



BLOOD TYPE AB DIET

'THE ENIGMA'

- **MERGING OF A & B BLOOD TYPES**
- **SENSITIVE DIGESTIVE TRACT**
- **OVERLY TOLLERANT IMMUNE SYSTEM**
- **RESPONDS BEST TO STRESS SPIRITUALLY AND CREATIVELY**

Type AB is rare with only 2-5% of the population carrying this blood type. It is biologically complex and does not fit into any of the other categories. The multiple antigens make it sometimes A-like and sometimes B-like and sometimes a fusion of the two.

* Enhances carbohydrate metabolism, helps with weight loss

MEATS & POULTRY

HIGHLY BENEFICIAL	NEUTRAL	AVOID
TURKEY*	BEEF LIVER	BEEF
	CALF LIVER	BEEF HEART
	GOAT	BEEF TONGUE
	LAMB	CARIBOU
	MUTTON	CHICKEN
	OSTRICH	CHICKEN LIVER
	PHEASANT	CORNISH HEN
	RABBIT	DUCK
		DUCK LIVER
		GOOSE
		GOOSE LIVER
		GROUSE
		GUINEA HEN
		HORSE
		KANGAROO
		MARROW
		OPOSSUM
		PARTRIDGE



	PORK & BACON
	QUAIL
	SQUAB
	QUIRREL
	SWEETBREAD
	TURTLE
	VEAL
	VENISON

SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
COD*	ABALONE	ANCHOVY
GROUPEL	BLUEFISH	BARRACUDA
MACKEREL ATLANTIC*	BULLHEAD	BASS
MAHI-MAHI	BUTTERFISH	BELUGA
MONKFISH	CARP	CLAM
PICKEREL	CATFISH	CONCH
PIKE	CAVIER	CRAB
PORGY	CHUB	CRAYFISH
RED SNAPPER	CROAKER	EEL
SILFISH	CUSK	FLOUNDER
SAILFISH ROE	DRUM	FROG
SALMON	HALFMOON FISH	HADDOCK
SARDINE	HARVEST FISH	HAKE
SHAD*	HERRING	HALIBUT
SNAIL	MAKEREL SPANISH	HERRING PICKLED SMOKED
STURGEON	MULLET	LOBSTER
TUNA	MUSKELLUNGE	LOX
	MUSSEL	OCTOPUS
	OCEAN POUT	OYSTER
	OPALEYE FISH	SALMON ROE
	OARANGE ROUGHY	SHRIMP
	PARROTFISH	SKATE
	PERCH	SOLE
	PILCHARDS	TROUT
	POLLOCK ATLANTIC	WHITING
	POMPANO	YELLOWFISH
	ROSEFISH	YELLOWTALE
	SCALLOP	
	SCROD	
	SCUP	
	SEA BREAM	



	SHARK	
	SMELT	
	SQUID	
	SUCKER	
	SUNFISH	
	SWORDFISH	
	TILAPIA	
	TILEFISH	
	WEAKFISH	
	WHITEFISH	

DAIRY & EGGS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
COTTAGE CHEESE	CASEIN	AMERICAN CHEESE
EGG WHITE CHICKEN	CAVIAR	BLUE CHEESE
FARMER CHEESE	CHEDDER CHEESE	BRIE CHEESE
FETA CHEESE	COLBY CHEESE	BUTTER
GOAT CHEESE	CREAM CHEESE	BUTTERMILK
KEFIR	EDAM CHEESE	CAMEMBERT CHEESE
MANCHEGO	EGG GOOSE	EGG DUCK
MILK GOAT*	EGG QUAIL	GORGONZOLA CHEESE
MOZZARELLA	EGG CHICKEN	ICE CREAM
PECORINO CHEESE	EMMENTAL CHEESE	MILK COW WHOLE
RICOTTA CHEESE	GHEE	PARMESAN CHEESE
ROMANIAN URDA	GOUDA CHEESE	PROVOLONE CHEESE
SOUR CREAM	GRUYERE CHEESE	ROMANO CHEESE
YOGHURT	JARLSBERG CHEESE	ROQUEFORT CHEESE
	MILK COW SKIM	SHERBET
	MOTEREY JACK CHEESE	
	MUENSTER CHEESE	
	NEUFCHATEL CHEESE	
	PANEER CHEESE	
	QUARK CHEESE	
	STILTON CHEESE	
	STRING CHEESE	
	SWISS CHEESE	
	WHEY PROTEIN	



OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
APRICOT KERNEL OIL	ALMOND OIL	AVOCADO OIL
CAMELINA OIL	BLACK CURRENT SEED OIL	CORN OIL
HEMP SEED OIL	BORAGE SEED OIL	COTTONSEED OIL
OLIVE OIL*	CANOLA OIL	LARD
WALNUT OIL*	CASTER OIL	MARGARINE
	CHIA SEED OIL	PALM OIL
	COCONUT OIL	PUMKIN SEED OIL
	COD LIVER OIL	SAFFLOWER OIL
	EVENING PRIMROSE OIL	SESAME OIL
	FLAXSEED OIL	SUNFLOWER OIL
	HAZELNUT OIL	
	MACADAMIA OIL	
	PEANUT OIL	
	PERILLA SEED OIL	
	RICE BRAN OIL	
	SOYBEAN OIL	
	WHEAT GERM OIL	

NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CHESTNUT	ALMOND	HAZELNUT
PEANUT	ALMOND BUTTER	POPPY SEED
PEANUT BUTTER	ALMOND MILK	PUMPKIN SEED
PEANUT FLOUR	BEECHNUT	SESAME BUTTER
WALNUT	BRAZIL NUT	SEASAME FLOUR
	BUTTERNUT	SESAME SEED
	CAROB	SUNFLOWER BUTTER
	CASHEW	SUNFLOWER SEED
	CASHEW BUTTER	
	CHIA SEED	
	FLAXSEED	
	HEMP SEED	
	HICKORY	
	LYCHEE	



	MACADAMIA	
	PECAN	
	PECAN BUTTER	
	PINE NUTS	
	PISTACHIO	
	SAFFLOWER SEED	
	WATERMELON SEED	

BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
LENTIL GREEN	CANNELLINI BEANS	ADZUKI BEANS
NATTO	COPPER BEANS	BLACK BEANS
NAVY BEANS	GREEN BEANS	BLACK-EYED PEAS
PINTO BEANS	JICAMA	ROAD BEANS
SOYBEAN	LENTILS SPROUTED	BUTTER BEANS
	LENTILS ALL TYPES	GARBANZO BEANS
	PEAS	HARICOT VERT
	SNAP BEANS	KIDNEY BEANS
	STRING BEANS	LIMA BEANS
	TAMARIND BEANS	MUNG BEANS
	WHITE BEANS	

GRAINS & CEREALS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
AMARANTH	BARLEY	ARTICHOKE FLOUR
ESSENE MANNOR BREAD	BLACK BEAN FLOUR	BUCK WHEAT
FONIO	CREAM OF RICE	CORNFLAKES
MILLET	EMMER	CORNMEAL
OAT BRAN	LARCH FIBER	GARBANZO BEAN
OATMEAL	LENTIL DAHL	GRITS
RICE BRAN	MASTIC GUM	CAMUT
RICE FLOUR	PAPADUM	LIMA BEAN FLOUR
RICE	PUFFED WHEAT	SORGHUM
RYE	QUINOA	TAPIOCA
RYE BREAD	SHREDDED WHEAT	TEFF
SPELT	SPELT FLOUR	
	WHEAT	



VEGETABLES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ALFALFA SPROUTS	ARUGULA	ALOE VERA
BEET	ASPARAGUS	ARTICHOKE
BEET GREENS*	ASPARAGUS PEAS	AVOCADO
BROCOLLI*	BAMBOO SHOOT	CAPERS
CAULIFLOWER*	BOK CHOY PAK CHOI	CASSAVA
CELERY*	BROCOLLI LEAVES	CORN
COLLARD GREENS*	BRUSSEL SPROUTS	FENUGREEK
CUCUMBER*	CABBAGE	MUSHROOM SHIITAKE
DANDELION GREENS	CARROTS	OLIVE BLACK
EGGPLANT*	CELERIAC	PEPPER CHILI, JALAPENO
GARLIC	CHAYOTE	PICKLES
GRAPE LEAVES	CHERVIL	RADISH
HEART OF PALM	CHICORY	RHUBARB
KALE	CHINESE KALE	
MUSHROOMS MAITAKE*	CILANTRO	
MUSTARD GREENS*	DAIKON RADISH	
PARSLEY	ENDIVE	
PARSNIP	ESCAROLE	
SEA VEGETABLES IRISH MOSS	FENNEL	
SEA VEGETABLES SPIRULINA	FIDDLEHEAD FERN	
SWEET POTATO	GINGER	
TURNIP GREENS*	HORSERADISH	
YAM	JICAMA	
	KHOLRABI	
	LEEKS	
	LETTUCE	
	MUSHROOM	
	OKRA	
	OLIVE GREEN	
	ONIONS	
	OYSTER PLANT	
	PEPPER BELL	
	PIMIENTO	
	POTATO	
	PUMPKIN	
	QUORN	
	RIDICCHIO	
	RUTABAGA	
	SAUERKRAUT	
	SCALLION	



	SEA VEG: KELP, KOMBU, NORI, BLADDERWRACK	
	SEA VEG WAKAME	
	SHALLOT	
	SPINACH	
	SQUASH	
	SEA CHARD	
	TARO	
	TOMATILLO	
	TOMATO	
	TURNIP	
	WATER CHESTNUT	
	WATERCRESS	
	ZUCCHINI	

FRUIT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CHERRY*	ACAI BERRY	AVOCADO
CRANBERRY*	APPLE	BANANA
FIG	APRICOT	BITTER MELON
GOOSEBEERY*	ASIAN PEAR	DEWBERRY
GRAPEFRUIT	BLACKBERRY	GUAVA
GRAPE	BLUEBERRY	HUCKLEBERRY
JACK FRUIT	BOYSENBERRY	LOQUAT
KIWI	BREADFRUIT	MANGO
LEMON	CANANG MELON	ORANGE
LOGANBERRY*	CANTALOUPE	PERSIMMON
MAME SAPOTE, APPLE	CASABA	PMEGRANATE
PAWPAW	CHRISTMAS MELON	PRICKLY PEAR
PINEAPPLE*	CRENSHAW MELON	QUINCE
PLUM	CURRENT	SAGO PALM
WATERMELON	DATE	STARFRUIT
	DURIAN	
	ELDERBERRY	
	GOJI WOLFBERRY	
	HONEYDEW	
	KUMQUAT	
	LIME	
	LIGONBERRY	
	MANGOSTEEN	
	MULBERRY	
	MUSK MELON	
	NECTARINE	



	NONI	
	PAPAYA	
	PSSION FRUIT	
	PEACH	
	PEAR	
	PERSIAN MELON	
	PLANTAIN	
	PRUNE	
	RAISIN	
	RASBERRY	
	SPANISH MELON	
	STRAWBERRY	
	TANGERINE	
	YOUNGBERRY	

BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ALFALFA TEA	APPLE CIDER JUICE	ALOE TEA
BURDOCK TEA	APRICOT JUICE	BLACK TEA
CHAMOMILE TEA	BEER	COCONUT MILK
CHERRY JUICE	BLACKBERRY JUICE	COFFEE
CRANBERRY JUICE	BLUEBERRY JUICE	COLTSFOOT TEA
ECHINACEA TEA	CATNIP TEA	CORN SILK TEA
GINSENG TEA	CAYENNE TEA	FENUGREEK TEA
GRAPE JUICE	CHICKWEED TEA	GENTIAN TEA
GREEN TEA	CUCUMBER JUICE	GUAVA JUICE
HAWTHORN TEA	CLUB SODA	HOPS TEA
LEMON AND WATER	DANDELION TEA	LINDEN TEA
MILK RICE	DONG QUAI TEA	LIQUOR DISTILLED
PINEAPPLE JUICE	ELDERBERRY JUICE	MANGO JUICE
ROSE HIPS TEA	ELDER TEA	MULLEIN TEA
STRAWBERRY LEAF TEA	GINGERROOT TEA	ORANGE JUICE
WATERMELON JUICE	GOLDENSEAL TEA	POMEGRANATE JUICE
	GRAPEFRUIT JUICE	RED CLOVER TEA
	HOREHOUND TEA	RHUBARB TEA
	LICORICE ROOT TEA	SENNA TEA
	MILK ALMOND	SHEPHURDS PURSE TEA
	MULBERRY TEA	SKULLCAP TEA
	NECTARINE JUICE	SODA
	NONI JUICE	
	PAPAYA JUICE	
	PARSLEY TEA	



	PEAR JUICE	
	PEPPERMINT TEA	
	PRUNE JUICE	
	RASBERRY LEAF TEA	
	SAGE TEA	
	ST JOHNS WART TEA	
	SARSAPARILLA TEA	
	SELZER WATER	
	SLIPPERY ELM TEA	
	SPEARMENT TEA	
	TANGERINE JUICE	
	THYME TEA	
	TOMATO JUICE	
	VALERIAN TEA	
	VERVAIN TEA	
	WHITE BIRCH TEA	
	WHITE OAK BARK TEA	
	WINE	
	YARROW TEA	
	YELLOW DOCK TEA	
	YERBA MATE TEA	

HERBS & SPICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CURRY	ARROWROOT	ALLSPICE
GARLIC	BASIL	ANISE
GINGER	BAY LEAF	GUARANA
HORSERADISH	BERGAMOT	PEPPER RED FLAKES
OREGANO	CARAWAY	
PARSLEY	CARDAMON	
	CHERVIL	
	CHILI POWDER	
	CHIVE	
	CHOCOLATE	
	CILANTRO	
	CINNAMON	
	CLOVE	
	CORRIANDER	
	CREAM OF TARTAR	
	CUMIN	
	DILL	
	DULSE	



	FENNEL	
	GINGER	
	KELP	
	LICORICE ROOY	
	MACE	
	MARJORAM	
	MUSTARD	
	NUTMEG	
	PAPRIKA	
	PEPPERMINT	
	ROSEMATY	
	SAFFRON	
	SAGE	
	SALT	
	SAVORY	
	SENNA	
	SPEARMINT	
	TARRAGON	
	THYME	
	TURMERIC	
	VANILLA	
	WINTERGREEN	

CONDIMENTS, SWEETENERS & ADDITIVES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
MISO*	AGAR	ACACIA
MOLASSES BLACKSTRAP	AGAVE SYRUP	ALOE
	APPLE BUTTER	ALMOND EXTRACT
	APPLE PECTIN	ASPARTAME
	BAKING SODA	BARLEY MALT
	BROWN RICE SYRUP	CAROB SYRUP
	CAROB SYRUP	CARRAGEENAN
	FRUCTOSE	CORNSTARCH
	FRUIT PECTIN	DEXTROSE
	HONEY	GELATIN
	LECITHIN	GUAR GUM
	MAPLE SYRUP	HIGH-FRUCTOSE CORN SYRUP
	MAYONNAISE	HIGH-MALTOSE CORN SYRUP
	MOLASSES	INVERT SUGAR
	MUSTARD	KETCHUP
	RICE SYRUP	METHYL CELLULOSE
	SOYBEAN SAUCE	MSG



	STEVIA	MUSTARD WITH VINEGAR & WHEAT
	SUGAR	PICKLE RELISH
	UMEBOSHI PLUM VINEGAR	POLYSORBATE 80
	VEGETABLE GLYCERINE	SODIUM
	YEAST	SOY SAUCE
		SUCANAT
		TRAGACANTH GUM
		VINEGAR
		WORCESTERSHIRE SAUCE

This Blood type diet was developed by Dr Peter J. D'Adamo with Catherine Whitney