

ABO BLOOD TYPE DIET

TYPE AB: BENEFICIAL FOODS

MEAT / POULTRY

| | |
|--------|--------|
| Eggs | Rabbit |
| Lamb | Turkey |
| Mutton | |

SEAFOOD

| | |
|---------------|-----------|
| Cod | Salmon |
| Mackerel | Sardine |
| Ocean perch | Sea trout |
| Rainbow trout | Tuna |
| Red snapper | |

DAIRY

| | |
|----------------|------------|
| Cottage cheese | Mozzarella |
| Feta | Ricotta |
| Goat cheese | Sour cream |
| Goat milk | Yoghurt |

OILS / FATS

| | |
|-----------|--|
| Olive oil | |
|-----------|--|

NUTS / SEEDS

| | |
|-----------|---------------|
| Chestnuts | Peanut butter |
| Peanuts | Walnuts |

| BEANS / LEGUMES | |
|-----------------|----------------|
| Beans, navy | Beans, red |
| Beans, pinto | Lentils, green |

| CEREALS | |
|------------------|----------------------|
| Brown rice bread | 100% rye bread |
| Essene bread | Rye crisps |
| Millet | Ryvita |
| Oat bran | Spelt |
| Oatmeal | Soya flour bread |
| Rice cakes | Sprouted wheat bread |
| Rice, bran | Wasa bread |
| Rice, puffed | |

| GRAINS / PASTAS | |
|-----------------|-----------------------|
| Flour, oat | Flour, sprouted wheat |
| Flour, rice | Rice |
| Flour, rye | |

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B

TYPE AB: BENEFICIAL FOODS CONTINUED

| VEGETABLES | |
|----------------|------------------|
| Beet leaves | Kale |
| Beets | Mustard greens |
| Broccoli | Parsley |
| Cauliflower | Parsnips |
| Celery | Sprouts, alfalfa |
| Collard greens | Sweet potatoes |
| Cucumber | Tempeh |
| Dandelion | Tofu |
| Eggplant | Yams |
| Garlic | |

| FRUIT | |
|--------------|--------------|
| Cherries | Kiwi |
| Cranberries | Lemons |
| Figs | Loganberries |
| Gooseberries | Pineapples |
| Grapes | Plums |
| Grapefruit | |

A
B

| JUICES | |
|---------------|-----------|
| Cabbage | Cranberry |
| Carrot | Grape |
| Celery | Pawpaw |
| Cherry, black | |

| SPICES | |
|-------------|---------|
| Curry | Miso |
| Garlic | Parsley |
| Horseradish | |

| HERBAL TEAS | |
|-------------|-----------------|
| Alfalfa | Green Tea |
| Burdock | Hawthorn |
| Chamomile | Liquorice root |
| Echinacea | Rosehip |
| Ginger | Strawberry leaf |
| Ginseng | |

| MISCELLANEOUS BEVERAGES | |
|-------------------------|------------|
| Coffee, regular | Tea, Green |
| Coffee, decaffeinated | |

A
B

TYPE AB: FOODS TO AVOID

| MEATS / POULTRY | |
|-----------------|---------|
| Bacon | Heart |
| Beef | Pork |
| Chicken | Quail |
| Duck | Veal |
| Ham | Venison |

| SEAFOOD | |
|----------|------------------|
| Anchovy | Halibut |
| Caviar | Herring, pickled |
| Clam | Lobster |
| Crab | Octopus |
| Crayfish | Oysters |
| Eel | Prawns |
| Flounder | Salmon, smoked |
| Haddock | |

| DAIRY | |
|-------------|------------|
| Blue cheese | Ice cream |
| Brie | Parmesan |
| Butter | Provolone |
| Buttermilk | Whole milk |
| Camembert | |

| OILS / FATS | |
|----------------|---------------|
| Corn oil | Sesame oil |
| Cottonseed oil | Sunflower oil |
| Safflower oil | |

| NUTS / SEEDS | |
|------------------------|---------------------|
| Hazelnut | Sesame seeds |
| Poppy seeds | Sunflower margarine |
| Pumpkin seeds | Sunflower seeds |
| Sesame butter (tahini) | |

| BEANS / LEGUMES | |
|-----------------|------------------|
| Beans, aduke | Beans, lima |
| Beans, black | Chick peas |
| Beans, fava | Peas, black-eyed |
| Beans, kidney | |

| CEREALS | |
|-----------|--------------|
| Buckwheat | Soba noodles |
| Pasta | |

A
B

TYPE AB: FOODS TO AVOID

| VEGETABLES | |
|----------------------|--------------------|
| Artichoke, domestic | Mushroom, shiitake |
| Artichoke, Jerusalem | Olives, black |
| Avocado | Pepper, jalapeno |
| Capsicum | Radishes |
| Corn | Sprouts, mung |
| Mushroom, abalone | Sprouts, radish |

| FRUIT | |
|---------|-----------------------|
| Banana | Persimmon |
| Coconut | Pomegranate |
| Guava | Rhubarb |
| Mango | Starfruit (carambola) |
| Orange | |

| JUICES | |
|--------|--|
| Orange | |

| SPICES | |
|----------------|-----------------|
| Allspice | Cornflour |
| Almond extract | Gelatine |
| Anise | Pepper |
| Barley malt | Pepper, cayenne |
| Capers | Tapioca |

| CONDIMENTS | |
|--------------|----------------------|
| Pickles | Vinegar |
| Relish | Worcestershire sauce |
| Tomato sauce | |

| HERBAL TEAS | |
|-------------|-----------------|
| Aloe | Mullein |
| Corn silk | Senna |
| Fenugreek | Shepard's purse |
| Gentian | Skullcap |
| Hops | Red clover |
| Linden | Rhubarb |

| MISCELLANEOUS BEVERAGES | |
|-------------------------|--------------------------|
| Alcoholic spirits | Tea, black decaffeinated |
| Soft drink | Tea, black regular |

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