

# BLOOD TYPE "AB" DIET RECOMMENDATIONS

	<b>Highly Beneficial</b>	<b>Neutral</b>	<b>Avoid</b>
Meats & Poultry – <i>AB's generally do not produce enough stomach acid to effectively digest too much animal protein</i>	Lamb, Mutton, Rabbit, Turkey	Liver, Pheasant	Bacon, Beef, Beef (ground), Buffalo, Chicken, Cornish hen, Duck, Goose, Ham, Heart, Partridge, Pork, Veal, Venison, Quail
Seafood – <i>Excellent source of protein for AB's</i>	Albacore, Cod, Grouper, Hake, Mackerel, Mahimahi, Monkfish, Ocean Perch, Pickerel, Pike Porgy, Rainbow Trout, Red Snapper, Sailfish, Salmon, Sardine, Sea Trout, Shad, Snail, Sturgeon	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	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
Dairy & Eggs	Cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, sour cream (non-fat), yogurt	Casein, cheddar, colby, cream cheese, edam, emmenthal, gouda, gruyere, jarisburg, monterey jack, munster, neufchatel, skim (or 2% milk), soy cheese, string cheese, swiss, whey	American cheese, blue cheese, brie, butter, buttermilk, camembert, ice cream, parmesan, provolone, sherbert, whole milk
Oils & Fats – <i>Type AB's should use olive oil rather than animal fats</i>	Olive oil	Canola oil, cod liver oil, linseed (flaxseed) oil, peanut oil	Oil (corn, cottonseed, safflower, sesame, sunflower)
Nuts & Seeds	Nuts (chestnuts), peanuts, peanut butter, walnuts	Almond butter, nuts A(Brazil, cashews, hickory, litchi, macadamia, pignola-pine, pistachio	Nuts (filberts), seeds (poppy, pumpkin, sesame), sesame butter (tahini), sunflower (butter, seeds)
Beans & Legumes	Beans (navy, pinto, red, red soy), lentils (green)	Beans (broad, cannellini, copper, northern, green, jicama, snap, string, tamarind, white), lentils (domestic, red), peas (green, pods)	Beans (aduke, azuki, black, fava, garbanzo, kidney, lima), peas (black-eyed)
Cereals	Millet, oat bran, oatmeal, rice bran, rice (puffed), spelt	Amaranth, barley, cram of rice, cream of wheat, familia, farina, granola, grape nuts, seven-grain, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ	Buckwheat, cornflake, cornmeal, kamut, kasha
Breads & Muffins	Brown rice bread, essene & Ezekiel bread, fin crisp, millet, rice	Bagels (wheat), durum wheat, gluten-free bread, high-protein bread, ideal	Corn muffins

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	cakes, 100% rye bread, rye crisps, rye vita, soy flour bread, sprouted wheat bread, wasa bread	flat bread, matzos (wheat), multi-grain bread, oat bran muffins, pumpnickel, spelt bread, wheat bran muffins, whole wheat bread	
Grains & Pasta – <i>Type AB's benefit from a diet rich in rice rather than pasta</i>	Flour (oat, rice, rye, sprouted wheat), rice (Basmati, brown, white, wild)	Couscous, flour (barley, bulgur wheat, durum wheat, gluten, graham, spelt, white, whole wheat), pasta (semolia, spinach), quinoa	Buckwheat kasha, pasta (artichoke), soba noodles
Vegetables	Beet leaves, beets, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, mustard greens, poarsley, parsnip, potatoes (sweet), sprouts (alfalfa), tempeh, tofu, yams (all types)	Arugula, asparagus, bamboo shoots, bok choy, cabbage (chinese, red white), caraway, carrots, chervil, chicory, coriander, daikon, endive, escarole, fennel, fiddlehead ferns, ginger, horseradish, kohlabi, leek, lettuce (bibb, boston, iceberg, mesculum, romaine), mushrooms (domestic, portobello, tree, oyster, enoki), okra, olives (greek, spanish), onions (green, red, spanish, yellow), potatoes (red, white), pumpkin, radicchio, rappini, rutabaga, scallion, seaweed, shallots, snow peas, spinach, sprouts (brussel), swiss, squash (all types), chard, tomato, turnip, water chestnut, watercress, zucchini	Artichoke (domestic, jerusalem), avocado, corn (white, yellow), lima beans, mushroom (abalone, shitake), olives (black), peppers (green, jalapeno, red, yellow), radishes, sprouts (mung, radish)
Fruits	Cherries, cranberries, figs (dried, fresh), gooseberries, grapes (black, concord, green, red), grapefruit, kiwi, lemons, loganberries, pineapples, plums (dark, green, red)	Apples, apricots, blackberries, blueberries, boysenberries, currants (black, red), dates, elderberries, kumquat, melon (canang, cantaloupe, casaba, christmas, crenshaw, honeydew, musk, spanish, watermelon), nectarines, papaya, peach, peas, plantains, prunes, raisins, raspberries, strawb3erries, tangerines	Bananas, coconuts, guava, mangoes, oranges, persimmons, pomegranates, prickly pears, rhubarb, starfruit (carambola)
Juices & Fruits – <i>Begin the morning with a fresh</i>	Cabbage, carrot, celery, cherry (black), cranbery, grape, papaya	Apple, apple cider, apricot, cucumber, grapefruit, pineapple, prune, water (with lemon), vegetable	Orange

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<i>squeezed glass of warm lemon water</i>		juice (corresponding with highlighted vegetables)	
Spices	Sea salt & kelp should be used in place of salt	Curry, garlic, horseradish, miso, parsley	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, pimento, rice syrup, rosemary, thyme, tumeric, vanilla, wintergreen
Condiments	Avoid all pickled condiments	Jam & jelly (from acceptable fruits), mayonnaise, mustard, salad dressing (low-fat, beneficial ingredients)	Ketsup, pickles (dil, kosher, sweet, sour), relish, worcestershire sauce