

**JEWISH CELIACS NEWSLETTER's LIST OF:
Foods Not Good For All Celiacs (Non-Secretors, N-Ss) of All Blood Types
According to Dr. Peter J. D'Adamo's, "Eat Right 4 Your Type - Complete Blood Type
Encyclopedia" / All Kosher Information was taken from sources listed at the bottom.**

Food-Category	N-S BloodType	Kosher: Yes / No
MEAT (Beef,Fowl and Pork)	Good for Celiac BT	Kosher Meat requires strict supervision!
Bacon/Ham/Pork	None	No
Beef	B & O	Yes: (for a cow)
Buffalo	B & O	Yes: (for a bison, which is not a buffalo)
Chicken	A & O	Yes: (in the U.S.)
Cornish hen	A & O	Yes
Duck	A & O	Yes: (in the U.S.)
Goose	A & O	Yes: (in the U.S.)
Grouse	A & O	No
Guinea hen	A & O	Yes
Heart (beef)	B & O	Yes
Horse	B & O	No
Lamb	B, AB & O	Yes
Liver (calf)	B, AB & O	Yes
Partridge	A & O	Yes
Quail	A, AB & O	Yes
Squab	A, B & O	Yes
Squirrel	O	No
Sweetbreads	B & O	No
Turtle	A & O	No
Veal	B & O	Yes
Venison	B, AB & O	Yes
FISH / SHELLFISH	Good for Celiac BT	Kosher Fish must have scales and fins!
Abalone	A, B & AB	No
Anchovy	A	Yes
Barracuda: (Hawaiian Kaku fish)	B	Yes
Bass (bluegill): (see sunfishes)	O	Yes
Bass (sea)	A & O	Yes
Bass (striped)	O	Yes
Beluga: (see Sturgeons)	A & O	No
Catfish	B, AB & O	No
Clam	O	No
Conch	None	No
Crab	None	No
Eel / Japanese eel	O	No
Flounder	A, B & O	Yes
Frog	A	No
Gray sole	A, B & O	Yes
Haddock: (see codfishes)	A, B & O	Yes
Hake: (see codfishes)	A, B & O	Yes
Halibut: (see flounders)	A, B & O	Yes

Lobster	O	No
Muskellunge: (see Pikes)	A, B & AB	Yes
Mussels	A & AB	No
Octopus	A	No
Oyster	O	No
Pollack: (see Codfishes)	A & AB	Yes
Salmon roe	A & O	Yes
Scallop	A, AB & O	No
Shrimp	O	No
Sole: (see Flounders also)	B & O	Yes
Squid (Calamari)	B & AB	No
Trout (Brook, Rainbow, Sea)	A, AB & O	Yes
Whiting	A, B & O	Yes
Yellowtail: (see Jacks)	A, B & O	Yes
DIARY	Good for Celiac BT	All Kosher Dairy must be rennet-free.
Cheese (American)	None	Yes: (must be rennetless)
Cheese (Blue) (Fr.)	None	Yes: (must be rennetless)
Cheese (Brie)	B	Yes: (must be rennetless)
Cheese (Camembert) (Fr.)	None	Yes: (must be rennetless)
Cheese (Cheddar) (Eng.)	AB	Yes: (must be rennetless)
Cheese (Colby)	B & AB	Yes: (must be rennetless)
Cheese (Cottage)	A, B & AB	Yes <input type="checkbox"/> (must be rennetless & gelatinless)
Cheese (Cream)	B & AB	Yes <input type="checkbox"/> (must be rennetless & gelatinless)
Cheese (Edam)	B & AB	Yes: (must be rennetless)
Cheese (Emmenthal) (Sw.)	None	Yes: (must be rennetless)
Cheese (Farmer)	A, B & AB	Yes: (must be rennetless)
Cheese (Feta) (It.)	A, B & AB	Yes: (must be rennetless)
Cheese (Goat)	A, B & AB	Yes: (must be rennetless)
Cheese (Gouda)	B & AB	Yes: (must be rennetless)
Cheese (Gruyère) (Fr.)	B & AB	Yes: (must be rennetless)
Cheese (Jarlsberg)	AB	Yes: (must be rennetless)
Cheese (Monterey Jack)	AB	Yes: (must be rennetless)
Cheese (Mozzarella) (It.)	A, B & AB	Yes: (must be rennetless)
Cheese (Muenster)	AB	Yes: (must be rennetless)
Cheese (Neufchatel)	B & AB	Yes: (must be rennetless)
Cheese (Parmesan)	None	Yes: (must be rennetless)
Cheese (Provolone) (It.)	None	Yes: (must be rennetless)
Cheese (Quark)	A, B & AB	Yes: (must be rennetless)
Cheese (Ricotta) (It.)	A, B & AB	Yes: (must be rennetless)
Cheese (String)	AB	Yes: (must be rennetless)
Cheese (Swiss) (Sw.)	None	Yes: (must be rennetless)
Butter	B & O	Yes: (must be rennetless & gelatinless)
Buttermilk	B	Yes: (must be rennetless & gelatinless, etc.)
Casein: (a Milk derivative)	B & AB	Yes: (under supervision)
Half & Half	B	Yes: (under supervision)
Ice cream: (Corn, Guar gum?)	None	Yes: (must be rennetless & gelatinless, etc.)
Kefir	A, B & AB	Yes: (under supervision)
Milk (cow: skim or 2%)	B & AB	Yes: (under supervision)
Milk (cow: whole)	B	Yes: (under supervision)

Milk (goat)	A, B & AB	Yes: (under supervision)
Paneer	A, B & AB	Yes: (must be rennetless)
Sour cream (low-/non-fat)	B & AB	Yes: (must be rennetless & gelatinless, etc.)
Whey □ (a Milk derivative)	A, B & AB	Yes: (under supervision)
Yogurt	A, B & AB	Yes: (must be rennetless & gelatinless, etc.)
EGG	Good for Celiac BT	All Eggs must come from a Kosher bird.
Duck	A & O	Yes
Goose	A, AB & O	Yes
Quail	A, AB & O	No
BEAN / LEGUME	Good for Celiac BT	Beans & Legumes are naturally Kosher!
Adzuki bean	A & O	Yes
Black bean	A & O	Yes
Black-eyed pea	A & O	Yes
Copper bean	A, B & AB	Yes
Fava (Broad bean)	A, B & AB	Yes
Garbanzo bean (Chickpea)	None	Yes
Jicama	A, B & O	Yes
Kidney bean	A & B	Yes
Lentil (Domestic, Green, Red)	A, AB & O	Yes
Lima bean	B & O	Yes
Mung bean / sprouts	A & O	Yes
Navy bean	A, B & AB	Yes
Pinto bean	A, AB & O	Yes
Soybean	A & AB	Yes
Soy cheese	A	Yes: (under supervision)
Soy flakes	A & AB	Yes: (under supervision)
Soy granules (Lecithin)	A & AB	Yes: (under supervision)
Soy milk	A & B	Yes: (under supervision)
Tamarind bean	B & AB	Yes
Tempeh (fermented soy)	A & AB	Yes: (under supervision)
Tofu (soy cake)	A & AB	Yes: (under supervision)
NUT / SEED	Good for Celiac BT	Nuts & Seeds are naturally Kosher!
Almond cheese	A, B & AB	Yes: (under supervision)
Almond milk	A, B & AB	Yes: (under supervision)
Beechnut	A, B & AB	Yes
Brazil nut	B	Yes
Cashew / Cashew butter	None	Yes
Chestnut	A, B & AB	Yes
Filbert (Hazelnut)	A & O	Yes
Litchi nut	A, B & AB	Yes
Peanut / Peanut butter	A & AB	Yes: (under supervision)
Pine nut (Pignola)	A, AB & O	Yes
Pistachio	None	Yes
Poppy seed	A	Yes
Pumpkin seed & butter	A, B & O	Yes: (under supervision)
Safflower seed	AB	Yes
Sesame butter / tahini	A & O	Yes: (under supervision)

Sesame seed	A & O	Yes
Sunflower seed & butter	None	Yes: (under supervision)
GRAIN	Good for Celiac BT	Grains are naturally Kosher!
Artichoke flour / pasta	A & B	Yes: (refer to derived vegetable in the list)
Barley	A, B & AB - ???	Yes
Buckwheat / kasha	A	Yes
Corn (all)	None	Yes: (only requires a visual check)
Cornmeal	None	Yes: (see immediately above)
Couscous (cracked wheat)	AB - ???	Yes
Gluten flour	AB - ???	Yes: (under supervision)
Gluten-free bread	A, B & AB	Yes: (under supervision)
Kamut	A & O - ???	Yes
Oat flour	A, B & AB - ???	Yes: (under supervision)
Oat / oat bran & meal	A, B & AB - ???	Yes: (under supervision)
Popcorn	None	Yes: (under supervision)
Rye flour (whole rye)	A, AB & O - ???	Yes: (under supervision)
Rye / 100% rye bread	A, AB & O - ???	Yes: (under supervision)
Soba noodles (100% buckwheat)	A	Yes: (under supervision)
Sorghum	A & B	Yes
Soy flour / bread	A	Yes: (under supervision)
Spelt (whole)	A, B & AB - ???	Yes
Spelt flour / products	A, B & AB - ???	Yes: (under supervision)
Tapioca	A & B	Yes
Teff	A & O	Yes
Wheat (bran)	AB	Yes: (under supervision)
Wheat (germ)	None	Yes: (under supervision)
Wheat (gluten flour products)	None	Yes: (under supervision)
Wheat (refined unbleached)	None	Yes: (under supervision)
Wheat (semolina flour products)	None	Yes: (under supervision)
Wheat (white flour products)	None	Yes: (under supervision)
Wheat (whole wheat products)	None	Yes: (under supervision)
Wheat bread (sprouted comm.)	A & AB	Yes: (under supervision)
VEGETABLE / VEG. JUICE	Good for Celiac BT	Vegetables/Seaweed: naturally Kosher!
Agar	None	Yes
Alfalfa sprouts	A, B & AB	Yes: (no inspection required)
Aloe / aloe tea / aloe juice	A	Yes: (under supervision)
Artichoke (Globe / Jerusalem)	A, B & O	Yes: (but cannot be checked)
Brussels sprouts	A, B & AB	Yes: (but cannot be checked)
Cabbage (Chinese / red / white)	B & AB	Yes: (only requires washing)
Cabbage juice	A, B & AB	Yes: (under supervision)
Caper	B	Yes
Cauliflower	A, B & AB	Yes: (must be washed/checked for bugs)
Chili pepper	A, B & O	Yes
Cucumber / cucumber juice	A, B & AB	Yes: (no inspection required)
Eggplant	A, B & AB	Yes: (no inspection required)
Juniper	None	Yes
Leek	A, B & AB	Yes: (only requires washing)
Mushroom (abalone)	A, B & O	Yes: (only requires washing)

Mushroom (d. white btn./silver \$)	B, AB & O	Yes: (only requires washing)
Mushroom (shitake)	B	Yes: (only requires washing)
Olive (black)	None	Yes
Olive (Greek / Spanish / green)	AB	Yes
Pepper (green / yellow /jalapeno)	B, AB & O	Yes: (no inspection required)
Pepper (red / cayenne)	B & O	Yes: (no inspection required)
Pickle (in brine)	B	Yes
Pickle (in vinegar)	B	Yes
Poi	A & B	Yes
Potato (sweet)	B, AB & O	Yes: (no inspection required)
Potato (white / red / blue /yellow)	AB	Yes: (no inspection required)
Radish	A & O	Yes: (no inspection required)
Radish sprouts	A & O	Yes: (no inspection required)
Rhubarb	None	Yes
Sauerkraut	B & AB	Yes
Taro	A & AB	Yes
Yam	B, AB & O	Yes
Yucca	B & AB	Yes
FRUIT / FRUIT JUICE	Good for Celiac BT	All Fruits are naturally Kosher!
Apple apple juice /cider	A, B & AB	Yes: (under supervision)
Apricot / apricot juice	A, B & AB	Yes: (under supervision)
Asian pear	A, B & AB	Yes
Avocado	A & O	Yes
Banana: (contains lectins)**	A, B & O	Yes
Bitter melon	None	Yes
Blackberry / blackberry juice	A, B & AB	Yes: (under supervision)
Cantaloupe	None	Yes
Casaba melon	B, AB & O	Yes
Coconut	A	Yes
Coconut milk	A	Yes: (under supervision)
Dewberry	A, B & O	Yes
Guava / Guava juice	A, B & O	Yes: (under supervision)
Honeydew	None	Yes
Kiwi	A, B & AB	Yes
Mango / mango juice	A, B & O	Yes: (under supervision)
Orange / orange juice	B	Yes: (under supervision)
Papaya / papaya juice	B, AB & O	Yes: (under supervision)
Persimmon	A & O	Yes
Plantain	B & AB	Yes
Pomegranate	A & O	Yes
Prickly pear	A & O	Yes
Prune	A, B & O	Yes
Quince	A, B & O	Yes
Sago palm	A, B & O	Yes
Starfruit (carambola)	A & O	Yes
Strawberry	A, B & AB	Yes: (but must be cleaned of bugs)
Tangerine	A & B	Yes
OIL	Good for Celiac BT	All Oils are naturally Kosher!

Borage seed oil	A & AB	Yes: (under supervision)
Canola oil	A & AB	Yes: (under supervision)
Castor oil	AB	Yes: (under supervision)
Coconut Oil	O	Yes: (under supervision)
Cod liver oil	A, B & AB	Yes: (under supervision)
Corn oil	None	Yes: (under supervision)
Evening primrose oil	A, B & AB	Yes: (under supervision)
Peanut oil	A & AB	Yes: (under supervision)
Safflower oil	None	Yes: (under supervision)
Sesame oil	A & O	Yes: (under supervision)
Soy oil	A & AB	Yes: (under supervision)
Sunflower oil	A	Yes: (under supervision)
Wheat germ oil	A, B & AB	Yes: (under supervision)
HERB/SPICE	Good for Celiac BT	All Herbs & Spices are naturally Kosher!
Acacia / Arabic gum	None	Yes
Allspice	A & O	Yes
Anise	A, B & O	Yes
Cinnamon - (contains lectins)**	A & AB	Yes
Cornstarch	None	Yes: (under supervision)
Guarana	A	Yes
Mace	A, B & AB	Yes
Pepper (black & white)	None	Yes
Pepper (Peppercorn / Red flakes)	B & O	Yes
Senna	B, AB & O	Yes
Vanilla	A, B & AB	Yes
CONDIMENT	Good for Celiac BT	All Condiments must be inspected.
Carrageen (Irish moss)	None	Yes: (under supervision)
Gelatin, plain	O	Yes: (under supervision)
Guar gum (stabilizer of a seed)	None	Yes: (under supervision)
Ketchup	None	Yes: (under supervision)
Mayonnaise	B & AB	Yes: (under supervision)
Miso	A & AB	Yes: (under supervision)
MSG	O	Yes: (under supervision)
Mustard (w/ Vinegar & Wheat)	None	Yes: (under supervision)
Mustard (w/ Vinegar, Wheat-Free)	A & B	Yes: (under supervision)
Mustard (w/ Wheat, Vinegar-Free)	A	Yes: (under supervision)
Pickle relish	None	Yes: (under supervision)
Soy sauce	A & AB	Yes: (under supervision)
Tamari (Wheat-Free)	A, B & AB	Yes: (under supervision)
Vinegar (Apple cider)	B	Yes: (under supervision)
Vinegar (Balsamic/white/red/rice)	B	Yes: (under supervision)
Worcestershire sauce	None	Yes: (under supervision)
SWEETENER	Good for Celiac BT	All Sweeteners must be inspected!
Almond extract	A & O	Yes: (under supervision)
Aspartame	None	Yes: (under supervision)
Barley malt	A	Yes: (under supervision)
Corn syrup	None	Yes: (under supervision)

Dextrose	None	Yes: (under supervision)
Fructose	A	Yes: (under supervision)
Honey	A & B	Yes: (under supervision)
Invert sugar	None	Yes: (under supervision)
Maltodextrine	None	Yes: (under supervision)
Maple syrup	A & B	Yes: (under supervision)
Rice syrup	A & B	Yes: (under supervision)
Stevia	A, B & AB	Yes: (under supervision)
Sucanat	None	Yes: (under supervision)
Sugar (brown & white)	A	Yes: (under supervision)
BEVERAGE	Good for Celiac BT	All Beverages must be inspected!
Beer	A & B	Yes: (under supervision)
Coffee (regular & decaf)	A	Yes: (under supervision)
Liquor (distilled)	B & AB	Yes: (under supervision)
Soda (club)	B, AB & O	Yes: (under supervision)
Soda (misc. / diet / cola)	None	Yes: (under supervision)
Tea (black / regular / decaf)	A	Yes: (under supervision)
Wine (white)	A, B & AB	Yes: (under supervision)

All recipes and advertisements in Jewish Celiacs Newsletter will go by the following:

(1)- Gluten-Free - Each recipe, or advertised food product, must be "gluten-free," or without wheat, rye, barley, or oats. That also includes their bi-products.

For more on what is Gluten-Free, go to "www.jewishceliacs.com/jcn_celiacfaqs.php."

(2)- Blood Type - Each recipe, or advertised food product, must be good for all Celiacs, or Non-Secretors, of all four blood types across the board because there is no way that most Celiacs will either know their blood types, or even if they did, be aware of which food was good, or not good for them at all times, unless they had on hand a reference such as Dr. D'Adamo's popular book, "Eat Right 4 Your Type - Complete Blood Type Encyclopedia." Therefore, to be fair, JCN will not accept any recipes, or ads that include ingredients that could possibly be harmful, or unhealthy for all Celiacs. **Jewish Celiacs Newsletter, will however accept any recipe, or ad that is accompanied by a "disclaimer" that might possibly read, "According to Dr. Peter J. D'Adamo's Blood Type Diet, some ingredients in this recipe, or product are best suited for Blood Types A, B, & O only." Something like that will be acceptable.

For more on Blood Types, go to "www.jewishceliacs.com/jcn_bloodtypediet.php."

(3)- Kashrut - Each recipe, or advertised food product, must be "kosher," or be able to be made "kosher" according to the Hebrew-Jewish Laws of Kashrut. This includes the mixing together of two separate "kosher" ingredients from the categories of "meat" and "dairy," which is not acceptable. Jewish Celiacs recognizes Orthodox authorities only.

For more on what is Kosher, go to "www.jewishceliacs.com/jcn_kosherfaqs.php."

For more on Kashrut laws, go to the following web sites:

(1)- jewfaq.org/kashrut.htm, (2)- kosherquest.org/, (3)- ou.org

NOTE: All information on Blood Types were taken from "EAT RIGHT 4 YOUR BLOOD TYPE -

Complete Blood Type Encyclopedia" by Dr. Peter J. D'Adamo, pub. By Riverhead Books, Jan. 2002.

You can contact me, Sid Karp, the Editor and Publisher of Jewish Celiacs Newsletter, by e-mail at sid.karp@jewishceliacs.com, if you have any questions about the aforementioned.