

**AB Blood Type Eating Guide**

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|  | BENEFICIAL  \* = good for gut; ^ = good for weight loss; **bold** = good for both | AVOID  *Italics* = really bad |
| **MEATS/POULTY** | **Turkey** | Bear, beef (meat, heart, tongue), bone soup (other than turkey), buffalo/bison, caribou, *chicken*/liver, Cornish hen, duck/liver, goose/liver, grouse, guinea hen, horse, kangaroo, marrow soup, moose, opossum, partridge, *pork/bacon*, quail, squab, squirrel, sweetbreads, turtle, veal, venison |
| **SEAFOOD** | **Cod,** grouper\*, **Atlantic mackerel**, mahi-mahi\*, monkfish\*, walleye pickerel\*, pike\*, porgy\*, red snapper\*, sailfish/roe, salmon\* (wild Atlantic, chinook, sockeye), sardine\*, **shad**, snail/escargot\*, sturgeon\*, tuna (bluefin\*, skipjack, yellowfin) | Anchovy, barracuda, bass (blue gill, sea/lake, *striped*), beluga, clam, conch, crab, crayfish, *eel,* flounder, frog, haddock, hake, halibut, herring (pickled, smoked), lobster, lox/smoked salmon, octopus, *oyster,* salmon roe, shrimp, skate, sole, trout (wild rainbow, sea, wild steelhead), whiting, yellowfish, yellowtail |
| **DAIRY** | Cheeses: cottage\*, farmer, feta, goat, manchego, mozzarella (all), pecorino\*, ricotta, Romanian urda\*  Kefir\*, goat milk^, sour cream\*, yogurt | Cheeses: *American*, blue, brie, *camembert, gorgonzola*, parmesan, *provolone,* romano, *roquefort*  Butter, buttermilk*, half-and-half***,** ice cream, whole cow milk, sherbet |
| **EGGS** | Chicken egg white | Duck |
| **OILS/FATS** | Apricot kernel, camelina\*, hemp seed, **olive, walnut oils** | Avocado, coconut, *corn,* cottonseed, palm, pumpkin seed***, safflower, sesame, sunflower oils***; lard, margarine |
| **NUTS/SEEDS** | Chinese chestnut\*, European chestnut\*, **peanut**/butter\*/flour\*, **walnut** | Filbert (hazelnut), poppy seed, pumpkin seed, sesame butter/tahini, sesame flour/seed, sunflower butter/seed |
| **BEANS/LEGUMES** | Green lentil, natto\*, navy beans, pinto beans, sprouted pinto beans\*, soybean, soybean cheese, sprouted soybean\*n, tempeh\*, tofu^, miso | Adzuki beans, black beans, *black-eyed peas, broad beans/fava, butter beans, garbanzo beans/chickpeas*, haricot-vert**,** *kidney beans, lima beans/flour, mung beans/sprouts* |
| **GRAINS/CEREALS** | Amaranth, essene/manna bread, fonio, Job’s tears, malanga/tannia/xanthosoma\*, millet, oat (bran, meal, flour, oats), rice (bran, brown flour, brown, basmati, puffed cakes, white, wild), rye/berry/flour, soybean flour^, whole grain spelt | *Artichoke flour/pasta, buckwheat/kasha/soba,* cornflakes, *cornmeal/hominy/polenta***,** garbanzo bean (chickpea) flour, grits, kamut, lima bean flour, sorghum, *tapioca/manioc, cassava/yucca***,** teff |
| **VEGETABLES** | Alfalfa sprouts, beet**/greens**, broccoflower\*, **broccoli**, Chinese broccoli, canistel\*, cauliflower^, **celery, collards,** **cucumber**, dandelion greens, **eggplant**, garlic, grape leaves\*, heart of palm\*, kale\*, maitake mushrooms^, **mustard greens**, parsley, parsnip\*, sea vegetables (Irish moss, spirulina), sweet potato, **turnip greens**, yam | *Aloe vera, artichoke, avocado, capers, cassava, corn/popcorn, fenugreek, Jerusalem artichoke, shiitake mushroom, black olive,*pepper/chili/jalapeno, pickles (all), radish, sprouted radish, rhubarb |
| **FRUITS** | Cherry^, **cranberry**, fig\*, gooseberry^, grapefruit\*, grape\*, jack fruit, kiwi\*, lemon\*, loganberry^, mamey sapote/mamey apple\*, pawpaw, **pineapple**, plum, watermelon | Avocado, banana, bitter melon, coconut, dewberry, guave, huckleberry*, loquat***,** mango,*orange, persimmon, pomegranate,* prickly pear, quince, sago palm, starfruit/carambola |
| **BEVERAGES** | Juices: cherry, cranberry\*, grape, pineapple\*, watermelon, vegetable juice from highly beneficial veggies  Tea/tisanes: green (kukicha, bancha, **genmaicha**); alfalfa, burdock, chamomile, echinacea, ginseng, hawthorn, rose hip, strawberry leaf  Lemon and water\*, rice milk | Juices: aloe, guava, mango, *orange,* pomegranate  Tea/tisanes: black tea (all);aloe, coltsfoot, corn silk, fenugreek, gentian, hops, linden, mullein, red clover, rhubarb, senna, shepherd’s purse, skullcap  Coconut milk, coffee, *distilled liquors*, soda |
| **HERBS/SPICES** | Curry, garlic, ginger, horseradish, oregano\*, parsley\* | Allspice, anise, guarana, *black pepper, red flake pepper* |
| **CONDIMENTS** | Miso^ | Aloe, *ketchup*, mustard with vinegar & wheat, *pickle relish,* soy sauce, *vinegar (all), Worcestershire sauce* |
| **SWEETENERS** | Blackstrap molasses | Almond extract, aspartame, *barley malt*, carob syrup, *dextrose, high-fructose corn syrup, high-maltose corn syrup, maltodextrin*, invert sugar, sucanat |
| **ADDITIVES** |  | Acacia/gum Arabic, *carrageenan, cornstarch,* gelatin, guar gum, *methyl cellulose,* MSG, *polysorbate 80, sodium carboxymethylcellulose, tragacanth gum* |