

Blood Group Food Chart - hot & cold climate by Tessa Jupp RN

Many foods have warm and cold varieties to suit the blood groups. eg pumpkin - Qld blue (warm climate) Jap (cold)
O & A1B are warm climate blood groups and are better with foods from warm climates, - **A1, A2, B & A2B** are cold climate
B and A1B may tolerate some different warm and cold foods eg **B** (banana but not pineapple) **AB** (pineapple but not banana)
 See my blood group booklets for more specific info on WA foods, acid/alkaline balance and characteristics of blood groups.

| WARM CLIMATE FRUIT | | WARM VEGETABLES | | WARM HERBS | WARM SPICES | WARM GRAINS |
|--------------------|----------------|---------------------|-----------------|---------------------|--------------|------------------|
| avocado - round | summer) | alfalfa | carob | lemongrass | cardamom | * arrowroot |
| banana | olives - black | artichoke/basil | egg plant | chamomile | chilli | barley |
| dates | oranges - | beans - legumes | okra/swede | garlic | cinnamon | corn |
| figs | (jaffa | (broad, haricot, | onion | lavender | cloves | millet |
| gooseberries | valencia) | lima, red, lentils, | parsnip/potato | liquorice | cocoa/ cumin | oats |
| grapes/ guava | passionfruit | runner, peanuts) | pumpkin - Qld b | mint | ginger | rice - paddy |
| grapefruit | pawpaw | beetroot | spinach | oregano | nutmeg | * sago |
| jack fruit | pineapple | broccoli | sweet potato - | sage | pepper | spelt dinklebrot |
| lemons - eureka | quince | cabbage - green | (purple, red) | tarragon | pimento | * tapioca |
| limes | rockmelon | capsicum/chilli | tomato/radish | coffee beans | pistachio | wheat |
| mango | strawberry | cauliflower | taro/yam | teas (Ceylon | turmeric | * = other plants |
| mulberry - (ie | watermelon | cucumber | turnip | India/China) | vanilla | used as flour |

| WARM MEAT | WARM WATER FISH | | WARM OILS | NUTS/SEEDS |
|-----------------|-----------------|------------------|----------------------|------------|
| buffalo | albacore | perch | coconut oil (good) | almonds |
| chicken/duck | bass | oyster | corn oil | brazil |
| cow - Kimberley | barramundi | red emperor | dripping (beef/lamb) | cashew |
| goat | bluefish | salmon (Pacific) | evening primrose oil | caraway |
| emu | blue threadfin | snapper | fish oils (max-EPA) | chia |
| kangaroo | crayfish | ray | olive oil | macadamia |
| pig (wild boar) | dhufish | shark | peanut oil | pecan |
| rabbit | groper | tailor | safflower oil | pistachio |
| sheep - merino | hake | wrasse | soya (avoid) | pumpkin |
| turkey | parrot | | sunflower oil | sesame |

| COOL CLIMATE FRUIT | | COOL VEGETABLES | | COOL HERBS | | COOL GRAINS |
|--------------------|-----------------|--------------------|------------------|-------------|----------------------|------------------|
| apples/apricot | (ie winter) | artichoke-Jer'slm | pumpkin - Jap | angelica | parsley | barley |
| avocado (small | nashi pear | beets - root/sugar | shallots | borage | poppy seed | * buckwheat |
| egg shaped) | nectarine | broccoli | silver beet | chamomile | rosemary | millet |
| blackberry | olives -red | brussel sprouts | snow pea | chive/lemon | saffron | oats |
| blackcurrant | oranges- (navel | cabbage - (green | spinach English | dandelion | St John wort | * potato |
| blueberry | & seville) | but red is colder) | red spring onion | dill/fennel | thyme | rye |
| cherry/cumquat | peach/pear | carrot | sweet potato - | elderberry | yarrow | rice- basmati |
| kiwi fruit/loquat | plum | celery / celeriac | (orange, white) | ginseng | teas - herbal | (hills -upland) |
| lemon - meyer | quince | chard/chicory | swede | horseradish | green tea | spelt dinkelbrot |
| melon - | raspberry | chive/leeks | turnip | lovage | Japanese | wheat - durum |
| (honeydew) | red currant | lettuce | yarrow | mustard | rooibos | *other plants |
| mulberry | rhubarb | parsnip/potato | zucchini | nasturtium | chicory cafe | used as flour |

| COOL MEAT | COLD WATER FISH | RIVER FISH | COOL OILS | NUTS/SEEDS |
|----------------------|------------------------|------------|------------------------|------------|
| bear | cod - Atlantic | black fish | beechnut | chestnut |
| chicken/duck/goose | dory | bream | coconut oil (ok but | chia |
| cow (small) | flounder | catfish | not for A2) | hazelnut |
| deer/elk | haddock | hairtail | cod liver oil | pine nut |
| grouse | hake/halibut | perch | canola (avoid) | poppy seed |
| hare | herring | prawns | chestnut oil | walnut |
| goat (mountain) | pilchard | pike | fish oils (salmon) | |
| pheasant | Salmon - (Alaskan) | sardine | halibut oil | |
| pig (small domestic) | sardines not Fremantle | sole | lard (pig fat) | |
| quail | trout | trout | linseed (flaxseed oil) | |
| reindeer | tuna | | rapeseed (canola oil) | |
| sheep (Southern) | whale | | walnut oil | |
| wallaby | whiting | | whale blubber | |