

## **Type AB Diet**

(Foods that are beneficial act like medicine; foods to avoid act like poison).

### **Meats**

(Beneficial): Lamb, mutton, rabbit, turkey.

(Neutral): Liver, Pheasant.

(AVOID): Bacon, beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail.

### **Seafood**

(Beneficial): Albacore tuna, Cod, Grouper, Hake, Mackerel, Mahimahi, Monkfish, Ocean perch, Pickerel, Pike, Porgy, Rainbow trout, Red snapper, Sailfish, Salmon, Sardine, Sea trout, Shad, Snail, Sturgeon.

(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, Flounder, Frog, Gray sole, Haddock, Halibut, Lobster, Lox, Octopus, Oyster, Herring (pickled), Sea bass, Shrimp, Striped bass, Turtle, Yellow tail.

### **Dairy & Eggs**

(Beneficial): Cottage cheese, eggs, Farmer, Feta, Goat cheese and milk, Kefir, Mozzarella, Ricotta, Sour cream (no fat), Yogurt.

(Neutral): Casein, Cheddar, Colby, Cream cheese, Edam, Emmenthal, Gouda, Guyere, Jarlsburg, Monterey Jack, Munster, Neufchatel.

(AVOID): American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Ice cream, Parmesan, Provolone, Sherbet, Whole milk.

### **Oils & Fats**

(Beneficial): Olive Oil.

(Neutral): Canola oil, Cod liver oil, Linseed (flaxseed) oil, Peanut oil.

(AVOID): Corn oil, Cottonseed oil, Safflower, Sesame, Sunflower oils.

# PARTNERS IN HEALTH CARE *Naturally*

## **Nuts & Seeds**

(Beneficial): Chestnuts, peanuts & peanut butter, Walnuts.

(Neutral): Almond butter, Nuts (almonds, Brazil, cashews, hickory, litchi, macadamia, pignola, pistachio).

(AVOID): Filberts, Poppyseeds, Pumpkin seeds, Sesame seeds, Sesame butter (tahini), Sunflower (butter and seeds).

## **Beans & Legumes**

(Beneficial): Beans (Navy, Pinto, Red, Red Soy), Lentils (green).

(Neutral): Beans (Broad, Cannellini, Copper, Northern, Green, Jicama, Snap, String, Tamarind, White), Lentils (Domestic, Red, Green, Pods).

(AVOID): Beans (Aduke, Azuki, Black, Fava, Garbanzo, Kidney, Lima), Black-eyed peas.

## **Cereals**

(Beneficial): Millet, Oatmeal, Oat bran, Rice (bran, puffed), Spelt.

(Neutral): Amaranth, Barley, Cream of rice, Cream of wheat, Familia, Farina, Granola, Grape nuts, Seven-grain, Shredded wheat, Soy (flakes, granules), Wheat (bran, germ).

(AVOID): Buckwheat, Cornflakes, Cornmeal, Kamut, Kasha.

## **Breads & Muffins**

(Beneficial): Bread (Brown rice, Essene, Ezekiel), Fin crisp, Millet, Rice cakes, 100% Rye bread, Rye crisps, Rye vita, Soy flour bread, Sprouted wheat bread, Wasa bread.

(Neutral): Wheat bagels, Durum Wheat, Gluten-free bread, High-protein bread, Ideal Flat bread, Wheat Matzos, Multi-grain bread, Oat bran muffins, Pumpnickel, Spelt bread, Wheat Bran muffins, Whole wheat bread.

(AVOID): Corn muffins.

## **Grains & Pasta**

(Beneficial): Flour (Oat, Rice, Rye, Sprouted wheat), Rice (Basmati, Brown, White, Wild).

(Neutral): Couscous, Flour (Barley, Bulgur wheat, Durum wheat, Gluten, Graham, Spelt, White, Whole wheat), Pasta (Semolina, Spinach), Quinoa.

(AVOID): Buckwheat kasha, Artichoke pasta, Soba noodles

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## Vegetables

(Beneficial): Alfalfa sprouts, Beets, Beet leaves, Broccoli, Cauliflower, Celery, Collard greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard greens, Parsley, Parsnips, Sweet potatoes, Yams.

(Neutral): Arugula, Asparagus, Bamboo shoots, Bok choy, Cabbage (Chinese, red, white), Caraway, Carrots, Chervil, Chicory, Coriander, Daikon, Endive, Escarole, Fennel, Fiddlehead ferns, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (Bibb, Boston, iceberg, Mesclun, romaine), Mushroom (domestic, Portobello, tree, oyster, Enoki), Okra, Olives (green, Greek, Spanish), Onions (green, red, yellow), Potatoes (red, white), Pumpkin, Radicchio, Rappini, Rutabaga, Scallions, Seaweed, Shallots, Snow peas, Spinach, Sprouts (Brussels), Squash (all types), Swiss chard, Tomato, Turnips, Water chestnut, Watercress, Zucchini.

(AVOID): Artichoke (domestic, Jerusalem), Avocado, Corn (white, yellow), Lima beans, Mushroom (abalone, shittake), Olives (black), Peppers (green, Jalapeno, red, yellow), Radishes, Sprouts (mung, radish).

## Fruits

(Beneficial): Cherries, Cranberries, Figs (dried, fresh), Gooseberries, Grapes (black, concord, green, red), Grapefruit, Kiwi, Lemons, Loganberries, Pineapples, Plums (dark, green, red).

(Neutral): Apples, Apricots, Berries (black, blue, Boysen, Elder), Currants (black, red), Dates, Kumquat, Limes, Melon (cantaloupe, casaba, Christmas, Crenshaw, honeydew, musk, Spanish, Watermelon), Nectarines, Papayas, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines.

(AVOID): Bananas, Coconuts, Guava, Mangoes, Oranges, Persimmons, Pomegranates, Prickly pears, Rhubarb, Starfruit (carambola).

## Juices & Fluids

(Beneficial): Black cherry, Cabbage, Celery, Cranberry, Grape, Papaya.

(Neutral): Apple, Apple cider, Apricot, Cucumber, Grapefruit, Pineapple, Prune, Water (with lemon), Vegetable juice (list of highlighted vegetables).

(AVOID): Orange.

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## Spices

(Beneficial): Curry, Garlic, Horseradish, Miso, Parsley.

(Neutral): Agar, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Cardamom, Carob, Chervil, Chive, Chocolate, Cinnamon, Clove, Coriander, Cream of tartar, Cumin, Dill, Dulce, Honey, Kelp, Maple syrup, Marjoram, Mint, Molasses, Mustard (dry), Nutmeg, Paprika, Peppermint, Pimiento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Sugar (brown, white), Tamari, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen.

(AVOID): Allspice, Almond extract, Anise, Barley malt, Capers, Cornstarch, Corn syrup, Gelatin (plain, ground), Pepper (black, cayenne, peppercorn, red flakes, white), Tapioca, Vinegar (apple cider, balsamic, red wine, white).

## Condiments

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

AVOID: Ketchup, Pickles (dill, kosher, sweet, sour), Relish, Worcestershire sauce.

## Herbal Teas

(Beneficial): Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Green tea, Hawthorn, Licorice root, Rose hips, Strawberry leaf.

(Neutral): Catnip, Cayenne, Chickweed, Dandelion, Dong quai, Elder, Goldenseal, Horehound, Mulberry, Parsley, Peppermint, Raspberry leaf, Sage, Saint-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.

## Beverages

(Beneficial): Coffee (regular, decaf), Tea (green).

(Neutral): Beer, Club soda, Seltzer water, Wine (red, white).

(AVOID): Black tea (decaf, regular), Distilled liquor, Soda (cola, diet, other).