

TYPE AB DIET: BENEFICIAL FOODS

Foods written in red have been tested to have compatible protein lectins but not recommended for other reasons eg. High in sugar, caffeine etc)

<u>Meat &amp; Poultry</u>	<u>Beans &amp; Legumes</u>	<u>Fruits</u>
Lamb	Beans, navy, pinto, red, red soy	Cherries
Mutton	Lentils, green	Cranberries
Rabbit	<u>Grains</u>	Figs, dried and fresh
Turkey	Essene bread	Gooseberries
Eggs	Ezekiel bread	Grapes, black, green and red
<u>Seafood</u>	Flours, oat, rice, rye, spelt	Grapefruit
Cod	Millet	Kiwi
Hake	Oats eg. rolled oats	Lemons
Mackerel	Rice bran, puffed rice, rice cakes	Loganberries
Mahimahi	Rice bread	Pineapples
Monkfish	Rice, basmati, brown, white, wild	Plums
Ocean perch	Rye, bread, flour and crisps,	<u>Juices &amp; Fluids</u>
Rainbow trout	Ryvitas (100%)	Cabbage
Red snapper	Soy flour bread	Carrot
Salmon	Spelt (bread, pasta etc)	Celery
Sardine	Sprouted wheat bread	Cherry, black
Sea trout	<u>Vegetables</u>	Cranberry
Snail Sturgeon	Beets and beet leaves	Grape
Tuna	Broccoli	Paw Paw
<u>Dairy</u>	Cauliflower	<u>Spices</u>
Cottage Cheese	Celery	Curry
Feta	Collard greens	Garlic
Goat cheese	Cucumber	Horseradish
Goat milk	Dandelion	Miso
Mozzarella	Eggplant	Parsley
Ricotta	Garlic	<u>Herbal Teas</u>
Sour cream (non-fat)	Kale	Alfalfa, Burdock, Chamomile,
Yoghurt	Mustard greens	Echinacea, Ginger, Ginseng, Green
<u>Oils and Fats</u>	Parsley	tea, Hawthorn, Licorice root,
Olive oil	Parsnips	Rose hip, Strawberry leaf
<u>Nuts &amp; Seeds</u>	Potatoes, sweet	<u>Miscellaneous beverages</u>
Nuts, chestnuts	Sprouts, alfalfa	Coffee, regular
Peanuts	Tempeh	Coffee, decaffeinated
Peanut butter	Tofu	
Walnuts	Yams, all types	

TYPE AB: NEUTRAL FOODS

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<u>Meats &amp; Poultry</u>	<u>Nuts &amp; Seeds</u>	<u>Vegetables</u>
Liver Pheasant	Almonds and almond butter Brazil nuts	Asparagus Bamboo shoots
<u>Seafood</u>	Cashew nuts Hickory nuts Macadamia Pistachio	Bok choy Cabbage, chinese, red and white Caraway Carrots
Abalone Carp Catfish Caviar Herring (fresh) Mussels Scallop Shark Silver perch Snapper Sole Squid (calamari) Swordfish Whitefish White perch Yellow perch	<u>Beans &amp; Legumes</u>	Chervil Chicory Coriander Daikon Endive Escarole Fennel Ginger Horseradish Kohlrabi Leek Lettuce Mushroom
<u>Dairy</u>	Broad beans	Okra
Casein Cheddar Colby Cream cheese Edam Emmenthal Gouda Gruyere Jarlsburg Monterey Jack Neufchatel Skim or 2% milk Soy cheese Soy milk String cheese Swiss Whey	Cannellini beans	Olives, green, greek and Spanish
<u>Oils &amp; Fats</u>	Copper beans	Onions
Canola, Cod liver oil, Linseed (Flaxseed oil), Peanut oil.	Green beans	Potatoes, red and white
	Jicama beans	Pumpkin
	Snap beans	Radicchio
	String beans	Rutabaga
	Tamarind beans	Scallion
	White beans	Seaweed
	<u>Cereals &amp; Grains</u>	Shallots
	Amaranth	Snow peas
	Barley	Spinach
	Couscous	Sprouts, Brussels
	Durum wheat	Squash
	Familia	Swiss chard
	Farina	Tomato
	Flat bread	Turnips
	Flours, barley, bulgur wheat,	Water chestnut
	durum wheat, gluten, spelt, white,	Watercress
	whole wheat, semolina, spinach	Zucchini
	Gluten free bread	
	Granola	
	Pumpernickel	
	Quinoa	
	Soy flakes and granules	
	Spelt bread	
	Wheat	

[TYPE AB: NEUTRAL FOODS CONTINUED](#)

<u>Fruits</u>	<u>Spices</u>	<u>Condiments</u>
Apples	Agar	Brown rice syrup
Apricots	Arrowroot	<b>Chocolate</b>
Blackberries	Basil	Honey
Blueberries	Bay leaf	Maple syrup
Boysenberries	Bergamot	Molasses
Cumquats	Cardamon	Rice syrup
Currants, black and red	Carob	Soy sauce
Dates	Chervil	<b>Sugar, brown</b>
Elderberries	Chive	<b>Sugar, white</b>
Limes	Cinnamon	Tamari
Melons, rockmelon	Clove	<b>Jam (fruits listed as beneficial or neutral)</b>
Melons, canang	Coriander	<b>Mayonnaise</b>
Melons, Christmas	Cream of tartar	Mustard
Melons, Crenshaw	Cumin	Salad dressing (low-fat, listed as beneficial and neutral)
Melon, honeydew	Dill	
Melon, musk	Dulse	
Melon, Spanish	Kelp	
Melon, watermelon	Marjoram	<u>Herbal Teas</u>
Nectarines	Mint	Chickweed
Paw paw	Mustard (dry)	Dandelion
Peaches	Nutmeg	Elder
Pears	Paprika	Goldenseal
Plantains	Peppermint	Horehound
Prunes	Pimiento	Mulberry
Raisins	Rosemary	Parsley
Raspberries	Saffron	Peppermint
Strawberries	Sage	Raspberry leaf
Tangerine	Salt	Sage
	Savory	Saint-John's Wort
<u>Juices &amp; Fluids</u>	Spearmint	Sarsaparilla
Apple	Tamarind	Slippery elm
Apple cider	Tarragon	Spearmint
Apricot	Thyme	Thyme
Cucumber	Turmeric	Valerian
Grapefruit	Vanilla	<u>Miscellaneous Beverages</u>
Pineapple	Wintergreen	<b>Beer</b>
Prune		<b>Soft drink</b>
Water (with lemon)		<b>Wine, red</b>
Vegetable juice (those listed as beneficial and neutral)		<b>Wine, white</b>

[TYPE AB: AVOID FOODS](#)

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<p style="text-align: center;"><u>Meats &amp; Poultry</u></p> <p>Bacon, pork and ham Beef including minced Chicken Duck Goose Heart Quail Veal Venison</p> <p style="text-align: center;"><u>Seafood</u></p> <p>Anchovy Barracuda Clam Crab Crayfish Eel Flounder Frog Grey Sole Haddock Halibut Herring (pickled) Lobster Octopus Oysters Prawns Smoked salmon Turtle</p> <p style="text-align: center;"><u>Dairy</u></p> <p>Blue cheese Brie Butter Buttermilk Camembert Ice cream Parmesan Provolone Whole milk</p> <p style="text-align: center;"><u>Oils &amp; Fats</u></p> <p>Corn oil, Cottonseed oil, Safflower oil, Sesame oil, Sunflower oil.</p>	<p style="text-align: center;"><u>Nuts &amp; Seeds</u></p> <p>Hazelnuts Poppy seeds Pumpkin seeds Sesame seeds &amp; Tahini Sunflower seeds</p> <p style="text-align: center;"><u>Beans &amp; Legumes</u></p> <p>Aduke beans Azuki beans Black beans Black eyed beans Chick peas Fava beans Kidney beans Lima beans</p> <p style="text-align: center;"><u>Cereals</u></p> <p>Buckwheat Cornmeal Kamut Kasha</p> <p style="text-align: center;"><u>Grains &amp; Cereals</u></p> <p>Buckwheat Corn muffins Cornmeal Kamut Kasha Pasta, artichoke Soba noodles</p> <p style="text-align: center;"><u>Vegetables</u></p> <p>Artichoke, domestic &amp; Jerusalem Avocado Capsicum Corn Lima beans Mushroom, abalone &amp; shiitake Olives, black Peppers, jalapeno Radishes Sprouts, mung and radish</p>	<p style="text-align: center;"><u>Fruits</u></p> <p>Bananas Coconuts Guava Oranges Mangoes Persimmons Pomegranates Prickly pears Rhubarb Starfruit (carambola)</p> <p style="text-align: center;"><u>Juices</u></p> <p>Orange</p> <p style="text-align: center;"><u>Spices</u></p> <p>Allspice Almond extract Anise Barley malt Capers Cornstarch Gelatin, plain ground Pepper, black, cayenne, peppercorn, red flakes and white. Tapioca Vinegar, most</p> <p style="text-align: center;"><u>Condiments</u></p> <p>Pickles, dill, kosher, sour, sweet Relish Tomato sauce Worcestershire sauce</p> <p style="text-align: center;"><u>Herbal Teas</u></p> <p>Aloe Coltsfoot Corn silk Fenugreek Gentian Hops Skullcap Red clover Rhubarb</p> <p style="text-align: center;"><u>Miscellaneous Beverages</u></p> <p>Liquor, soft drinks, tea.</p>
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