

Type AB blood food list

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
<p><b>Highly Beneficial</b> Lamb Mutton Rabbit Turkey</p>	<p><b>Highly Beneficial</b> Albacore (Tuna) Cod Grouper Hake Mackerel Mahimahi Monkfish Ocean perch Pickerel Pike Porgy Rainbow trout Red snapper Sailfish Salmon Sardine Sea tout Shad Snail Sturgeon</p>	<p><b>Avoid</b> 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</p>	<p><b>Highly Beneficial</b> Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Sour cream (non-fat) Yogurt</p>
<p><b>Neutral</b> Liver Pheasant</p>	<p><b>Neutral</b> 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</p>	<p>(See Chart below)</p>	<p><b>Neutral</b> Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarlsberg Monterey jack Munster Neufchatel Skim or 2% milk Soy cheese* Soy milk* String cheese Swiss Whey <i>*Good dairy alternatives</i></p>
<p><b>Avoid</b> Bacon Beef: ground, regular Buffalo Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail Veal Venison</p>			<p><b>Avoid</b> American cheese Blue cheese Brie Butter Buttermilk Camembert Ice cream Parmesan Provolone Sherbet Whole milk</p>

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p><b>Highly Beneficial</b> Olive Oil</p> <p><b>Neutral</b> Canola oil Cod liver oil Linseed (flaxseed) oil Peanut oil</p> <p><b>Avoid</b> Corn oil Cottonseed oil Safflower oil Sesame oil Sunflower oil</p>	<p><b>Highly Beneficial</b> Chestnuts Peanuts Peanut butter Walnuts</p> <p><b>Neutral</b> Almond butter Nuts: almonds, Brazil, cashews, hickory, litchi, macadamia, pignola, pistachio</p> <p><b>Avoid</b> Filberts Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p><b>Highly Beneficial</b> Beans: navy, pinto, red, red soy Lentils: green</p> <p><b>Neutral</b> Beans: broad, cannellini, copper, green, jicama, northern, snap, string, tamarind, white Lentils: domestic, red Peas: green, pods</p> <p><b>Avoid</b> Beans: aduke, azuki, black, fava, kidney, garbanzo, lima Peas: black-eyed</p>	<p><b>Highly Beneficial</b> Millet Oat bran Oatmeal Rice bran Rice: puffed Spelt</p> <p><b>Neutral</b> Amaranth Barley Cream of rice Cream of wheat Familia Farina Farina Granola Grape nuts Seven-grain Shredded wheat Soy flakes Soy granules Wheat bran Wheat germ</p> <p><b>Avoid</b> Buckwheat Cornflakes Cornmeal Kamut Kasha</p>

BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES
<p><b>Highly Beneficial</b> Brown rice bread Essene bread Ezekiel bread Fin Crisp Millet Rice cakes 100% rye bread Rye Crisps Rye Vita Soy flour bread Spouted wheat bread</p>	<p><b>Highly Beneficial</b> Flour: oat, rice, rye, sprouted wheat Rice: bismati, brown, white, wild</p> <p><b>Neutral</b> Couscous Flour: barley, bulgar wheat, Durum wheat, gluten, Graham,</p>	<p><b>Highly Beneficial</b> Beet leaves Beets Broccoli Cauliflower Celery Collard greens Cucumber Dandelion Eggplant Garlic Kale Mustard greens Parsley Parsnips</p> <p>Mushroom: domestic, enoki, Portobello, oyster, tree Okra Olives: green, Greek, Spanish Onions: green, red, Spanish, yellow Potatoes: red, white Pumpkin Radicchio Rappini Rutabaga Scallion Seaweed</p>

<p>Wasa bread</p> <p><b>Neutral</b>          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</p> <p><b>Avoid</b>          Corn muffins</p>	<p>spelt, white,          whole wheat          Pasta: semolina,          spinach          Quinoa</p> <p><b>Avoid</b>          Buckwheat kasha          Pasta: artichoke          Soba noodles</p>	<p>Potatoes: sweet          Sprouts: alfalfa          Tempeh          Tofu          Yams: all types</p> <p><b>Neutral</b>          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, mesclun,          romaine</p>	<p>Shallots          Snow peas          Spinach          Sprouts: Brussels          Squash: all types          Swiss chard          Tomato          Turnips          Water chestnut          Watercress          Zucchini</p> <p><b>Avoid</b>          Artichoke, domestic,          Jerusalem          Avocado          Corn: white, yellow          Lima beans          Mushroom: abalone,          shiitake          Olives: black          Peppers: green, red,          jalapeno, yellow,          Radishes          Sprouts: mung, radish</p>
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FRUIT	JUICES & FLUIDS	CONDIMENTS	
<p><b>Highly Beneficial</b>            Cherries            Cranberries            Figs: dried, fresh            Gooseberries            Grapes: black,            Concord, green, red            Grapefruit            Kiwi            Lemons            Loganberries            Pineapples            Plums: dark, green,            red</p> <p><b>Neutral</b>            Apples            Apricots            Blackberries            Blueberries</p>	<p>Melon, cantaloupe,            canang, Crenshaw,            Christmas, casaba,            honeydew, musk,            Spanish, watermelon</p> <p>Nectarines            Papayas            Peaches            Pears            Plantains            Prunes            Raisins            Raspberries            Strawberries            Tangerines</p> <p><b>Avoid</b>            Bananas            Coconuts            Guava</p>	<p><b>Highly Beneficial</b>            Cabbage            Carrot            Celery            Cherry: black            Cranberry            Grape            Papaya</p> <p><b>Neutral</b>            Apple            Apple cider            Apricot            Cucumber            Grapefruit            Pineapple            Prune</p>	<p><b>Highly Beneficial</b>            NONE</p> <p><b>Neutral</b>            Jam (from            acceptable fruits)            Jelly (from            acceptable fruits)            Mayonnaise            Mustard            Salad dressing (low-            fat, from            acceptable            ingredients)</p> <p><b>Avoid</b>            Ketchup            Pickles: dill, kosher,            sweet, sour</p>

<p>Boysenberries Currants: black, red Dates Elderberries Kumquat Limes</p>	<p>Mangoes Oranges Persimmons Pomegranates Prickly pear Rhubarb Starfruit (carambola)</p>	<p>Water (with lemon) Vegetable juice (corresponding with highlighted vegetables)</p> <p><b>Avoid</b> Orange</p>	<p>relish Worcestershire sauce</p>
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<p><b>SPICES</b></p> <p><b>Highly Beneficial</b> Curry Garlic Horseradish Miso Parsley</p> <p><b>Neutral</b> Agar Arrowroot Basil Bay leaf Bergamot Brown rice syrup Cardamom Carob Chervil Chive Chocolate Cinnamon Clove Coriander Cream of tartar Cumin Dill Dulse Honey Kelp Maple syrup Marjoram Mint Molasses Mustard (dry) Nutmeg Paprika</p>	<p>Peppermint Pimiento Rice syrup Rosemary Saffron Sage Salt Savory Soy sauce Spearmint Sugar: brown, white Tamari Tamarind Tarragon Thyme Turmeric Vanilla Wintergreen</p> <p><b>Avoid</b> Allspice Almond extract Anise Barley malt Capers Cornstarch Corn syrup Gelatin: plain Pepper: black ground, cayenne, peppercorn, red flakes, white Tapioca Vinegar: apple cider, balsamic, white, red wine</p>	<p><b>HERBAL TEAS</b></p> <p><b>Highly Beneficial</b> Alfalfa Burdock Chamomile Echinacea Ginger Ginseng Green tea Hawthorn Licorice root Rose hips Strawberry leaf</p> <p><b>Neutral</b> Catnip Cayenne Chickweed Dandelion Dong quai Elder Goldenseal Horehound Mulberry Parsley Peppermint Raspberry leaf Sage Saint-John's wort Sarsaparilla Slippery elm Spearmint Thyme Valerian Vervain White birch White oak bark Yarrow</p>	<p><b>MISC BEVERAGES</b></p> <p><b>Highly Beneficial</b> Coffee: regular, decaf Tea: green</p> <p><b>Neutral</b> Beer Seltzer water Soda: club Wine: red, white</p> <p><b>Avoid</b> Liquor, distilled Soda: cola, diet, other Tea, black: regular, decaf</p>
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Yellow dock

**Avoid**

Aloe  
Coltsfoot  
Corn silk  
Fenugreek  
Gentian  
Hops  
Linden  
Mullein  
Red clover  
Rhubarb  
Senna  
Shepherd's purse  
Skullcap