



Blood Type AB

	Beneficial Foods	Foods to Avoid
Meats/Poultry	Eggs, Lamb, Mutton, Rabbit, Turkey.	Bacon, Beef, Chicken, Duck, Ham, Heart, Pork, Veal, Venison.
Seafood	Cod, Mackerel, Ocean perch, Rainbow trout, red snapper, Salmon, Sardines, Sea trout, Tuna.	Abalone, Anchovy, Caviar, Clam, Crab, Crayfish, Eel, Flounder, Haddock, Halibut, Herring, Prawn, Lobster, Octopus, Oyster, Smoked Salmon.
Dairy Substitutes	Cottage cheese, Feta, Goat cheese, Goat milk, Mozzarella, Ricotta, Sour cream, Yogurt.	Blue cheese, Brie, Butter, Buttermilk, Camembert, Ice cream, Parmesan, Provolone, Whole milk.
Oils/Fats	Olive oil.	Corn, Cottonseed, Safflower, Sesame, Sunflower.
Nuts/Seeds	Chestnuts, Peanuts, Peanut butter, Walnuts.	Hazelnut, Poppy, Pumpkin, Sesame, Sunflower.
Beans/Legumes	Navy, Pinto, Red, Green Lentils, Tempeh, Tofu.	Aduki, Black, Fava, Kidney, Lima, Mung, Chickpeas, Black-eyed peas.
Cereals	Brown rice bread, Essene bread, Millet, Oat Bran, oatmeal, Rice cakes, Rice, Bran, Rice puffed, 100% Rye bread, Rye crisps, Ryvita Spelt, Soya flour bread, Sprouted wheat bread, Wasa bread.	Buckwheat, Pasta, Soba noodles.
Grains/Pastas	Oat flour, Rice flour, Rye flour, Sprouted wheat flour, Rice.	
Vegetables	Beets, beet leaves, Broccoli, Cauliflower, Celery, Collard greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard greens, Parsley, Parsnips, Sprouts, Alfalfa, Sweet potatoes, Yams.	Artichoke, Jerusalem, Avocado, Capsicum, Corn, Mushroom, (abalone & shiitake), Olives (black), Jalapeno, Radish, Sprouts.
Fruit	Cherries, Cranberries, Figs, Goosberries, Grapes, Grapefruit, Kiwi, Lemons, Loganberries, Pineapple, Plums.	Banana, Coconut, Guava, Mango, Orange, Persimmon, Pomegranate, Rhubarb, Starfruit.
Juices	Cabbage, Carrot, Celery, Cherry (black), Cranberry, Grape, Pawpaw.	Orange.



Blood Type AB - continued

	Beneficial Foods	Foods to Avoid
Spices	Curry, Garlic, Horseradish, Miso, Parsley.	All spice, Almond extract, Anise, Barley malt, Capers, Cornflour, Gelatine, Pepper, Cayenne, Tapioca.
Condiments	Cottage cheese, Feta, Goat cheese, Goat milk, Mozzarella, Ricotta, Sour cream, Yogurt.	Pickles, Relish, Tomato Sauce, Vinegar, Worcestershire sauce.
Herbal Teas	Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Green tea, Hawthorn, Liquorice Root, Rosehip, Strawberry leaf.	Aloe, Corn silk, fenugreek, Gentian, Hops, Linden, Mullein, Senna, Shepard's purse, Skullcap, Red clove, Rhubarb.
Miscellaneous Beverages	Coffee, Decaffeinated Coffee, Green tea.	Alcoholic Spirits, Soft drinks, Tea.