart
Lamb
Liver
Mutton
Veal
Venison

Neutral

Chicken
Cornish hens
Duck
Partridge
Pheasant
Quail
Rabbit
Turkey

Avoid

Bacon
Goose
Ham
Pork

SEAFOOD

Highly Beneficial

Bluefish
Cod
Hake
Halibut
Herring
Mackerel
Pike
Rainbow trout
Red snapper
Salmon
Sardine
Shad
Snapper
Sole
Striped bass
Sturgeon
Swordfish
Tilefish
White perch
Whitefish
Yellow perch
Yellowtail

Neutral

Abalone
Albacore (Tuna)
Anchovy
Beluga
Bluegill bass
Carp
Clam
Crab
Crayfish
Eel

Flounder
Frog
Gray sole
Grouper
Haddock
Lobster
Mahimiah
Monkfish
Mussels
Ocean perch
Oysters
Pickerel
Porgy
Sailfish
Scallop
Sea bass
Sea trout
Shark
Shrimp
Silver perch
Smelt
Snail
Squid (calamari)
Turtle
Weakfish

Avoid

Barracuda
Catfish
Caviar
Conch
Herring (pickled)
Lox (smoked salmon)
Octopus

EGGS & DAIRY

Highly Beneficial

NONE

Neutral

Butter
Farmer
Feta
Goat cheese
Mozzarella
Soy cheese*
Soy milk*
**Good dairy alternatives*

Avoid

American
Blue cheese
Brie
Buttermilk
Camembert
Casein
Cheddar
Colby
Cottage
Cream cheese
Edam
Emmenthal
Goat milk
Gouda
Gruyere
Ice cream
Jarlsburg
Kefir
Monterey jack
Munster
Neufchatel
Parmesan
Provolone
Ricotta
Skim or 2% milk
String cheese
Swiss
Whey
Whole milk
Yogurt: all varieties

Type "O" Foods (pg 2)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

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1 2 3 4 5

Intro
A B AB O

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Linseed (flaxseed) oil Olive Oil</p> <p>Neutral Canola oil Cod liver oil Sesame oil</p> <p>Avoid Corn oil Cottonseed oil Peanut oil Safflower oil</p>	<p>Highly Beneficial Pumpkin seeds Walnuts</p> <p>Neutral Almonds Almond butter Chestnuts Filberts Hickory Macadamia Pecans Pignola (Pine) Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p> <p>Avoid Brazil Cashew Litchi Peanuts Peanut butter Pistacios Poppy seeds</p>	<p>Highly Beneficial aduke, azuki, pinto, black-eyed</p> <p>Neutral Beans: black, broad, cannellini, fava, garbanzo, green, jicama, lima, northern, red, red soy, snap, string, white Peas: green, pods</p> <p>Avoid Beans: copper, kidney, navy, tamarind Lentils: domestic, green, red</p>	<p>Highly Beneficial NONE</p> <p>Neutral Amaranth Barley Buckwheat Cream of rice Kamut Kasha Millet: puffed Rice bran Rice: puffed Spelt</p> <p>Avoid Cornflakes Cornmeal Cream of wheat Familia Farina Grape nuts Oat bran Oatmeal Seven-grain Shredded wheat Wheat bran Wheat germ</p>



BREADS & MUFFINS

Highly Beneficial
Essene bread
Ezekiel bread

Neutral
Brown rice bread
Fin Crisp
Gluten-free bread
Ideal Flat Bread
Millet
Rice cakes
100% rye bead
Rye Crisps
Rye Vita
Soy flour bread
Spelt bread
Wasa bread

Avoid
Bagels: wheat
Corn muffins
Durum wheat
English muffins
High-protein bread
Matzos: wheat
Multi-grain bread
Oat bran muffins
Pumpernickel
Sprouted wheat bread
Wheat bran muffins
Whole wheat bread

GRAINS & PASTAS

Highly Beneficial
NONE

Neutral
Barley flour
Buckwheat
Kasha
Pasta: artichoke
Quinoa
Rice: basmati, wild, brown, white
Rice flour
Rye flour
Spelt flour

Avoid
Bulgur wheat flour
Couscous flour
Durum wheat flour
Gluten flour
Graham flour
Oat flour
Soba noodles
Pasta: semolina, spinach
Sprouted wheat flour
White flour
Whole wheat flour

VEGETABLES

Highly Beneficial
Artichoke: domestic, Jerusalem
Beet leaves
Broccoli
Chicory
Collard greens
Dandelion
Escarole
Garlic
Horseradish
Kale
Kohlrabi
Leek
Lettuce: romaine
Okra
Onions: red, Spanish, yellow
Parsley
Parsnips
Peppers: red
Potatoes: sweet
Pumpkin
Seaweed
Spinach
Swiss chard
Turnips

Neutral
Arugula
Asparagus
Bamboo Shoots
Beets
Bok choy
Caraway
Carrots
Celery
Chervil
Coriander
Cucumber
Daikon
Dill
Endive
Fennel

Fiddlehead Ferns
Ginger
Lettuce: Bibb, Boston, iceberg, mesclun
Lima Beans
Mushroom: abalone, enoki, Portobello, tree oyster
Olives: green
Onions: green
Peppers: green, yellow, jalapeno
Radicchio
Radishes
Rappini
Rutabaga
Scallion
Shallots
Snow Peas
Sprouts: mung, radish
Squash: all types
Tempeh
Tofu
Tomato
Water chestnut
Watercress
Yams: all types
Zucchini

Avoid
Avocado
Cabbage: Chinese, red, white
Cauliflower
Corn: white, yellow
Eggplant
Mushroom: domestic, shiitake
Mustard greens
Olives: black, Greek, Spanish
Potatoes: red, white
Sprouts: alfalfa, Brussels

Type "O" Foods (pg 4)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Page

1 2 3 4 5

Intro

A B AB O

FRUIT

Highly Beneficial

Figs: dried, fresh
Plums: dark, green, red
Prunes

Neutral

Apples
Apricots
Bananas
Blueberries
Boysenberries
Cherries
Cranberries
Currants: black, red
Dates: Red
Elderberries
Gooseberries
Grapefruit
Grapes: red, Concord, black, green
Guava
Kiwi
Kumquat
Lemons
Limes
Loganberries

Mangoes
Melons: canag casaba, Crenshaw, Christmas, musk, Spanish, watermelon
Nectarines
Papayas
Peaches
Pears
Persimmons
Pineapples
Pomegranates
Prickly pear
Raisins
Raspberries
Starfruit (carambola)

Avoid

Blackberries
Coconuts
Melons: cantaloupe, honeydew
Oranges
Plantains
Rhubarb
Strawberries
Tangerines

JUICES & FLUIDS

Highly Beneficial

Black cherry
Pineapple
Prune

Neutral

Apricot
Carrot
Celery
Cranberry
Cucumber
Grape
Grapefruit
Papaya
Tomato water (with lemon)
Vegetable juice (corresponding with highlighted vegetables)

Avoid

Apple
Apple cider
Cabbage
Orange

CONDIMENTS

Highly Beneficial
NONE

Neutral

Apple butter
Jam (from acceptable fruits)
Jelly (from acceptable fruits)
Mayonnaise
Mustard
Salad dressing (low-fat, from acceptable ingredients)
Worcestershire sauce

Avoid

Ketchup
Pickles: dill, kosher, sweet, sour
Relish

Type "O" Foods (pg 5)

from the book *Eat Right 4 Your Type* by Dr. Peter J. D'Adamo

Page

1 2 3 4 5

Intro

A B AB O

SPICES		HERBAL TEAS	MISC BEVERAGES
Highly Beneficial	Mint		Highly Beneficial
Carob	Miso		Club Soda
Curry	Molasses	Highly Beneficial	Seltzer Water
Dulse	Mustard (dry)	Cayenne	
Kelp (bladder wrack)	Paprika	Chickweed	
Parsley	Pepper: peppercorn,	Dandelion	
Pepper: cayenne	red flakes	Fenugreek	Neutral
Turmeric	Peppermint	Ginger	Beer
	Pimiento	Hops	Green tea
Neutral	Rice syrup	Linden	Wine: red, white
Agar	Rosemary	Mulberry	
Allspice	Saffron	Parsley	Avoid
Almond extract	Sage	Peppermint	Coffee: regular,
Anise	Salt	Rose Hips	decaf
Arrowroot	Savory	Sarsaparilla	Liquor: distilled
Barley malt	Soy sauce	Slippery elm	Soda: cola, diet,
Basil	Spearmint		other
Bay Leaf	Sucanat	Neutral	Tea, black:
Bergamot	Sugar: brown, white	Catnip	regular,
Brown rice syrup	Tamari	Chamomile	decaf
Cardamom	Tamarind	Don quai	
Chervil	Tapioca	Elder	
Chives	Tarragon	Ginseng	
Chocolate	Thyme	Green tea	
Clove	Wintergreen	Hawthorn	
Coriander		Horehound	
Cream of tartar	Avoid	Licorice root	
Cumin	Capers	Mullein	
Dill	Cinnamon	Raspberry leaf	
Garlic	Cornstarch	Sage	
Gelatin: plain	Corn syrup	Skullcap	
Honey	Nutmeg	Spearmint	
Horseradish	Pepper: black		
Maple syrup	ground,	Avoid	
Marjoram	white	Alfalfa	
	Vanilla	Aloe	
	Vinegar: apple cider,	Burdock	
	balsamic, red wine,	Coltsfoot	
	white	Corn silk	
		Echinacea	
		Gentian	
		Red clover	
		Senna	
		Stawberry leaf	
		Yellow Dock	

Bersumberkan Laman Web oz. Net.

<http://www.oz.net/~alden/er4yt/odiet5.html>