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|  **Type AB**Multiple antigens make Type ABs sometimes A-like with weak stomach acid, and sometimes B-like with genetically programmed for the consumption of meats. Type AB do best when their muscle tissues are slightly alkaline. Type ABs can't metabolize meat efficiently because of low stomach acid, so it is important to watch the portion size and frequency. Chicken has lectin that irritates the blood and digestive tracts of Type ABs also. Tofu is a good protein supplements for Type ABs. Nuts, seeds, beans and legumes present a mixed picture for Type ABs. Eat nuts and seeds in small amounts and with caution. Type ABs can tolerate dairy foods fairly well. Type AB benefits from a diet rich in rice rather than pasta. Type ABs has a weaker immune system. Type AB should begin each day by drinking a glass of warm water with the freshly squeezed juice of half a lemon to cleanse the system of mucus accumulated while sleeping.**Tips for Blood Group AB diet -**

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| * ***Blood Group AB has low stomach acidity. So meat which they eat is stored as fat in the body.***
* ***In stressful situation Blood Group AB must avoid use of caffeine or alcohol.***
* ***To lose weight you must focus on dairy products, green leafy vegetables, tofu, sea food, etc.***
* ***Avoid smoked or processed meat.***
* ***To enhance digestion one must have small and frequent meals.***
* ***Exercise is very important to reduce stress and maintain healthy emotional balance.***
* ***Three days of aerobic exercise such as running, jogging and two days of calming exercise such as yoga, Thai chi is recommended.***
* ***Have clear goal for week, month, and year to achieve healthy life style.***
* ***If you have sedentary life style do stretching exercises during breaks. It will give you enhanced energy levels.***
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**List of foods to avoid -**

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| **Cereal** | Buckwheat, Corn |
| **Protein food items**  | Beef, Chicken, American Cheese, Blue cheese, Brie, Buttermilk, Camembert, Ice cream, |
| **Vegetables** | Artichoke, Avocado, Corns, Lima Beans, Black Olives, All kind of Bell Peppers, Radishes, |
| **Fruits** | Mangoes, Guava, Coconuts, Bananas, Oranges |
| **Fats n Oils** | Corn, Cottonseed, Safflower, Sesame, Sunflower, Poppy seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds, |
| **Spices** | Almond extract, Anise, Barley Malt, Capers, Cornstarch, corn syrup, Gelatin, Tapioca, Vinegar, Pepper (white, black, cayenne, red flakes |
| **Beverages** | Distilled Liquor, Sodas, Black Tea |