

Blood Type AB

Food	Good & healthy for your body	Neutral	Avoid
Meat & Poultry	Escargot	Pheasant	Bacon
	Lamb	Hare	Beef
	Mutton	Liver	Buffalo
	Rabbit	Ostrich	Chicken
	Snails		Duck
	Turkey		Game
			Goose
			Ham
			Heart
			Horse
			Partridge
			Pork
			Quail
			Veal
Fish & Seafood	Amberjack	Atlantic Amberjack	Anchovies
	Anchovy	Blue Fish	Barracuda
	Cod	Blue Perch	Barramundi
	Fan Fish	Butterfish	Belly Trout
	Grouper	Carp	Crabs
	Hake	Catfish	Crayfish
	Mackerel	Caviar	Crayfish
	Monkfish	Fresh Herring	Eel
	Pike	Freshwater Drum	Flounder
	Pike Perch / Zander	Grunt Fish	Frog legs
	Red Snapper	Muskellunge	Halibut
	Roach	Mussels	Lobster
	Salmon Trout	Perch	Octopus
	Sardine	Perch / Perca	Oysters
	Sea Bream	Pollock	Pickled Herring
	Shad	Pompano	Pollock
	Sturgeon	Red Perch	Rainbow Trout
	Trout	Rudder Fish	Scallops
	Tuna	Ruff Head	Sea Snails
		Ruffe	Sea Trout
		Salmon	Seabass (Loup de mer)
		Scallops	Shrimp
	Schrott	Smoked Salmon	
	Scrod	Sole	
	Sea Bass	Striped Bass	
	Sea Ear	Sunfish	

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Fish & Seafood		Sea Mullet	Venus Clams
		Sea Snails	Wrasse
		Shark	Yellowtail
		Smelt	
		Snapper	
		Snapper	
		Sour Carp	
		Squid	
		Stenostomus (Stonefish)	
		Sunfish	
		Swordfish	
		Tilapia	
		Tilefish	
		White Bass	
		Whitefish	
	Yellow Perch		
Diary Products	Cottage cheese	Cheddar	American processed cheese
	Farmer's cheese	Colby	Blue cheese
	Feta	Cream cheese	Brie
	Goat cheese	Edam	Butter
	Goat milk	Emmental	Buttermilk
	Kefir	Ghee	Camembert
	Mozzarella	Gouda	Casein cheese
	Ricotta	Gruyère	Ice cream
	Sheep cheese	Jarlsberg	Parmesan
	Sour cream	Low-fat milk (1.5% fat)	Provolone
	Sour cream (10% fat)	Monterey Jack	Whole milk
	String cheese	Münster	
	Yogurt	Neufchâtel	
		Processed cheese	
		Quark	
		Skim milk (0.3% fat)	
		Soy cheese	
	Soy milk		
	Whey		
Eggs	Chicken egg white	Chicken egg	Duck egg
		Chicken egg yolk	
		Goose egg	
		Quail egg	

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Oils & Fats	Olive oil	Bergamot oil	Almond oil
	Walnut oil	Black currant seed oil	Avocado oil
		Borage seed oil	Coconut oil
		Castor oil	Corn germ oil
		Cod liver oil	Sesame oil
		Evening primrose oil	Sunflower oil
		Flaxseed oil	Thistle oil
		Peanut oil	
		Rapeseed oil	
		Soybean oil	
		Wheat germ oil	
	Nuts & Seeds	Chestnuts (Marrons)	Almonds (Milk, Paste)
Peanut Butter		Beech Nut	Coconut Cream
Peanuts		Brazil Nuts	Hazelnuts
Walnuts		Cashew Nuts	Poppy Seeds
		Coconut Milk	Pumpkin Seeds
		Flaxseeds	Sesame
		Macadamia Nuts	Sesame Paste (Tahini)
		Pecan Nuts	Sunflower Seeds
		Pine Nuts	
		Pistachios	
Beans & Legumes	Adzuki Beans	Cannellini Beans	Adzuki Beans
	Green Lentils	Fava Beans	Black Beans
	Miso	Green Beans	Chickpeas
	Pinto Beans	Peas	Cowpeas
	Red Beans	Pinto Beans	Field Beans
	Soybeans	Red Lentils	Kidney Beans
		Sugar Snap Peas	Lima Beans
		White Beans	Mung Bean Sprouts
		Yam Beans	

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Grains, Bread & Pastries	Amaranth	Arrowroot Flour	Artichoke Pasta
	Basmati Rice	Barley	Barley Flour
	Brown/White Rice	Bulgur	Buckwheat
	Crispbread	Couscous	Buckwheat Flour
	Essene Bread	Crunchy	Corn Flour
	Ezekiel Bread	Durum Wheat Bread	Corn Grits
	Millet	Durum Wheat Flour	Corn Semolina
	Millet Bread	Glass Noodles	Cornflakes
	Oat Bran	Gluten-Containing Flour	Cornstarch
	Oat Flour	Gluten-Free Flour	Jerusalem Artichoke
	Oat Groats	Multigrain Bread	Kamut (Egyptian Wheat)
	Oat Porridge	Multigrain Mix	Popcorn
	Puffed Rice	Pumpernickel	Soba Noodles
	Rice Bran	Quinoa	Sorghum
	Rice Cakes	Rice Flakes	Tapioca
	Rice Flour	Rice Noodles	
	Rice Milk	Semolina	
	Rye Bread	Soy Flakes	
	Rye Flour	Soy Granules	
	Rye Groats	Spelt Flour	
	Soy Bread	Wheat	
	Soy Flakes	Wheat Bran	
	Spelt	Wheat Extract Flour	
	Wheat Germ Bread	Wheat Flakes	
	Wheat Germ Flour	Wheat Germ	
	White/Brown Rice	Wheat Grits	
	Whole Grain Rice Bread	Whole Wheat Bread	
	Wild Rice	Whole Wheat Flour	

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Vegetables	Alfalfa Sprouts	Algae (Red & Green)	Abalone Mushrooms
	Beet Greens	Arugula (Rocket)	Aloe
	Beetroot	Asparagus	Artichokes
	Broccoli	Bamboo Shoots	Avocados
	Carrot Juice	Beetroot	Chili Peppers
	Cauliflower	Brussels Sprouts	Jalapeño
	Celery (Stalk, Juice, Root)	Carrots	Capers
	Chestnuts	Carrots (Repeated)	Corn
	Dandelion	Champignons	Corn (Repeated)
	Eggplant	Chicory	Mung Bean Sprouts
	Garlic	Chinese Cabbage	Black Olives
	Kale	Cucumber (Incl. Juice)	Bell Peppers (Yellow, Green, Red)
	Maitake Mushrooms	Daikon (Japanese Radish)	Radishes
	Mustard Greens	Endive Lettuce	Radish
	Parsnips	Enoki Mushrooms	Radish Sprouts
	Sweet Potatoes	Escarole	Shiitake Mushrooms
	Tempeh	Fennel	Topinambur
	Tofu	Fern Fronds	
	Yam Root	Ginger	
		Green Olives	
		Horseradish	
		Iceberg Lettuce	
		Juniper	
		Kohlrabi	
		Leeks	
		Lettuce	
		Okra	
		Oyster Mushrooms	
		Pak-Choi	
		Potatoes	
		Pumpkin	
		Radicchio	
		Red Cabbage	
		Roman Lettuce	
		Rutabagas	
		Sauerkraut	
		Seaweed	
		Shallots	
		Spinach	
		Spring Onions	
	Straw Mushrooms		
	Swiss Chard		
	Taro Root		
	Tomatoes		
	Water Chestnuts		
	Watercress		
	White Cabbage (Incl. Juice)		
	Yucca Root		
	Zucchini		

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Fruits	Cherries	Apple	Bananas
	Cranberries	Apricots	Bitter Melons
	Dwarf Oranges	Blackberries	Coconuts (including milk)
	Figs	Blueberries	Guavas
	Gooseberries	Boysenberries	Mangos
	Grapefruits	Breadfruit	Oranges
	Grapes	Cantaloupe Melon	Persimmons
	Kiwis	Casaba Melon	Pomegranates
	Lemons	Currants	Prickly Pears
	Loganberries	Dates	Quinces
	Pineapple	Dried Plums	Rhubarb
	Plums	Elderberries	Starfruit
	Watermelon	Honeydews	
		Kumquats	
		Lemon (including juice)	
		Limes	
		Lychees	
		Mandarins	
		Nashi Pear	
		Nectarines	
		Papayas	
		Peaches	
		Pears	
		Pineapple Juice	
		Plantains	
		Raisins	
		Raspberries	
		Strawberries	
		Watermelon	
		Winter Melon	

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Herbals & Spices	Curry	Allspice	Anise
	Horseradish	Arrowroot Powder	Barley Malt
	Miso	Basil	Cayenne Pepper
	Oregano	Bay Leaves	Clove Pepper
	Parsley	Brown Rice Syrup	Corn Syrup
		Cardamom	Cornstarch
		Carob	Gelatin
		Carob Tree	Guarana
		Chervil	Gum Arabic
		Chili (red)	Pepper (all varieties)
		Chives	Pickled in Brine
		Cinnamon	Pickled in Vinegar
		Cloves	
		Cocoa	
		Coriander	
		Cumin	
		Dill	
		Ginger	
		Kombu Algae	
		Licorice Root	
		Maple Syrup	
		Marjoram	
		Mint	
		Molasses	
		Mustard	
		Nutmeg	
		Oregano	
		Paprika Powder	
		Red Algae	
		Rice Syrup	
		Rosemary	
		Saffron	
	Sage		
	Salt		
	Soy Sauce		
	Tamari		
	Tamarind		
	Tarragon		
	Thyme		
	Turmeric		
	Vanilla		
	Wintergreen		

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Spices & Thickeners		Agar-Agar	Apple Cider Vinegar
		Apple Pectin	Balsamic Vinegar
		Yeast	Carrageenan
		Mayonnaise	Guar Gum
		Sea Salt	Ketchup
		Red Wine Vinegar	Pickles
		Mustard	Seasoning Sauce
		Soy Sauce	White Wine Vinegar
		Tamari	Worcestershire Sauce
Sweeteners	Black Molasses	Honey	Almond Extract
		Maple Syrup	Aspartame
		Molasses	Barley Malt
		Rice Syrup	Cane Sugar
		Stevia	Corn Syrup
			Dextrose
			Fructose
			Invert Sugar
			Maltodextrin
			Sugar (white/brown)
Herbal Teas	Alfalfa	Catnip	Aloe
	Burdock Root	Chickweed	Black Tea
	Camellia	Cloves	Coltsfoot
	Echinacea	Curly Dock	Coltsfoot
	Ginger	Dandelion	Corn Silk
	Ginseng	Dong Quai	Fenugreek
	Green Tea	Elderberry	Gentian
	Hawthorn	Mint	Hops
	Licorice Root	Mulberry	Linden Blossoms
	Rose Hip	Peppermint	Mullein
	Strawberry Leaf	Raspberry Leaf	Red Clover
		Red Elm Bark	Rhubarb
		Sage	Shepherd's Purse
		Sarsaparilla	
		Senna Leaves	
		St. John's Wort	
		Thyme	
		Valerian	
		Verbena	
		White Birch	
	White Horehound		
	White Oak Bark		
	Yarrow		
Beverage	Still Water	Beer	Cola
		Red Wine	Coffee
		Sparkling Water	Diet Lemonade
		White wine	Soft Drinks
			Spirits

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Generally, the following applies:

Red Meat	<i>... is poorly digested, stored as fat, and leaves toxins in the intestines.</i>
Kidney & Lima Beans	<i>... inhibit the effectiveness of insulin, cause hypoglycemia (low blood sugar), and slow down metabolism.</i>
Seeds, Buckwheat	<i>.. cause hypoglycemia.</i>
Corn	<i>... inhibits the effectiveness of insulin.</i>
Wheat	<i>... lowers metabolism, causes ineffective calorie utilization, and inhibits insulin effectiveness.</i>
Tofu, Fish, Green Vegetables, Seafood	<i>... promote metabolic efficiency.</i>
Dairy Products & Kombu Algae	<i>... increase insulin production.</i>
Pineapple	<i>... supports and speeds up digestion.</i>

Blood Type AB is the "Mysterious" type

Strengths:	Strong immune system, Adaptable to dietary and environmental changes, Balanced nervous system.
Weakness:	Sensitive digestive tract, open to the infiltration of microorganisms.
Health Risks:	Heart diseases, cancer.
Diet Profile:	Mixed diet: Meat, fish, dairy products, tofu, beans, legumes, grains, vegetables, fruit.
Weight Reduction:	<u>Avoid:</u> Chicken, corn, kidney beans, buckwheat <u>Increase:</u> Tofu, seafood, leafy greens, seaweed
Nutrient Supplements:	Vitamin C, hawthorn, echinacea, valerian, quercetin, milk thistle.
Fitness & Sports:	Calming, concentration-enhancing exercises like yoga, combined with moderate activities such as hiking, tennis, and swimming.