

Blood Type AB : Chart

Food Group	Highly Beneficial	Neutral	Avoid
Meat & Poultry	lamb, mutton, rabbit, turkey	liver, pheasant	bacon, beef, ground beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail
Seafood	albacore (tuna), cod, grouper, mackerel, mahimahi, monkfish, oceans perch, pickerel, pike, porgy, rainbow trout, red snapper, sailfish, sardine, sea trout, shad, snail, sturgeon	abalone, bluefish, carp, catfish, caviar, herring (fresh mussels) salmon, scallop, shark, silver perch, smelt, snapper, squid (calamari), swordfish, weakfish, tilefish, weakfish, whitefish, yellow perch	anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, flounder, frog, sole, haddock, halibut, herring (pickled), lobster, lox (smoked), octopus, oysters, scallop, sea bass, shrimp, striped bass, turtle, yellowtail
Eggs & Dairy	cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, non fat sour cream, yogurt	casein, Cheddar, Colby, cream cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, skim or 2% milk, soy cheese, soy milk, string cheese, Swiss, whey	American cheese, blue, Brie, butter, buttermilk, Camembert, ice cream, Parmesan, provolone, sherbet, whole milk
Oils & Fats	Olive oil	canola oil, cod liver oil, linseed (flaxseed), peanut oil	corn oil, cottonseed oil, safflower oil, sesame oil, sunflower oil
Nuts & Seeds	chestnuts, peanuts, peanut butter, walnuts	almonds, almond butter, Brazil, cashew, hickory, litchis, macadamias, pignoli (pine), pistachios	filberts, poppy seeds, pumpkin seeds, sesame seeds, sesame butter (tahini), sunflower butter, sunflower seeds
Beans & Legumes	navy beans, pinto beans, red beans, soy beans, green lentils	broad beans, cannellini beans, copper beans, northern beans, green beans, jicama beans, snap beans, string beans, tamarind beans, white beans, domestic lentils, red lentils, green peas, pea pods	adzuki beans, black beans, fava beans, garbanzo beans, kidney beans, lima beans, black-eyed peas
Cereals	millet, oat bran, oatmeal, puffed rice, rice bran,	amaranth, barley, Cream of Rice, Cream	buckwheat, corn flakes, cornmeal, kamut

	ryeberry, spelt	of wheat, Familia, farina, granola, Grape Nuts, seven-grain, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ	
Breads & Muffins	brown-rice bread, Essene bread, Ezekial bread, fin crisp, millet, rice cakes, 100% rye bread, rye crisps, Rye Vita, soy-flour, sprouted-wheat bread, Wasa bread	wheat bagels, durum wheat, gluten-free bread, high-protein bread, ideal flat bread, wheat matzoh, multi-grain bread, oat bran muffins, pumpernickel wheat-bran muffins, wheat bread, whole-wheat bread, spelt bread	corn muffins
Grains & Pasta	oat flour, rice flour, rye flour, sprouted- wheat flour, basmati rice, brown rice, white rice, wild rice	couscous, bulgur wheat flour, durum-wheat flour, gluten flour, graham flour, spelt flour, white flour, whole-wheat flour, semolina pasta, spinach pasta, quinoa	buckwheat, artichoke pasta, soba noodles, barley flour
Vegetables	beet leaves, beets, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, maitaki mushrooms, mustard greens, parsley, parsnips, sweet potatoes, tempeh, tofu, all types yams	arugula, asparagus, bamboo shoots, bok choy, Chinese cabbage, red cabbage, white cabbage, caraway, carrots, chervil, chicory, coriander, daikon radish, endive, escarole, fennel, fiddlehead ferns, ginger, horseradish, kohlrabi, leek, bibb lettuce, Boston lettuce, iceberg lettuce, mesclun lettuce, romaine lettuce, abalone mushrooms, domestic mushrooms, Portobello mushrooms, tree mushrooms, oysters mushrooms,	domestic artichokes, Jerusalem artichokes, avocado, white & yellow corn, lima beans, black olives, green olives, green peppers, jalapeno peppers, red peppers, yellow peppers, radishes, mung sprouts, radish sprouts

		<p>anoki mushrooms, shiitake mushrooms, okra, green olives, Greek olives, Spinach olives, green onions, red onions, Spanish onions, yellow onions, red potatoes, white potatoes, pumpkin, radicchio, rappini, rutabaga, scallion, seaweed, shallots, snow peas, spinach, Brussels sprouts, all types squash, Swiss chard, tomato, turnips, water chestnuts, watercress, zucchini</p>	
Fruits	<p>cherries, cranberries, dried figs, fresh figs, gooseberries, black grapes, concord grapes, green grapes, red grapes, grapefruit, kiwi, lemons, loganberries, pineapple, dark plums, green plums, red plums</p>	<p>apples, apricots, blackberries, blueberries, boysenberries, black & red currants, dates, elderberries, kumquat, limes, canang melon, cantaloupe, casaba melon, Christmas melon, Crenshaw melon, honeydew melon, muskmelon, Spanish melon, watermelon, nectarines, papayas, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines</p>	<p>banana, coconuts, guava, mangoes, oranges, persimmons, pomegranates, prickly pear, rhubarb, starfruit</p>
Juices & Fluids	<p>cabbage, carrot, celery, black cherry, cranberry, grape, papaya</p>	<p>apples, apple cider, apricot, cucumber, grapefruit, pineapple, prune, water with lemon, vegetable juice (based on Type AB diet)</p>	<p>orange</p>
Spices	<p>Curry, garlic, horseradish, miso, parsley</p>	<p>Agar, arrowroot, basil, bay leaf, brown-rice</p>	<p>Allspice, almond extract, anise, barley, malt, cornstarch, corn</p>

		<p>syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, cream of tarter, cumin, dill, dulce, honey, kelp, maple syrup, marjoram, mint, molasses, mustard (dry), nutmeg, paprika, peppermint, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, white & brown sugar, tamari, tamarind, tarragon, thyme, tumeric, vanilla extract, wintergreen, apple cider vinegar, balsamic vinegar, red wine vinegar</p>	<p>syrup, plain gelatin, ground black pepper, cayenne pepper, peppercorn pepper, red pepper flakes, white pepper, tapioca, white vinegar</p>
Condiments	none	<p>jam & jelly from acceptable fruits, mayonnaise, mustard, salad dressing (from Type AB ingredients)</p>	<p>ketchup, dill pickles, kosher pickles, sweet pickles, sour pickles, relish, Worcestershire sauce</p>
Misc. Beverages	Regular & decaf coffee, green tea	<p>Beer, seltzer water, club soda, red wine, whit wine</p>	<p>distilled liquors, cola soda, diet cola & other sodas, black teas (regular & decaf)</p>