

**Beneficial Foods** (bold print) possess components that enhance your metabolic, immune, or structural health.

**Neutral Foods** (standard print) have no direct benefit or harm, but supply nutrients necessary for good health.

**Avoid Foods** (separate area) contain components that are harmful for your blood type.

(Not in Alphabetical Order & Please, ignore any errors)

**Blood Type AB:**

**Meat:** Turkey, Lamb, Mutton, Rabbit, Calf Liver, Ostrich, Pheasant. **Fish:** Mackerel, Mahi-mahi, Red Snapper, Salmon, Sardine, Shad, Snail, Tuna, Cod, Grouper, Monkfish, Pickerel, Pike, Porgy, Sailfish, Sturgeon- Abalone, Bluefish, Bullhead, Butterfish, Carp, Catfish, Caviar, Chub, Croaker, Cusk, Drum, Halfmoon Fish, Harvest Fish, Herring, Mullet, Muskellunge, Mussels, Opaleye Fish, Orange Roughy, Parrot Fish, Perch, Pollack, Pompano, Rosefish, Scallop, Scrod, Scup, Shark, Smelt, Squid, Sucker, Sunfish, Swordfish, Tilapia, Tilefish, Weakfish, Whitefish. **Dairy & Egg:** Egg White & Yolk, Kefir, Mozzarella, Ricotta, Yogurt, Cheeses – Goat, Farmer & Feta. Sour Cream(Low/No Fat), Goat Milk, Casein, Cheddar, Colby, Edam, Emmenthal Cheese, Ghee, Goose Egg, Gouda, Gruyere, Jarlsberg Cheese, Cow Milk ( Skim or 2%), Cheeses – Monterey Jack, Muenster, Neufchatel, Quark, String & Swiss, Paneer, Quail Egg, Whey. **Beans:** Green Lentil- Pinto, Navy & Soy Bean, Miso, Tempeh, Tofu – Broad, Cannellini, Copper, Green, Jicama, Lentils, Northern, Tamarind, Snap & White Bean, Soy Cheese – Flakes – Granules & Milk. **Nuts & Seeds:** Peanuts, Peanut Butter, Walnut, Chestnut – Almond Products, Beechnut, Brazil Nut, Butternut, Cashews, Flaxseed, Hickory, Litchi, Macadamia, Pecans, Pine(Pignola), Pistachio, Safflower Seed. **Grains & Starches:** Amaranth, Essene & Ezekiel Breads, Millet, Oat Products, Rice Products, Rye Flour and Bread, Soy Flour Bread, Spelt, Sprouted Wheat – Barley, Couscous(Cracked Wheat), Gluten Flour, Gluten-free Bread, Quinoa, Cream of Rice, Spelt Flour Products, All Wheat Products. **Veggies:** Beet, Broccoli, Cauliflower, Collard Greens, Cucumber, Dandelion, Garlic, Kale, Mushroom, Sweet Potatoes, Alfalfa Sprouts, Cabbage Juice, Carrot Juice, Celery, Eggplant, Mustard Greens, Parsnip, Yam – Agar, Arugula, Asparagus, Bamboo, BokChoy, Brussel sprout, All Cabbages, Carrot, Celeriac, Chervil, Chicory, Cilantro, Cucumber Juice, Daikon Radish, Endive, Escarole, Fennel, Fiddlehead Fern, Ginger, Horseradish, Juniper, Kelp, Kohlrabi, Leek, Lettuces, Mushrooms, Okra, Olives, Onions, Peas, Pimento, Poi, Potato, Pumpkin, Radicchio, Rappini, Rutabaga, Sauerkraut, Scallion, Seaweed, Senna, Shallots, Spinach, Squash, String Bean, Swiss Chard, Taro, Tomato, Turnip, Water Chestnut, Water Cress, Yucca, Zucchini. **Fruit:** (Cherry, Cranberry, Lemon+their Juices), Fig, Grape, Grapefruit, Kiwi, Loganberry, Pineapple, Plum, Watermelon, Gooseberry. (Apple, Apricot, Blackberry, Lime, Nectarine, Pear, Prune, Tangerine and all their juices), Asian Pear, Blueberry, Boysenberry, Breadfruit, Melons – Canang, Cantaloupe, Casaba, Christmas, Crenshaw, Honey Dew, Musk & Spanish. Currants, Dates, Elderberry, Grapefruit Juice, Kumquat, Mulberry, Papaya, Peach, Pineapple Juice, Plantain, Raisins, Raspberry, Strawberry, Water & Lemon, Youngberry. **Oils:** Olive, Walnut. Almond, Black Currant Seed, Borage Seed, Canola, Castor, Cod Liver, Evening Primrose, Flaxseed, Peanut, Soy, Wheat Germ **Herb/Spice/Condiment:** Curry, Parsley Apple Pectin, Arrowroot, Basil, Bay Leaf, Bergamot, Caraway, Cardamom, Charob, Chili Powder, Chives, Chocolate, Cinnamon, Clove, Coriander, Cream of Tartar, Cumin, Dill, Dulce, Honey, Licorice Root, Mace Maple Syrup, Marjoram, Mayonnaise, Molasses, Mustard, Nutmeg, Paprika, Peppermint, Rice Syrup, Rosemary, Saffron, Sage, Savory, Sea Salt, Soy Sauce, Spearmint, Stevia, Sugar, Tamari, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen, Brewer's Yeast. **Beverages:** Green Tea, Beer, Seltzer Water, Club Soda, Red & White Wine.

**Avoid Meat:** Pork, Chicken, Cornish Hen, Grouse, Guinea Hen, Horse, Partridge, Quail, Squab, Squirrel, Turtle, Beef, Buffalo, Goose, Heart, Venison **Fish:** Anchovy, Barracuda, Bass, Beluga, Clam, Conch, Crab, Eel, Flounder, Frog, Haddock, Hake, Halibut, Octopus, Oyster, Sole, Trout – Rainbow, Sea & Brook, Whiting, Yellowtail, Lobster, Shrimp. **Dairy & Eggs:** Brie, Duck Egg, Salmon, Roe, Cheeses – American, Blue, Parmesan & Provolone. Butter, Buttermilk, Camembert, Half & Half, Ice Cream, Whole Milk. **Beans, Nuts & Seeds:** Beans – Adzuki, Black, Fava, Garbanzo, Kidney & Lima. Black-eyed Peas, Mung Bean (sprouts), Filberts, Poppy Seeds, Pumpkin Seeds, Sesame Seed – Butter & Tahini, Sunflower Butter & Seed. **Grains & Starches:** Artichoke Pasta, Buckwheat, Corn, Cornmeal, Popcorn, Soba Noodles, Sorghum, Tapioca, Teff, Kamut, Wheat ( refined & bleached). **Fruits & Veggies:** Acacia, Aloe, Artichoke, Black Olive, Peppers, Radish, Rhubarb Caper, Abalone & Shitake Mushrooms, Pickle, Avocado, Banana, Bitter Melon, Dewberry, Guava, Pomegranate, Prickly Pear, Quince, Sago Palm, Coconut, Mango, Orange, Star fruit. **Oils:** Corn, Cotton Seed, Sesame, Sunflower, Coconut, Safflower. **Herbs, Spices & Condiments:** Almond Extract, Anise, Aspartame, Barley, Malt, Carrageenan, Corn Syrup & Starch, Dextrose, Fructose, Gelatin, Guar Gum, Guarana, Ketchup, Maltodextrin, Pepper, Pickle, Relish, Sucanat, Vinegar, Worcestershire Sauce, Allspice, MSG. **Beverages:** Coffee, Liquor, Soda, Black Tea.

**Lifestyle** Avoid (Highly Competitive Situations, anything out of your control or influence, ritualistic thinking and fixating on issues). Develop clear plans & goals. Make changes gradually. Stretch or Meditate daily and aerobically exercise at least twice a week. Create meaningful connections to group activity. Have at least one activity that you perform independent of others. Blood Type AB's have many conflicting emotions - Wanting to be liked by others and yet having passionate beliefs, being drawn to others : friendly and trusting, and yet feeling alienated from the larger community. Overproducing Adrenaline and rapidly clearing nitrous oxide causes physical consequences of high emotions. Great danger of internalizing emotions which will cause damage to your health. **Diet** Avoid Caffeine & Alcohol. Avoid under eating or food deprivation which will lower your metabolism and encourage fat storage. Eat a balanced breakfast that is protein rich. Eat smaller more frequent meals. Avoid eating starches and proteins in the same meal. **Supplements** Many X's RDA – Vit B1, pantethine, B6, Folic Acid. **Stress Helpers-** Rhodiola Rosea & Rhodiola SP, Lipoic Acid, Chamomile, and Valerian Root. **Neurochemical Balance** – L-Tyrosine, Citrulline, Danshen Root, Sangre De Grado, Glutamine, Folic Acid. **Cancer Fighters** – Quercetin & Milk Thistle. **Bloating** – Bromelain.