

Time to Get in That Pantry

BLOOD TYPE B

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Snacks

The first thing we all go into the pantry for is to grab a quick bite on the run or pack a snack to ship off to school with the kids. It's pretty important that these midday treats are balanced and wholesome; the best way to make that happen is to stock that pantry right. Here are a few staples for Blood Type Bs:

- Almond butter
- Brown rice cakes
- Dark chocolate (70 percent or higher)
- Dried fruit (banana chips, cranberries, figs, prunes)
- Fresh fruit (bananas, grapes, papaya, pineapple, plums, watermelon)
- Nuts (almonds, pecans, macadamia nuts, walnuts)
- Spelt crackers
- Whole-grain cereals (made from oat, spelt, or brown rice)

If you want to prep ahead for those times when you are in a rush, mix combinations of nuts, dried fruit, and maybe even a little dark chocolate, and divide into single servings. Store in small glass sealable containers and take them in the car, on the plane, or anywhere you are headed.

Drinks

Drinking water is always the best option, but when you want to add a little flavor to your beverage repertoire, dabble in these Beneficial teas or Neutral drinks, but try not to go overboard with Neutrals.

- Grape juice
- Pineapple juice
- Teas (black, ginger, green, licorice, peppermint, rose hips)

Grains/Legumes

Grains should be an integral part of the Blood Type B diet, eaten in balance with protein and vegetables at each meal. There are quite a few grains to choose from, which are both Beneficial and Neutral and will add variety to any meal. Quinoa, for example, cooks in 12 minutes and is a light but filling side for a fast weeknight dinner. Beans are also a perfect way to add satiating proteins and carbohydrates to salads, casseroles, stews, dips, and soups. Here's a list of Beneficials for Blood Type B's:

- Millet
- Lima Beans
- Spelt
- Oatmeal
- Navy Beans
- Rice (whole, puffed, bran, cakes)
- Oat Bran
- Kidney Beans

Seasonings

Making healthy food taste good is non-negotiable. One quick trick to doing so is by knowing your way around your spice cabinet. Herbs and spices are calorie free and flavor packed. The spices listed below also happen to be terrific for your Type B body. Keep a jar of homemade breadcrumbs on hand for a quick topping on a casserole, used as turkey breading, or to bread seafood. Additionally, as much as we would like to repress our sweet tooth, it is an unrealistic expectation for most, so stock up on natural sweeteners like agave and maple syrup although try to use sparingly. Here's a list of Beneficials and Neutrals for the Blood Type B pantry:

Basic Bread Crumbs

Olive oil

Molasses

Maple Syrup

Agave Nectar

Vinegar

Spices (cayenne pepper, curry, ginger, horseradish, parsley, anise, basil, bay leaf, caraway, cardamom, carob, chili powder, chive, clove, coriander, cumin, garlic, marjoram, mustard, nutmeg, oregano, paprika, red pepper flakes, peppermint, sage, tamari, tamarind, tarragon, thyme, turmeric, vanilla)

**Editors note: This is an excerpt for the Eat Right 4 Your Type Personalized Cookbook for Type B by Dr. Peter J. D'Adamo with Kristin O'Conner, copyright 2013*