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BLOOD TYPE "AB"

Exercises that provide calm and focus are the best, as are moderate isotonic exercises. Diet is similar to the type of the A and B diets. Please note this is NOT an anti-fungal or anti-yeast diet.

Foods that encourage weight gain:

red meat, kidney beans, lima beans, seeds, corn, buckwheat, wheat

Foods that encourage weight loss:

tofu, seafood, dairy, green vegetables, kelp, pineapple

The food list below will be divided into:-

"B" for beneficial, "N" for neutral, "A" for avoid

Meats:

Small portions (4 – 6 oz. for men, 2 – 5 oz. for women and children) three times per week.

B: Lamb, mutton, rabbit, turkey

N: liver, pheasant

A: bacon, beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail

Seafood:

B: albacore tuna (limited amounts), cod, grouper, mackerel, ocean perch, pickerel, pike, rainbow, trout, red snapper, sailfish, salmon, sardine, sea trout, shad, snail, sturgeon, flying, fish, tilapia, swordfish (well cooked)

N: abalone, carp, catfish, caviar, herring, mussels, scallop, shark, silver perch, smelt, snapper, sole, swordfish, whitefish, white perch, yellow perch

A: anchovy, clam, crab, flounder, frog, gray sole, haddock, halibut, pickled herring, lobster, smoked salmon, oysters, shrimp, striped bass

Dairy and Eggs:

B: butter, cottage cheese, farmer, feta, goat cheese, goat milk, Kefir, mozzarella, ricotta, sour cream (non-fat) yogurt, eggs (One 3x per week max), almond milk

N: cheddar, colby, cream cheese, edam, gouda, Monterey jack, Munster, skim, soy cheese, soy milk, string (mozzarella) cheese, Swiss, whey

A: American, blue, brie, butter, buttermilk, ice cream, parmesan, provolone, sherbet, whole milk, margarine

Oils and Fats:

B: olive oil, flaxseed oil, coconut oil

A: corn, canola oil, cottonseed, safflower, sesame, peanut oil, sunflower oils, vegetable oil

Nuts and Seeds:

B: almond nuts, almond butter, sunflower seeds, macadamia nuts, pumpkin seeds, flaxseeds

A: all other nuts /seeds

Beans and Legumes:

B: navy, pinto, red, red soy beans, green lentils, chick peas/chana, green peas, string beans, mung beans

A: all other peas/beans

Cereals:

B: millet, oat bran, oatmeal, rice bran, puffed rice, spelt

N: amaranth, barley, cream of rice, cream of wheat, familia, farina, granola, grape nuts, seven-grain, shredded wheat, soy flakes or granules, wheat bran (1x per week), wheat germ (1x per week)

A: buckwheat, cornflakes, cornmeal, kamut, kasha

Breads:

B: brown rice bread, essene, ezekial, fin crisp, millet, rice cakes, 100% rye bread, rye crisps, Rye Vita, soy flour bread, sprouted wheat bread, wasa

N: wheat bagels, durum wheat, gluten-free bread, high-protein bread, Ideal flat bread, wheat Matzos, multi-grain bread, oat bran muffins, pumpernickel, spelt bread, wheat bran muffins, whole wheat bread

A: corn bread and muffins

Grains and Pasta:

B: oat flour, rice flour, rye flour, sprouted wheat flour, basmati rice, brown rice, white rice, wild rice

N: couscous, barley flour, bulgur wheat flour, furum wheat flour, graham flour, spelt, white, whole wheat, semolina pasta (1 - 2x per week), spinach pasta (1 - 2x per week), quinoa

A: buckwheat, artichoke pasta, soba noodles, corn, buckwheat

Vegetables:

B: alfalfa sprouts, arugula, asparagus, artichoke avocado bamboo, beet/beet leaves, bok choy, breadfruit broccoli, carrots, cassava/ yucca, courgettes, collard greens, celery, chicory, chives, christophene, collards, cucumber, chickpeas, caraway, dasheen, dandelion, eddoes, endive, fennel, garlic, ginger, green olives, horseradish, jalapeno

peppers, kale, kelp, kohlrabi, Romaine lettuce, other lettuce, tomatoes, okra, onions, parsnips, parsley, parsnips, plantains pumpkin, radishes, rutabaga, shallots squash, spinach, scallions, Swiss chard sweet potatoes, pumpkin, tempeh, tufu, turnip, water chestnut, water-cress, yam, kelp or dulse/seaweed, zucchini, red/green/yellow peppers, zucchini

A: Cabbage, eggplant, mushrooms

Fruits:

B: cherries, cranberries, figs, grapes, grapefruit, kiwi, lemons, pineapples, plums

N: apples, apricots, blackberries, blueberries, currants, dates, elderberries, kumquat, limes, cantaloupe, honeydew, watermelon, nectarines, papayas, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines

A: bananas, coconuts, guava, mangoes, oranges, pomegranates, rhubarb

Juices and Fluids:

Begin each day with ½ a lemon squeezed into water. Follow with a diluted glass of grapefruit juice or papaya juice.

B: cabbage, carrot, celery, black cherry, cranberry, grape, papaya

N: apple, cider, apricot, cucumber, grapefruit, pineapple, prune

A: orange

Spices:

Sea Salt and Kelp should be used in place of salt.

B: curry, garlic, horseradish, miso, parsley

A: allspice, almond extract, anise, barley malt, capers, cornstarch, corn syrup, plain gelatin, black, cayenne, red, or white pepper, tapioca, apple cider vinegar, balsamic vinegar, red wine and white vinegar

Condiments:

N: mayonnaise, mustard, low fat salad dressing

A: ketchup, pickles, relish, Worcestershire sauce, all pickled condiments

For further information on the blood type diet and lifestyle, read:-

EAT RIGHT FOR YOUR TYPE by Dr. Peter J.D'Adamo with Catherine Whitney