

# Blood Type 'AB' food recommendations



Meats & Poultry		
Highly Beneficial	Neutral	Avoid
Lamb	Liver	Pork – bacon, ham
Mutton	Pheasant	Beef – steak, ground
Rabbit		Chicken, duck, goose
Turkey		Veal, venison, buffalo

Seafood		
Highly Beneficial	Neutral	Avoid
Albacore (tuna fish), cod, Mackerel, Mahimahi, pike, rainbow trout red snapper, sailfish, sardine, sea trout, snail, sturgeon	Abalone, bluefish, carp, calamari, catfish, caviar, herring, mussels, salmon, scallop, silver perch, smelt, snapper, White & Yellow perch, whitefish	Anchovy, beluga, clam, conch, crab, crayfish, eel, flounder, halibut, herring, lobster, smoked salmon, oyster, shrimp, yellowtail

Eggs, Dairy and Substitutes		
Highly Beneficial	Neutral	Avoid
Cottage cheese, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, sour cream, yogurt	Casein, cheddar, Colby, cream cheese, gouda, monterey jack, munster, skim & 2% milk, soy cheese & milk, string cheese, swiss, whey	American cheese, blue cheese, brie, parmesan, provolone
		Whole milk, butter, buttermilk
		Ice cream, sherbet

Oils & Fats		
Highly Beneficial	Neutral	Avoid
Olive oil	Canola, cod liver, flaxseed, peanut oil	Corn, cottonseed, safflower, sesame, sunflower oil

Nuts & Seeds		
Highly Beneficial	Neutral	Avoid
Chestnuts	Almond butter, almonds	Filbert nuts
Peanuts	Brazil, cashew, hickory, macadamia, pistachio nuts	Poppy, pumpkin, sesame, sunflower seeds
Peanut butter		
Walnuts		Tahini, sunflower butter

Beans & Legumes		
Highly Beneficial	Neutral	Avoid
Navy, pinto, red, soy beans	Cannellini beans	Aduke, azuki, black, fava, garbanzo, kidney, lima beans
Green lentils	Copper beans	
	Northern beans	Black eyed peas
	Green, snap, string beans	
	Domestic, red lentils	

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Cereals		
Highly Beneficial	Neutral	Avoid
Millet, oat bran, oatmeal	Amaranth, barley	Buckwheat
Rice bran, puffed rice	Cream of rice, cream of wheat	Cornflakes, cornmeal
Ryeberry	Granola, grape nuts, seven grain	Kamut
Spelt	Shredded wheat	kasha
	Soy flakes, granules	
	Wheat bran, wheat germ	

Breads & Muffins		
Highly Beneficial	Neutral	Avoid
Brown rice bread, rice cakes	Wheat bagel, durum wheat	Corn muffins
Essene, Ezekiel bread	Gluten free, high protein bread	
Millet, 100% rye, wasa bread	Whole wheat bread	
Soy flour bread	Oat bran muffins, pumpernickel	
Sprouted wheat bread	Spelt bread, wheat bran muffin	

Grains & Pasta		
Highly Beneficial	Neutral	Avoid
Oat, rice, rye sprouted wheat flour	Couscous, quinoa	Buckwheat kasha
	Bulgur wheat, durum, gluten flour	Barley flour Artichoke pasta
Basmati, brown, white, wild rice	Semolina , spinach pasta	Soba noodles

Vegetables		
Highly Beneficial	Neutral	Avoid
Beet, broccoli, cauliflower, celery, collard greens, cucumber, eggplant, garlic, kale, sweet potatoes, alfalfa sprouts, tempeh, tofu, yams	Larugula, asparagus, bok choy, cabbage, carrots, endive, fennel, ginger, leek, lettuce, mushrooms, okra, olives, onions, potatoes, pumpkin, radicchio, rutabaga, spinach, squash, tomato, zucchini	Artichoke, avocado, corn, lima beans, black olives, peppers, radishes

Fruits		
Highly Beneficial	Neutral	Avoid
Cherries, cranberries, figs, gooseberries, grapes, grapefruit, kiwi, lemons, loganberries, pineapple, plums	Apples, apricots, blackberries, blueberries, boysenberries, currants, dates, elderberries, limes, all melons, nectarines, papaya, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines	Bananas, coconuts, guava, mangoes, oranges, pomegranates, prickly pears, rhubarb, starfruit

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Juices & fluids		
Highly Beneficial	Neutral	Avoid
Start the day with lemon water	Apple, apple cider, apricot, grapefruit, pineapple, prune	Orange
Carrot, black cherry, cranberry, grape, papaya	Vegetables from list	

Misc. Beverages		
Highly Beneficial	Neutral	Avoid
Coffee, decaf	Wine – red , white	Distilled liquor
Coffee, regular	Beer	Black tea
Tea, green	Seltzer water, club soda	Soda – cola, diet

Condiments		
Highly Beneficial	Neutral	Avoid
None are considered beneficial	Jam, jelly	Ketchup
	Mustard, mayo	Pickles, relish
	Salad dressing (low-fat)	Worcestershire sauce

Supplemental Nutrition Advisory (type 'AB' only)		
Highly Beneficial	Your usage	Link to product – information and sales
<b>Spark</b>	Increase mental focus	<a href="https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=A2095&amp;id=E&amp;flavor=M&amp;size=C">https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=A2095&amp;id=E&amp;flavor=M&amp;size=C</a>
<b>Antioxidants</b>	Essential	<a href="https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W6410&amp;id=D">https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W6410&amp;id=D</a>
<b>ImmunoGuard</b>	Increasing immune health	<a href="https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3311&amp;id=D">https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3311&amp;id=D</a>
<b>Vitamin C</b>	Immunity	<a href="https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3151&amp;id=D">https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3151&amp;id=D</a>
<b>Oasis</b>	Immune & cognitive support	<a href="https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W2705&amp;id=D">https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W2705&amp;id=D</a>

Additional Options for a <i>paleo lifestyle</i>	
<b>Customized meal planning</b> <i>Making it easy for you and your family</i>	<a href="http://www.sevenwellness.com/Meal-Planning.html">http://www.sevenwellness.com/Meal-Planning.html</a>
<b>Nutrition Coaching via Skype</b>	<a href="http://www.sevenwellness.com/Goals.html">http://www.sevenwellness.com/Goals.html</a>
<b>Test your pH at home with this kit</b>	<a href="http://astore.amazon.com/queshealandwe-20/detail/B002ZYVU40">http://astore.amazon.com/queshealandwe-20/detail/B002ZYVU40</a>
<b>The Paleo Solution - book</b>	<a href="http://astore.amazon.com/queshealandwe-20/detail/0982565844">http://astore.amazon.com/queshealandwe-20/detail/0982565844</a>
<b>The GenoType Diet - book</b>	<a href="http://astore.amazon.com/queshealandwe-20/detail/B002VJY8E2">http://astore.amazon.com/queshealandwe-20/detail/B002VJY8E2</a>
<b>The Paleo Diet - Cookbook</b>	<a href="http://astore.amazon.com/queshealandwe-20/detail/0470913045">http://astore.amazon.com/queshealandwe-20/detail/0470913045</a>
<b>Paleo Resource Website Page</b> <i>Complimentary info for your review</i>	<a href="http://www.sevenwellness.com/Paleo-and-Blood-type-diet-information.html">http://www.sevenwellness.com/Paleo-and-Blood-type-diet-information.html</a>