

**JEWISH CELIACS NEWSLETTER'S LIST OF:
Foods Good For All Celiacs (Non-Secretors) Of All Blood Types**

Do you want to throw a Celiacs Only Party? What would you serve? Well, if you happen to follow Dr. Peter J. D'Adamo's Blood Type Diet, which likens Celiacs to Non-Secretors, a Blood Type sub-group, pay attention to the list below and get started.

This list is about what all Celiacs (Non-Secretors) have in common! Other dietary problems such as all food allergies notwithstanding, this list should do the trick!

All food items that are Beneficial to all Celiacs is Bold-Faced as you can see.

All food items that are Not Kosher are shown with a Bold-Faced No as you can see!

MEAT (means all flesh, but fishes)	Beneficial or Neutral	Kosher: Yes / No
Goat	Neutral	Yes
Ostrich	Neutral	No
Pheasant	Neutral	Yes
Rabbit	Neutral	No
Turkey	Neutral	Yes
FISH (includes most sea creatures)	Beneficial or Neutral	Kosher: Yes / No
Bluefish	Neutral	Yes
Bullhead	Neutral	No
Butterfish	Neutral	Yes
Carp	Neutral	Yes
Caviar (roe) (kosher fish)	Neutral	Yes - w/ supervision
Chub	Neutral	Yes
Cod	Beneficial	Yes
Croaker	Neutral	Yes
Cusk	Neutral	Yes
Drum	Neutral	Yes
Grouper	Neutral	Yes
Halfmoon fish	Neutral	Yes
Harvest fish	Neutral	Yes
Herring	Neutral	Yes
Mackerel	Beneficial	Yes
Mahi-Mahi	Neutral	Yes
Monkfish	Neutral	No
Mullet	Neutral	Yes
Opaleye fish	Neutral	Yes
Orange Roughy	Neutral	Yes
Parrotfish	Neutral	Yes
Perch (Ocean / Silver / White & Yellow)	Neutral	Yes
Pickrel	Neutral	Yes
Pike	Neutral	Yes
Pompano	Neutral	Yes
Porgy	Neutral	Yes
Red Snapper	Neutral	Yes
Rosefish	Neutral	Yes
Sailfish	Neutral	No
Salmon	Neutral	Yes

Sardine	Beneficial	Yes
Scrod	Neutral	Yes
Scup	Neutral	Yes
Shad	Neutral	Yes
Shark	Neutral	No
Smelt	Neutral	Yes
Snail	Neutral	No
Sturgeon	Neutral	No
Sucker	Neutral	Yes
Sunfish	Neutral	Yes
Swordfish	Neutral	No
Tilapia	Neutral	Yes
Tilefish	Neutral	Yes
Tuna	Neutral	Yes
Weakfish	Neutral	Yes
Whitefish	Neutral	Yes
DIARY (includes milk, butter & cheese)	Beneficial or Neutral	Kosher: Yes / No
Ghee [clarified butter]	Neutral	Yes - w/ supervision
EGG (includes eggs from all fowl)	Beneficial or Neutral	Kosher: Yes / No
Chicken egg [white & yolk]	Neutral	Yes - w/ supervision
BEAN / LEGUME	Beneficial or Neutral	Kosher: Yes / No
Cannelli bean	Neutral	Yes
Green / String bean	Neutral	Yes
Northern bean	Neutral	Yes
Snap bean	Neutral	Yes
White bean	Neutral	Yes
NUT / SEED	Beneficial or Neutral	Kosher: Yes / No
Almond & Almond Butter	Neutral	Yes - w/ supervision
Butternut	Neutral	Yes
Flaxseed [linseed]	Neutral	Yes
Hickory	Neutral	Yes
Macadamia	Neutral	Yes
Pecan & Pecan Butter	Neutral	Yes - w/ supervision
Walnut (Black & English)	Beneficial	Yes
GRAIN	Beneficial or Neutral	Kosher: Yes / No
Amaranth	Neutral	Yes
Essene [Manna] Bread	Neutral	Yes - w/ supervision
Ezekiel Bread	Neutral	Yes - w/ supervision
Millet	Neutral	Yes
Quinoa	Neutral	Yes
Rice - (Cream of)	Neutral	Yes - w/ supervision
Rice - (Puffed)	Neutral	Yes - w/ supervision
Rice - (White)	Neutral	Yes
Rice - (Brown)	Neutral	Yes
Rice - (Basmati)	Neutral	Yes

Rice - (Wild)	Neutral	Yes
Rice - (Bran)	Neutral	Yes - w/ supervision
Rice - (Cake)	Neutral	Yes - w/ supervision
Rice - (Flour)	Neutral	Yes - w/ supervision
Rice - (Milk)	Neutral	Yes - w/ supervision
VEGETABLE / VEGETABLE JUICE	Beneficial or Neutral	Kosher: Yes / No
Arugula	Neutral	Yes
Asparagus / Asparagus Pea	Neutral	Yes
Bamboo Shoot	Neutral	Yes
Beet / Beet Greens	Beneficial	Yes
Bok Choy	Neutral	Yes
Broccoli	Beneficial	Yes
Carrot/Carrot juice	Neutral	Yes - w/ supervision
Celeriac	Neutral	Yes
Celery/Celery Juice	Neutral	Yes - w/ supervision
Chicory	Neutral	Yes
Collard Greens	Beneficial	Yes
Daikon Radish	Neutral	Yes
Dandelion	Neutral	Yes
Endive	Neutral	Yes
Escarole	Neutral	Yes
Fennel	Neutral	Yes
Fiddlehead Fern	Neutral	Yes
Garlic	Neutral	Yes
Ginger	Beneficial	Yes
Horseradish	Neutral	Yes
Kale	Beneficial	Yes
Kelp	Neutral	Yes
Kohlrabi	Neutral	Yes
Lettuce (Plain & Romaine)	Neutral	Yes
Mushroom (Enoki)	Neutral	Yes
Mushroom (Maitake)	Neutral	Yes
Mushroom (Oyster)	Neutral	Yes
Mushroom (Portabello)	Neutral	Yes
Mushroom (Straw)	Neutral	Yes
Mustard Greens	Neutral	Yes
Okra	Neutral	Yes
Onion (Red/Spanish/Yellow/White/Green)	Neutral	Yes
Oyster Plant	Neutral	Yes
Parsnip	Neutral	Yes
Pea (Green / Pod / Snow)	Neutral	Yes
Pimento	Neutral	Yes
Pumpkin	Neutral	Yes
Radicchio	Neutral	Yes
Rappini	Neutral	Yes
Rutabaga	Neutral	Yes
Scallion	Neutral	Yes
Seaweed Shallot	Neutral	Yes
Spinach / Spinach Juice	Neutral	Yes - w/ supervision

Squash	Neutral	Yes
Swiss Chard	Neutral	Yes
Tomato / Tomato Juice	Neutral	Yes - w/ supervision
Turnip	Neutral	Yes
Water Chestnut	Neutral	Yes
Watercress	Neutral	Yes
Zucchini	Neutral	Yes
FRUIT / FRUIT JUICE	Beneficial or Neutral	Kosher: Yes / No
Apple (Juice & Cider)	Neutral	Yes - w/ supervision
Blueberry	Neutral	Yes
Boysenberry	Neutral	Yes
Breadfruit	Neutral	Yes - w/ supervision
Canang Melon	Neutral	Yes
Cherry (All)	Beneficial	Yes
Cherry Juice (Black)	Beneficial	Yes - w/ supervision
Christmas melon	Neutral	Yes
Cranberry / Cranberry Juice	Neutral	Yes - w/ supervision
Crenshaw Melon	Neutral	Yes
Currants (Black & Red)	Neutral	Yes
Elderberry (Dark / Blue / Purple)	Neutral	Yes
Fig (Fresh & Dried)	Beneficial	Yes
Gooseberry	Neutral	Yes
Grape (All)	Neutral	Yes
Grapefruit / Grapefruit Juice	Neutral	Yes - w/ supervision
Kumquat	Neutral	Yes
Lemon / Lemon Juice	Neutral	Yes - w/ supervision
Lime / Lime Juice	Neutral	Yes - w/ supervision
Loganberry	Neutral	Yes
Mulberry	Neutral	Yes
Muskmelon	Neutral	Yes
Nectarine / Nectarine Juice	Neutral	Yes - w/ supervision
Peach	Neutral	Yes
Pear / Pear Juice	Neutral	Yes - w/ supervision
Persian Melon	Neutral	Yes
Pineapple / Pineapple Juice	Neutral	Yes - w/ supervision
Plum (Dark / Green / Red)	Beneficial	Yes
Raisin	Neutral	Yes
Raspberry	Neutral	Yes
Spanish Melon	Neutral	Yes
Water & Lemon	Neutral	Yes
OIL	Beneficial or Neutral	Kosher: Yes / No
Almond oil	Neutral	Yes - w/ supervision
Black Currant Seed Oil	Neutral	Yes - w/ supervision
Flax Seed (Linseed) Oil	Neutral	Yes - w/ supervision
Olive Oil	Beneficial	Yes - w/ supervision
Walnut Oil	Beneficial	Yes - w/ supervision
HERB / SPICE	Beneficial or Neutral	Kosher: Yes / No

Arrowroot	Neutral	Yes
Basil	Neutral	Yes
Bay Leaf	Neutral	Yes
Bergamot	Neutral	Yes
Caraway	Neutral	Yes
Cardamom	Neutral	Yes
Carob	Neutral	Yes
Chervil	Neutral	Yes
Chives	Neutral	Yes
Chocolate	Neutral	Yes
Cilantro	Neutral	Yes
Clove	Neutral	Yes
Coriander	Neutral	Yes
Cream of Tartar	Neutral	Yes - w/ supervision
Cumin	Neutral	Yes
Curry	Neutral	Yes
Dill	Neutral	Yes
Dulse	Neutral	Yes
Licorice Root	Neutral	Yes
Marjoram	Neutral	Yes
Mustard (Dry)	Neutral	Yes
Oregano	Neutral	Yes
Paprika	Neutral	Yes
Parsley	Neutral	Yes
Peppermint	Neutral	Yes
Rosemary	Neutral	Yes
Saffron	Neutral	Yes - w/ supervision
Sage	Neutral	Yes
Savory	Neutral	Yes
Spearmint	Neutral	Yes
Tamarind	Neutral	Yes
Tarragon	Neutral	Yes
Thyme	Neutral	Yes
Turmeric	Neutral	Yes
CONDIMENT	Beneficial or Neutral	Kosher: Yes / No
Apple Pectin	Neutral	Yes - w/ supervision
Jam & Jelly [if it's OK ingredients]	Neutral	Yes - w/ supervision
Mustard (Wheat-Free & Vinegar-Free)	Neutral	Yes - w/ supervision
Salad Dressing [if OK ingredients]	Neutral	Yes - w/ supervision
Sea Salt	Neutral	Yes
Yeast (Baker's & Brewer's)	Neutral	Yes - w/ supervision
SWEETENER	Beneficial or Neutral	Kosher: Yes / No
Molasses	Neutral	Yes
Molasses (Blackstrap)	Neutral	Yes
BEVERAGE	Beneficial or Neutral	Kosher: Yes / No
Green Tea	Beneficial	Yes - w/ supervision
Wine (Red)	Beneficial	Yes - w/ supervision

(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."

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. 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.