

Type AB Diet Recommendations

Meat & Poultry - AB's generally do not produce enough stomach acid to effectively digest too much animal protein.
(Highly Beneficial): Lamb, Mutton, Rabbit, Turkey
(Neutral): Liver, Pheasant
(AVOID): Bacon, Beef, Beef (ground), Buffalo, Chicken, Cornish hens, Duck, Goose, Ham, Heart, Partridge, Pork, Veal, Venison, Quail

Seafood - Excellent source of protein for Type AB's
(Highly Beneficial): Albacore, Cod, Grouper, Hake, Mackerel, Mahimahi, 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, Scallop, Shark, Silver Perch, Smelt, Snapper, Sole, Squid (calamari), Swordfish, Tilefish, Weakfish, Whitefish, White perch, Yellow Perch
(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 & Eggs
(Highly Beneficial): Cottage Cheese, Farmer, Feta, Goat Cheese, Goat Milk, Kefir, Mozzarella, Ricotta, Sour Cream (Non-Fat), Yogurt
(Neutral): Casein, Cheddar, Colby, Cream cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsburg, Monterey jack, Munster, Neufchatel, Skim (or 2% milk), Soy cheese, Soy milk, String cheese, Swiss, Whey
(AVOID): American cheese, Blue cheese, Brte, Butter, Buttermilk, Camembert, Ice cream, Parmesan, Provolone, Sherbet, Whole milk

Oils & Fats - Type AB's should use olive oil rather than animal fats.
(Highly Beneficial): Olive Oil
(Neutral): Canola oil, Cod liver oil, Linseed (flaxseed) oil, Peanut oil
(AVOID): Oil (corn, cottonseed, safflower, sesame, sunflower)

Nuts & Seeds
(Highly Beneficial): Nuts (Chestnuts), Peanuts, Peanut Butter, Walnuts
(Neutral): Almond butter, Nuts (Brazil, cashews, hickory, litchi, macadamia, pignola-pine, pistachio)
(AVOID): Nuts (filberts), Seeds (poppy pumpkin, sesame), Sesame butter (tahini), Sunflower (butter, seeds)

Bean & Legumes
(Highly Beneficial): Beans (Navy, Pinto, Red, Red Soy), Lentils (Green)
(Neutral): Beans (broad, cannellini, copper, northern, green, jicama, snap, string, tamarind, white), Lentils (domestic, red), Peas (green, pods)
(AVOID): Beans (adzuki, azuki, black, fava, garbanzo, kidney, lima), Peas (black-eyed)

Cereals
(Highly Beneficial): Millet, Oat Bran, Oatmeal, Rice Bran, Rice (Puffed), Spelt
(Neutral): Amaranth, Barley, Cream of rice, Cream of wheat, Familia, Farina, Granola, Grape nuts, Seven-grain, Shredded wheat, Soy flakes, Soy granules, Wheat bran, Wheat germ
(AVOID): Buckwheat, Cornflakes, Cornmeal, Kamut, Kasha

Breads & Muffins
(Highly Beneficial): Brown Rice Bread, Essene & Ezekiel Bread, Fin Crisp, millet, Rice Cakes, 100% Rye Bread, Rye Crisps, Rye Vita, Soy Flour Bread, Sprouted Wheat Bread, Wasa Bread
(Neutral): Bagels (wheat), Durum wheat, Gluten-free bread, High-protein bread, Ideal Flat Bread, Matzos (wheat), Multi-grain bread, Oat bran muffins, Pumpernickel, Spelt bread, Wheat bran muffins, Whole wheat bread
(AVOID): Corn muffins

Grains & Pasta - Type AB's benefit from a diet rich in rice rather than pasta.
(Highly Beneficial): Flour (Oat, Rice, Rye, Sprouted Wheat), Rice (Basmati, Brown, White, Wild)
(Neutral): Couscous, Flour (barley, bulgur wheat, Durum wheat, gluten, Graham, spelt, white, whole wheat), Pasta (semolina, spinach), Quinoa
(AVOID): Buckwheat kasha, Pasta (artichoke), Soba noodles

Vegetables

(Highly Beneficial): Beet Leaves, Beets, Broccoli, Cauliflower, Celery, Collard Greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard Greens, Parsley, Parsnip, Potatoes (Sweet), Sprouts (Alfalfa), Tempeh, Tofu, Yams (All Types)

(Neutral): Arugula, Asparagus, Bamboo shoots Bok choy, Cabbage (Chinese, red, white), Caraway, Carrots, Chervil, Chicory, Coriander, Daikon, Endive, Escarole, Fennel, Fiddlehead ferns, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (Bibb, Boston, iceberg, mesclum, 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 (Brussels), Swiss, Squash (all types), Chard, Tomato, Turnip, Water chestnut, Watercress, Zucchini

(AVOID): Artichoke (domestic, Jerusalem), Avocado, Corn (white, yellow), Lima beans, Mushroom (abalone, shiitake), Olives (black), Peppers (green, jalapeno, red, yellow), Radishes, Sprouts (mung, radish)

Fruits

(Highly Beneficial): Cherries, Cranberries, Figs (Dried, Fresh), Gooseberries, Grapes (Black, Concord, Green, Red), Grapefruit, Kiwi, Lemons, Loganberries, Pineapples, Plums (Dark, Green, Red)

(Neutral): Apples, Apricots, Blackberries, Blueberries, Boysenberries, Currants (black, red), Dates, Elderberries, Kumquat, Melon (canang, cantaloupe, casaba, Christmas, Crenshaw, honeydew, musk, Spanish, water-melon), Nectarines, Papaya, Peach, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines

(AVOID): Bananas, Coconuts, Guava, Mangoes, Oranges, Persimmons, Pomegranates, Prickly pears, Rhubarb, Starfruit (carambola)

Juices & Fluids - Begin the morning with a fresh squeezed glass of warm lemon water.

(Highly Beneficial): Cabbage, Carrot, Celery, Cherry (Black), Cranberry, Grape, Papaya

(Neutral): Apple, Apple cider, Apricot, Cucumber, Grapefruit, Pineapple, Prune, Water (with lemon), Vegetable juice (corresponding with highlighted vegetables)

(AVOID): Orange

Spices - Sea salt and kelp should be used in place of salt.

(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, Dulce, Honey, Kelp, Maple syrup,

Marjoram, Mint, Molasses, Mustard (dry), Nutmeg, Paprika, Peppermint, Pimiento, Rice syrup, Rosemary,

Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Sugar (brown, white), Tamari, Tamarind, Tarragon,

Thyme, Turmeric, Vanilla, Wintergreen

(AVOID): Allspice, Almond extract, Anise, Barley malt, Capers, Cornstarch, Corn syrup, Gelatin (plain

ground), Pepper (black, cayenne, peppercorn, white), Tapioca, Vinegar (apple cider, balsamic,

red wine, white)

Condiments - Be sure to avoid all pickled condiments.

(Neutral): Jam & Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad dressing (low-fat, beneficial ingredients)

(AVOID): Ketchup, Pickles (dill, kosher, sweet, sour), Relish, Worcestershire sauce