

TYPE AB BLOOD/BODY FOOD LIST

MEATS AND POULTRY

HIGHLY BENEFICIAL

Lamb, Mutton, Rabbit, Turkey

NEUTRAL

Liver, Pheasant

AVOID

Bacon, Beef, Buffalo, Chicken, Cornish Hens, Duck, Goose, Ham, Heart, Partridge, Pork, Veal, Venison, Quail.

SEAFOOD

HIGHLY BENEFICIAL

Albacore (Tuna), Cod, Grouper, Hake, Mackerel, Mahi-Mahi, Monkfish, Ocean Perch, Pickerel, Pike, Porgy, Rainbow Trout, Red Snapper, Sailfish, Salmon, Sardine, Sea Trout, Shad, Snail, Sturgeon.

NEUTRAL

Abalone, Bluefish, Carp, Catfish, Caviar, Herring (Fresh), Mussels, Perch (Silver, White, Yellow), Scallop, Shark, Silver Perch, Smelt, Snapper, Sole, Squid (Calamari), Swordfish, Tilefish, Weakfish, Whitefish.

AVOID

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 AND EGGS

HIGHLY BENEFICIAL

Cottage Cheese, Farmer, Feta, Goat (Cheese, Milk), Kefir, Mozzarella, Ricotta, Sour Cream, Yogurt.

NEUTRAL

Casein, Cheddar, Colby, Cream Cheese, Edam, Eggs, Emmenthal, Gouda, Gruyere, Jerslsburg, Monterey Jack, Munster, Neufchatel, Soy (Cheese, Milk), String Cheese, Swiss, Whey.

AVOID

American, Blue, Brie, Butter, Buttermilk, Camembert, Ice Cream, Parmesan, Provolone, Sherbet, Cow Milk.

OILS AND FATS

HIGHLY BENEFICIAL

Olive Oil

NEUTRAL

Canola, Cod Liver, Flaxseed, Peanut.

AVOID

Corn, Cottonseed, Safflower, Sesame, Sunflower.

NUTS AND SEEDS

HIGHLY BENEFICIAL

Chestnuts, Peanuts, Walnuts.

NEUTRAL

Almond, Brazil, Cashews, Hickory, Litchi, Macadamia, Pignola (Pine), Pistachio.

AVOID

Nuts: Filberts

Seeds: Poppy, Pumpkin, Sesame, Sunflower.

BEANS AND LEGUMES

HIGHLY BENEFICIAL

Navy, Pinto, Red, Lentils (Green), Soy (Red).

NEUTRAL

Broad, Cannellini, Copper, Northern, Green, Jicama, Snap, String, Tamarind, White, Lentils (White, Domestic, Red) Green Peas, Pea Pods

AVOID

Aduke Or Azuki, Black, Fava, Garbanzo, Kidney, Lima Black-Eyed Peas.

CEREALS, BREADS AND PASTA

HIGHLY BENEFICIAL

Grains: Millet, Oat, Rice, Spelt.

Breads/Flower: Essene Bread, Ezekiel Bread, Millet, Oat, Rice, Spelt, Sprouted Grain Breads (Including Wheat)

Pasta: Rice, Spelt

NEUTRAL

Quinoa, Wheat

AVOID

Corn, Buckwheat, Kamut, Artichoke Pasta.

VEGETABLES

HIGHLY BENEFICIAL

Alfalfa Sprouts, Beets & Tops, Broccoli, Cauliflower, Celery, Collard Greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard Greens, Parsley, Parsnips, Sweet, Potatoes, Tempeh, Tofu, Yams (All Types).

NEUTRAL

Arugula, Asparagus, Bamboo Shoots, Bok Choy, Brussels Sprouts, Cabbage (Chinese, Red, White), Caraway, Carrots,

Chervil, Chicory, Coriander, Daikon, Endive, Escarole, Fennel, Fiddlehead Ferns, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (Bibb, Boston, Iceberg, Mesclun, Romaine), Mushroom (Domestic, Portobello, Tree, Oyster, Enoki), Okra, Olives (Green, Greek, Spanish), Onions (Green, Red, Spanish, Yellow), Potatoes (Red, White), Pumpkin, Radicchio, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Snow Peas, Spinach, Squash (All Types), Swiss Chard, Turnips, Water Chestnut, Watercress, Zucchini.

AVOID

Artichoke (Domestic, Jerusalem), Avocado, Black Olives, Corn, Lima Beans, Mung Sprouts, Mushroom (Abalone, Shiitake), Peppers (Green, Jalapeno, Red, Yellow), Radishes & Sprouts.

FRUITS

HIGHLY BENEFICIAL

Cherries, Cranberries, Figs, Gooseberries, Grapes, Grapefruit, Kiwi, Lemons, Loganberries, Pineapples, Plums.

NEUTRAL

Apples, Apricots, Blackberries, Blueberries, Boysenberries, Currants, Dates, Elderberries, Kumquat, Limes, Melon (Canang, Cantaloupe, Casaba, Christmas, Crenshaw, Honeydew, Musk, Spanish, Watermelon), Nectarines, Papayas, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines, Tomatoes.

AVOID

Bananas, Coconuts, Guava, Mangoes, Oranges, Persimmons, Pomegranates, Prickly Pears, Rhubarb, Starfruit (Carambola).

JUICES AND FLUIDS

HIGHLY BENEFICIAL

Black Cherry, Cabbage, Carrot, Celery, Cranberry, Grape, Papaya.

NEUTRAL

Apple, Apricot, Cucumber, Grapefruit, Pineapple, Prune, Water (Esp With Lemon), Vegetable Juice (With Allowed Vegetables)

AVOID

Oranges

SPICES

HIGHLY BENEFICIAL

Curry, Garlic, Horseradish, Miso, Parsley

NEUTRAL

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, Pimiento, Rice Syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy Sauce, Spearmint, Sucanat,

Tamari, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen.

AVOID

Allspice, Almond Extract, Anise, Barley Malt, Capers, Cornstarch, Corn Syrup, Gelatin, Pepper (Black, Cayenne, Peppercorn, Red Flakes, White), Tapioca, Vinegar (Apple Cider, Balsamic, Red Wine, White)

CONDIMENTS

HIGHLY BENEFICIAL

None!

NEUTRAL

Jam & Jelly (From Acceptable Fruits), Mayonnaise, Mustard, Salad Dressing (From Acceptable Ingredients)

AVOID

Ketchup, Pickles (Dill, Kosher, Sweet, Sour), Relish, Worcestershire Sauce.

MISCELLANEOUS BEVERAGES

HIGHLY BENEFICIAL

Green Tea, Water

AVOID

Black Tea, Liquor (Distilled), Soda.