

TYPE AB DIET: BENEFICIAL

Meats & Poultry	Cereals	Fruits	Misc beverages
Lamb	Millet	Cherries	Coffee, regular
Mutton	Oat bran	Cranberries	Coffee, decaffeinated
Turkey	Oatmeal	Figs, dried	Green tea
	Rice, bran	Figs, fresh	
Seafood	Rice, puffed	Gooseberries	
Albacore (tuna)	Spelt	Grapes, black	
Cod		Grapes, concord	
Grouper	Breads & muffins	Grapes, green	
Mackerel	Brown rice bread	Grapes, red	
Mahimahi	Essene bread	Grapefruit	
Monkfish	Ezekiel bread	Kiwi	
Ocean Perch	Fin crisp	Lemons	
Pickrel	Millet	Loganberries	
Pike	Rice cake	Pineapples	
Porgy	100% rye bread	Plums, dark	
Rainbow trout	Rye crisps	Plums, green	
Red snapper	Rye vita	Plums, red	
Sailfish	Soy flour bread	Watermelon	
Salmon	Wasa bread		
Sardines		Juice & fluids	
Sea trout	Grains & Pasta	Cabbage	
Shad	Flour, oat	Carrot	
Snail	Flour, rice	Celery	
Sturgeon	Flour, rye	Cherry, black	
	Flour, sprouted wheat	Cranberry	
Dairy & Eggs	Rice, basmati	Grape	
Chicken eggs	Rice, brown	Grape fruit	
Cottage cheese	Rice, white	Paw paw	
Farmer	Rice, wild		
Feta		Spices	
Goats cheese	Vegetables	Curry	
Goats milk	Beet leaves	Garlic	
Kefir	Beets	Horseradish	
Mozzarella	Broccoli	Miso	
Ricotta	Cauliflower	Oregano	
Sour cream (non-fat)	Celery	Parsley	
Yoghurt	Collard greens		
	Cucumber	Herbal tea	
Oils & Fats	Dandelion	Alfalfa	
Olive oil	Eggplant	Burdock	
	Garlic	Chamomile	
Nuts & Seeds	Kale	Echinacea	
Nuts, chestnuts	Mushroom, miatake	Ginger	
Peanuts	Mustard greens	Ginseng	
Peanut butter	Parsley	Green tea	
Walnuts	Parsnips	Hawthorn	
	Potatoes, sweet	Licorice root	
Beans & Legume	Sprouts, alfalfa	Rose hips	
Beans, navy	Tempeh	Strawberry leaf	
Beans, pinto	Tofu		
Beans, red	Yams, all types		
Beans, red soy			
Lentils, green			

TYPE AB: FOODS TO AVOID

Meats & Poultry	Provolone	Capsicum, red	Peppercorns
Bacon	Whole milk	Capsicum, yellow	Tapioca
Beef		Corn, white	Vinegar, apple cider
Buffalo	Oils & Fats	Corn, yellow	Vinegar, balsamic
Chicken	Coconut oil	Mushrooms, abalone	Vinegar, red wine
Duck	Corn oil	Mushrooms, shiitake	Vinegar, white
Goose	Cottonseed oil	Olives, black	
Ham	Safflower oil	Peppers, jalapeno	Condiments
Heart	Sesame oil	Peppers, green	Pickles, dill
Partridge	Sunflower oil	Peppers, yellow	Pickles, kosher
Pork		Radishes	Pickles, sour
Quail	Nuts & Seeds	Sprouts, mung	Pickles, sweet
Veal	Nuts, hazelnuts	Sprouts, radish	Relish
Venison	Poppy seeds		Tomato sauce
	Pumpkin seeds	Fruits	Worcestershire sauce
Seafood	Sesame butter (tahini)	Bananas	
Anchovy	Sesame seeds	Coconut milk	Herbal teas
Barracuda	Sunflower seeds	Dewberry	Aloe
Bass	Sunflower, butter	Guava	Coltsfoot
Beluga		Oranges	Corn silk
Bluegill bass	Beans & Legumes	Mangoes	Fenugreek
Clam	Beans, aduke	Melons, bitter	Gentian
Conch	Beans, azuki	Persimmons	Hops
Crab	Beans, black	Pomegranates	Linden
Crayfish	Beans, fava	Prickly pear	Mullein
Eel	Beans, garbanzo	Quince	Red clover
Flounder	Beans, kidney	Rhubarb	Rhubarb
Frog	Beans, lima	Sago palm	Senna
Grey sole	Peas, back eyed	Star fruit	Shepherd's-purse
Haddock			Skull cap
Hake	Cereals	Juices	
Halibut	Buckwheat	Orange	Misc. beverages
Herring (pickled)	Cornmeal	Spices	Aspartame
Lobster	Kamut	Acacia	Liquor, distilled
Octopus	Kasha	Anise	Seltzer water
Oysters	Wheat	Allspice	Soda, club
Sea bass	Unbleached wheat	Almond extract	Soda, cola
Scallops		Barley malt	Soda, diet
Salmon roe	Bread & muffins	Capers	Soda, other
Shrimp	Corn muffins	Cornstarch	Tea
Smoked salmon		Corn syrup	
Sole	Grains & Pasta	Carrageenan	
Turtle	Buckwheat kasha	Dextrose	
White tail	Pasta, artichoke	Fructose	
	Soba	Gelatin	
Dairy & Eggs	Sorghum	Guarana	
American cheese	Tapioca	Guar gum	
Blue cheese	Teff	Invert sugar	
Brie		Maltodextrin	
Butter	Vegetables	MSG	
Buttermilk	Aloe	Mustard	
Camembert	Artichokes, domestic	Pepper, black	
Duck eggs	Artichoke, Jerusalem	Pepper, cayenne	
Ice cream	Avocado	Pepper, red flakes	
Parmesan	Capsicum, green	Pepper, white	