

## Foods for type 'AB' Blood Group

### MEATS & POULTRY

**Highly Beneficial:** Lamb, Mutton, Rabbit, Turkey

**Neutral:** Liver: calf, chicken, pig, Pheasant

**Avoid:** Bacon, Beef: minced, regular, Buffalo, Chicken, Duck, Goose, Ham, Heart, Partridge, Pork, Poussin, Quail, Veal, Venison

### SEAFOOD

**Highly Beneficial:** Albacore, Cod, Grouper, Hake, Mackerel, Mahi mahi, Monkfish, Ocean perch, Pickerel, Pike, Porgy, Rainbow trout, Red snapper, Sailfish, Salmon, Sardine, Sea trout, Shad, Snail, Sturgeon, Tuna

**Neutral:** 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

**Avoid:** Anchovy, Barracuda, Beluga, Bluegill bass, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog's legs, Grey sole, Haddock, Halibut, Herring: pickled, Lobster, Octopus, Oysters, Plaice, Prawn, Sea bass, Shrimp, Smoked salmon, Striped bass, Turtle, Yellowtail

### EGGS & DAIRY

**Highly Beneficial:** Cottage cheese, Farmer cheese, Feta, Goat cheese, Goat milk, Kefir, Mozzarella, Ricotta, Sour cream (non-fat), Yogurt

**Neutral:** Casein, Cheddar, Colby cheese, Cream cheese, Edam, Eggs, Emmenthal, Gouda, Gruyere, Jarlsberg, Milk: semi-, skimmed, skimmed, Monterey jack, Munster, Neufchatel, Quark, Soya cheese\*, Soya milk\*, String cheese, Whey, \*Good dairy, alternatives

**Avoid:** American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Ice cream, Milk: whole, Parmesan, Provolone, Sherbet

### OILS AND FATS

**Highly Beneficial:** Olive Oil

**Neutral:** Canola oil, Cod liver oil, Ghee, Groundnut, (peanut) oil, Linseed (flaxseed), oil

**Avoid:** Corn oil, Cottonseed oil, Safflower oil, Sesame oil, Sunflower oil

### NUTS & SEEDS

**Highly Beneficial:** Chestnuts, Peanuts, Peanut butter, Walnuts

**Neutral:** Almond butter, Nuts: almonds, Brazil, cashews, hickory, lychee, macadamia, pecans, pignola (pine), pistachio

**Avoid:** Filberts, Hazels, Poppy seeds, Pumpkin seeds, Sesame paste, (tahini), Sesame seeds, Sunflower, margarine, Sunflower seeds

### BEANS & LEGUMES

**Highly Beneficial:** Beans: baked, haricot, pinto, red, red soya, Lentils: green

**Neutral:** Beans: broad, cannellini, copper, green, jicama, northern, snap, string, tamarind, white, Lentils: brown, red, Peas: green, pods

**Avoid:** Beans: aduki, black, fava, kidney, lima, Peas: black-eyed, chick

### CEREALS

**Highly Beneficial:** Millet: puffed, Oat bran, Oatmeal, Rice bran, Rice: puffed, Spelt

**Neutral:** Amaranth, Barley, Cream of rice, Cream of wheat, Familia, Farina, Granola, Grape nuts, Shredded wheat, Soya flakes, Soya granules, Wheat bran, Wheat germ

**Avoid:** Buckwheat, Cornflakes, Cornmeal, Kamut, Kasha

### BREADS & MUFFINS

**Highly Beneficial:** Brown rice bread, Essene bread, Ezekiel bread, Fin crisp, Rice cakes, Rye

bread: 100%, Rye crisps, Ryvita, Soya flour bread, Sprouted wheat, bread, Wasa bread

**Neutral:** Bagels: wheat, Durum wheat bread, Gluten-free bread, High-protein bread, Ideal flat bread, Matzos: wheat, Multi-grain bread, Oat bran muffins, Pumpnickel, Spelt bread, Wheat bran muffins, Wholewheat bread

**Avoid:** Corn muffins, Cornbread

### GRAINS & PASTAS

**Highly Beneficial:** Flour: oat, rice, rye, sprouted wheat, Millet, Rice: basmati, brown, white, wild

**Neutral:** Couscous, Flour: barley, bulgur wheat, durum wheat, gluten, Graham, spelt, white (plain, or self-raising), wholewheat, Noodles: spelt, Pasta: semolina, spinach, Quinoa

**Avoid:** Buckwheat flour, Noodles: soba, (buckwheat), Pasta: artichoke, Polenta

### VEGETABLES

**Highly Beneficial:** Aubergine, Beetroot leaves, Beetroot, Broccoli, Cauliflower, Celery, Collard greens, Cucumber, Dandelion, Garlic, Kale, Mustard greens, Parsley, Parsnips, Potatoes: sweet, Sprouts: alfalfa, Tempeh, Tofu, Yams: all types

**Neutral:** Arugula, Asparagus, Bamboo shoots, Bok choy, Cabbage: Chinese, red, white, Caraway, Carrots, Chervil, Chicory, Coriander, Courgettes, Daikon radish, Endive, Escarole, Fennel, Fiddlehead ferns, Ginger, Horseradish, Kohlrabi, Leek, Lettuce: Bibb, Boston, butterhead, cos, iceberg, mesclun, romaine, Webb, Mangetout peas, Mushroom: chanterelles, cultivated, enoki, porcini, Portobello, oyster, Okra, Olives: green, Greek, Spanish, Onions: red, Spanish, spring, yellow, Pak choi, Potatoes: red, white, Pumpkin, Radicchio, Rappini, Seaweeds, Shallots, Spinach, Sprouts: Brussels, Squash: all types, Swede, Swiss chard, Tomato, Turnips, Water chestnut, Watercress

**Avoid:** Artichoke: globe, Jerusalem, Avocado, Mushroom: abalone, shiitake, Olives: black,

Peppers: green, jalapeño, red, yellow, Radish,  
Sprouts: mung, radish, Sweetcorn

## FRUIT

**Highly Beneficial:** Cherries, Cranberries, Figs: dried, fresh, Gooseberries, Grapes: black, green, red, Grapefruit, Kiwi, Lemons, Loganberries, Pineapple, Plums: green, purple, red

**Neutral:** Apples, Apricots, Blackberries, Blueberries, Boysenberries, Currants: black, red, Dates, Elderberries, Kumquats, Limes, Lychees, Melon, canang, cantaloupe, casaba, Crenshaw, Christmas, honeydew, musk, Spanish, watermelon, Nectarines, Papayas, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines

**Avoid:** Bananas, Coconuts, Guava, Mangoes, Oranges, Persimmons, Pomegranates, Prickly pear, Rhubarb, Starfruit, (carambola)

## JUICES & FLUIDS

**Highly Beneficial:** Black cherry, juice, Cabbage juice, Carrot juice, Celery juice, Cranberry juice, Grape juice, Papaya juice

**Neutral:** Apple cider, Apple juice, Apricot juice, Cucumber juice, Grapefruit juice, Pineapple juice, Prune juice, Water (with lemon), Vegetable juices, (from acceptable, vegetables)

**Avoid:** Orange juice

## SPICES, HERBS & FLAVOURINGS

**Highly Beneficial:** Curry powder, Garlic, Horseradish, Miso, Parsley

**Neutral:** Agar, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Caraway, Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Clove, Coriander, Cream of tartar, Cumin, Dill, Dulce, Honey, Kelp, Maple syrup, Marjoram, Mint, Molasses, Mustard (dry), Nutmeg, Paprika, Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Sugar: brown, white,

Tamari, Tamarind, Tarragon, Thyme, Turmeric, Vanilla: essence, pod, Wintergreen

**Avoid:** Allspice, Almond essence, Anise, Barley malt, Capers, Cornflour, Corn syrup, Gelatin: plain, Pepper: black, ground, cayenne, peppercorn, red flakes, white, Tapioca, Vinegar: apple, cider, balsamic, distilled white, herb, malt, red or, white wine

## CONDIMENTS

**Highly Beneficial:** NONE

**Neutral:** Jam (from acceptable fruits), Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad dressing (low-fat, from acceptable ingredients)

**Avoid:** Ketchup, Pickles: dill, kosher, sour, sweet, Relish, Worcestershire, sauce

## HERBAL TEAS

**Highly Beneficial:** Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Green tea, Hawthorn, Liquorice root, Rose hip, Strawberry leaf

**Neutral:** Catnip, Cayenne, Chickweed, Dandelion, Dong quai, Elderflower, 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

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

## MISC. BEVERAGES

**Highly Beneficial:** Coffee: decaff, regular, Tea: green

**Neutral:** Beer, Lager, Seltzer water, Soda: club, Wine: red, white

**Avoid:** Liquor, distilled, Soda: cola, diet, other, Tea, black: decaff, regular

# Foods for type 'AB' Blood Group

from EAT RIGHT FOR  
YOUR TYPE by Dr. Peter  
D'Adamo and other  
sources

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