

Blood Type AB

Adapted from Dr. Peter J. D'Adamo *Cook Right 4 Your Type* ©1999

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 115—170g women/children 60—140g	WEEKLY <i>Lean Red Meats:</i> Caucasians: 1—3 X Africans: 1—3 X Asians: 1—3 X <i>Poultry:</i> Caucasians: 0—2 X Africans: 0—2 X Asians: 0—2 X	lamb, mutton, rabbit, turkey	liver, pheasant	bacon, beef, ground beef, buffalo, chicken, duck, goose, ham, heart, partridge, pork, veal, venison, quail
SEAFOOD: <i>portion:</i> 115—170g	WEEKLY Caucasians: 3—5 X Africans: 3—5 X Asians: 4—6 X	cod, grouper, hake, mackerel, mahi mahi, monkfish, ocean perch, pickerel, pike, rainbow trout, red snapper, sardine, sea trout, snail, sturgeon, tuna	abalone, bluefish, carp, catfish, caviar, herring (fresh), mussels, salmon, scallop, shark, silver perch, smelt, snapper, squid (calamari), swordfish, tilefish, weakfish, whitefish, white perch, yellow perch	anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, flounder, frog, haddock, halibut, lobster, octopus, oysters, prawns, sea bass, sole, smoked salmon, snail, striped bass, turtle, yellowtail
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 60g yogurt: 115—170g milk: 115—170g Asians:	WEEKLY <i>Eggs:</i> Caucasian: 3—4 X Africans: 3—5 X Asians: 2—3 X <i>Cheeses:</i> Caucasians: 3—4 X Africans: 2—3 X Asians: 3—4 X <i>Yogurt:</i> Caucasians: 3—4 X Africans: 2—3 X Asians: 1—3 X <i>Milk:</i> Caucasians: 3—6 X Africans: 1—6 X Asians: 2—5 X	cottage cheese, farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, nonfat sour cream, yogurt	casein, Cheddar, Colby, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, neufchatel, Philadelphia, skim or 2 % milk, soy cheese,* soy milk,* string cheese, Swiss, tasty, whey *good dairy alternatives	blue, Brie, butter, buttermilk, Camembert, ice cream, Parmesan, provolone, processed, sherbet, whole milk

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OILS & FATS: <i>portion:</i> 1 tablespoon (15g)	WEEKLY Caucasians: 4—8 X Africans: 1—5 X Asians: 3—7 X	olive oil	canola oil, cod liver oil, linseed (flaxseed) oil, peanut oil	corn oil, cottonseed oil, safflower oil, sesame oil, sunflower oil
NUTS & SEEDS: <i>portion:</i> nuts & seeds: small handful nut butters: 1 tablespoon (15g)	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 2—5 X Africans: 2—5 X Asians: 2—3 X <i>Nut Butters:</i> Caucasians: 2—3 X Africans: 2—3 X Asians: 2—3 X	chestnuts, peanuts, peanut butter, walnuts	almond butter, almonds, Brazil, cashew, hickory nuts, litchi, macadamias, pignoli (pine) nuts, pistachios	hazelnuts, poppy seeds, pumpkin seeds, sesame butter (tahini), sunflower seeds, sunflower butter, sunflower seeds
BEANS & LEGUMES: <i>portion:</i> 240g dry	WEEKLY Caucasians: 2—3 X Africans: 3—5 X Asians: 4—6 X	navy beans, pinto beans, red beans, soy beans, green lentils	broad beans, cannelloni beans, copper beans, green beans, jicama beans, northern beans, snap beans, string beans, tamarind beans, white beans, domestic lentils, red lentils, green peas, pea pods	adzuki beans, black beans, fava beans, chickpeas, kidney beans, lima beans, black-eyed peas
CEREALS: <i>portion:</i> 240g dry	WEEKLY Caucasians: 2—3 X Africans: 2—3 X Asians: 2—4 X	millet, oat bran, oatmeal, rice bran, puffed rice, ryeberry, spelt	amaranth, barley, Cream of Rice, Cream of Wheat, farina, granola, seven-grain, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ	buckwheat, cornflakes, cornmeal, kamut,
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or cracker 1 muffin	DAILY All Ancestral Types <i>Bread/Crackers:</i> 0—1 X <i>Muffins:</i> 0—1 X	brown-rice bread, Essene bread, Ezekial bread, millet, rice cakes, 100% rye bread, rye crisps, Rye Vita, soy-flour bread, sprouted-wheat bread, Wasa bread	wheat bagels, durum wheat, gluten-free bread, high-protein bread, Ideal flat bread, wheat matzos, multi-grain bread	corn muffins

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GRAINS & PASTA: <i>portion:</i> grains: 240g dry pastas: 240g dry	WEEKLY <i>Grains:</i> Caucasians: 3—4 X Africans: 2—4 X Asians: 3—4 X <i>Pastas:</i> Caucasians: 3—4 X Africans: 2—3 X Asians: 3—4 X	oat flour, rice flour, rye flour, sprouted-wheat flour, basmati rice, brown rice, white rice, wild rice	couscous, bulgur wheat flour, durum-wheat flour, gluten flour, spelt flour, white flour, whole-wheat flour, semolina pasta, spinach pasta,	buckwheat, artichoke pasta, soba noodles, barley flour
VEGETABLES: <i>portion:</i> raw, cooked, or steamed: 240g prepared	DAILY All Ancestral Types <i>Raw vegetables:</i> 3—5 X <i>Cooked or steamed:</i> 3—5 X	beets, beet leaves, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, maitaki mushrooms, mustard greens, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh, tofu, all types of yams	asparagus, bamboo shoots, bok choy, Chinese cabbage, red cabbage, white cabbage, caraway, carrots, chervil, chicory, coriander, endive, escarole, fennel, ginger, horseradish, leek, bibb lettuce, iceberg, lettuce, mesclun lettuce, abalone mushrooms, domestic mushrooms, Portobello mushrooms, tree mushrooms, oyster mushrooms, enoki mushrooms, shiitake mushrooms, okra, green olives, Greek olives, Spanish olives, green onions, red onions, Spanish onions, yellow onions, red potatoes, white potatoes, pumpkin, radicchio, rappini, seaweed, shallots, snow peas, spinach, spring onions, Brussels sprouts, all types of squash, Swiss chard, tomato, turnips, water chestnuts, water cress, zucchini	domestic & Jerusalem artichoke, avocado, all types of capsicums, white corn, yellow corn, lima beans, black olives, jalapeno peppers, radishes, mung sprouts, radish sprouts
FRUITS: <i>portion:</i> 1 fruit or 85—140g	DAILY All Ancestral Types 3—4 X	cherries, cranberries, dried figs, fresh figs, gooseberries, black grapes, Concord grapes, green grapes, red grapes, grapefruit, kiwi, lemons, loganberries, pineapples, dark plums, green plums, red plums	apples, apricots, blackberries, blueberries, boysenberries, black & red currants, dates, elderberries, kumquat, limes, mandarins, honeydew melon, musk melon, rock melon, Spanish melon, watermelon, nectarines, papayas, peaches, pears, plantains, prunes, raspberries, strawberries, sultanas	bananas, coconuts, guava, mangoes, oranges, persimmons, pomegranates, prickly pear, rhubarb, star fruit (carambola)

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<p>JUICES & FLUIDS: <i>portion:</i> 240ml</p> <p>SPICES:</p> <p>CONDIMENTS:</p> <p>HERBAL TEAS:</p> <p>MISC. BEVERAGES:</p>	<p>DAILY All Ancestral Types</p> <p><i>Juices:</i> 2—3 X</p> <p><i>Water:</i> 4—7 X</p>	<p>cabbage, carrot, celery, black cherry, cranberry, grape, papaya</p> <p>curry, garlic, horseradish, miso, parsley</p> <p>none</p> <p>alfalfa, burdock, chamomile, echinacea, ginger, ginseng, green tea, hawthorn, licorice root, rose hips, strawberry leaf</p> <p>regular coffee, decaf coffee, green tea</p>	<p>apple, apple cider, apricot, cucumber, grapefruit, pineapple, prune, water with lemon, vegetable juice (corresponding to highlighted vegetables)</p> <p>agar, arrowroot, basil, bay leaf, bergamot, brown-rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, cream of tartar, cumin, dill, dulse, honey, kelp, maple syrup, marjoram, mint, molasses, dry mustard, nutmeg, paprika, peppermint, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, white & brown sugar, tamari, tamarind, tarragon, thyme, vanilla, apple cider vinegar, balsamic vinegar, red wine vinegar, wintergreen</p> <p>jam & conserve (from acceptable fruits), mayonnaise, mustard, salad dressing (low-fat from acceptable ingredients)</p> <p>catnip, cayenne, chickweed, dandelion, dong quai, elder, goldenseal, horehound, mulberry, parsley, peppermint, raspberry leaf, sage, St.-John's-wort, sarsaparilla, slippery elm, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock</p> <p>beer, carbonated mineral water, club soda, red wine, white wine</p>	<p>orange</p> <p>allspice, almond extract, anise, barley malt, capers, cornstarch, corn syrup, plain gelatin, ground black pepper, cayenne pepper, peppercorn pepper, red flakes pepper, white pepper, tapioca, white vinegar</p> <p>ketchup, dill pickles, kosher pickles, sweet pickles, sour pickles, relish, Worcestershire sauce</p> <p>aloe, coltsfoot, corn silk, fenugreek, gentian, hops, linden, mullein, red cover, rhubarb, senna, shepherd's purse, skullcap</p> <p>distilled liquors, cola, diet cola, & other sodas, regular & decaf black tea</p>