

NUTRITIONAL FOOD CHART, TYPE AB

- + Highly beneficial “like medicine” (building a healthy blood structure & strong protein net)/eat unlimited
- Neutral “like food”/eat some
- x Avoid “like poison” (causing inflammation, immune/allergy response, weakening protein net)/eat none

Category	Portion Size	Type AB		
Meat	Portion Size:	+ Beneficial	- Neutral	x Avoid
	Male 4 to 6 oz Female 2 to 5 oz			
	Frequency:	Turkey	Goat	Bacon
	1 to 5 times per week.		Lamb	Beef
			Liver (Calf)	Bison
			Mutton	Chicken
			Ostrich	Cornish hen
			Pheasant	Duck
			Rabbit	Goose
				Grouse
				Guinea hen
				Horse
				Partridge
				Pork
				Quail
				Squab
				(pigeon)
				Squirrel
				Sweetbreads
				Turtle
				Veal
				Venison

GENERAL FOOD-COMBINING TIPS

Veggies + meat = yes
 Veggies + grains = yes
 Grains + meat = digestive problems
 Fruit = eat alone/in between meals

Category	Portion Size	Type AB		
Grains	Portion Size: 1 Cup, dry (grains or pastas)	+ Beneficial	- Neutral	x Avoid
	Frequency: 6 to 9 times per week	Amaranth Essene Bread/ Manna Bread Millet Oat Rice Rye	Barley Couscous Quinoa Spelt Wheat (organic)	Artichoke flour Buckwheat Corn Kamut Sago Palm Sorghum Soy Tapioca Teff

Category	Portion Size	Type AB		
Fish & Seafood	Portion Size: Male 4 to 6 oz Female 2 to 5 oz	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 5 times per week	Cod/atlantic Grouper Mackerel Mahi mahi Monkfish Pickerel Pike/Walleye Porgy Red Snapper Sailfish Salmon Sardine Shad Snail/Escargot Sturgeon Tuna	Abalone Bluefish Bullhead Butterfish Carp Catfish Caviar Chub Croaker Cusk Drum Halfmoon Fish Harvest Fish Herring Mullet Muskellunge Mussel/Blue Opaleye Orange roughy Parrot fish Perch Pollock Pompano Rosefish Scallop Scrod Scup Shark Smelt Squid Sucker Sunfish Swordfish Tilapia Tilefish Weakfish Whitefish	Anchovy Barracuda Bass/striped Beluga Clam Conch Crab/Blue Eel Flounder Frog Haddock Hake Halibut Lobster Octopus Oyster Salmon Roe Shrimp Sole Trout Whiting

Category	Portion Size	Type AB		
Eggs	Portion Size: 1 egg Frequency: 3 to 4 times per week	+ Beneficial Chicken Egg (white)	- Neutral Caviar Chicken Egg (whole) Goose Egg Quail Egg	x Avoid Duck Egg Salmon/Roe

Category	Portion Size	Type AB		
Beans & Legumes	Portion Size: 1 cup cooked	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 6 times per week	Lentil/Green Navy Bean Peanut (organic) Pinto Bean Soy/fermented	Cannellini Bean Copper Bean Green Bean Lentil/Red Northern Bean Snap/Yellow Tamarind Bean White Beans	Adzuki Black Bean Black Eyed Pea Fava Bean Garbanzo/ Chickpea Kidney Bean Lima Bean Mung Bean Soy

Category	Type AB		
Beverages	+ Beneficial	- Neutral	x Avoid
	Green tea	Beer Seltzer water Soda/Club Wine/Red Wine/White	Coffee Liquor Soda/all Tea/Black

Remember, "AB's" do very well on 70-80% leafy greens & veggies! Aim high in order to build a healthy blood structure & strong protein net! This will also help to alkalize the blood, which means increased disease reversal & prevention. Try to include some daily chlorophyll-rich greens smoothies, too.

Category	Portion Size	Type AB		
Vegetables	Portion Size: 1 Cup, cooked or raw	+ Beneficial	- Neutral	x Avoid
	Frequency: Unlimited			
		Alfalfa seeds/ sprouts	Agar	Aloe
		Beet	Arugula	Artichoke
		Beet Greens	Asparagus	Caper
		Broccoli	Bamboo shoot	Mushroom (black
		Cabbage Juice	Bok choy	trumpet,
		Carrot Juice	Brussel sprout	shiitake)
		Cauliflower	Cabbage	Olive (black,
		Celery	Carrot	green)
		Collard Greens	Celeriac	Pepper
		Cucumber	Chicory Root	(green,
		Dandelion greens	Daikon Radish	jalapeno, red,
		Eggplant	Endive	yellow)
		Garlic	Fennel/Bulb	Pickle
		Kale	Fiddlehead	Radish
		Mushroom/ Maitake	Ginger Root	Rhubarb
		Mustard greens	Horseradish	
		Parsnip	Jicama	
		Sweet Potato	Kelp	
		Yam	Kohlrabi	
			Leek	
			Lettuce/All Mushroom (white, enoki, oyster, portobella, straw)	
			Okra	
			Olive (greek, green, spanish)	
			Oyster Plant	
			Peas	
			Pimento	
			Poi	
			Potato	
			Pumpkin	
			Radicchio	
			Rappini	
			Rutabaga	
			Sauerkraut	
			Scallion	
			Seaweed	
			Shallots	
			Spinach	
			Squash	
			Swiss Chard	
			Taro	
			Tomato	
			Turnip	
			Water chestnut	
			Watercress	
			Yucca	
			Zucchini	

Category	Portion Size	Type AB		
Fruit	Portion Size: 1 Cup, or 1 piece	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 6 times per day.			
		Cherry	Apple	Avocado
		Cranberry	Apricot	Banana
		Fig	Asian Pear	Bitter Melon
		Gooseberry	Blackberry	Coconut
		Grape	Blueberry	Dewberry
		Grapefruit	Boysenberry	Guava
		Kiwi	Breadfruit	Mango
		Lemon	Canang Melon	Orange
		Loganberry	Cantaloupe	Persimmon
		Pineapple	Casaba Melon	Pomegranate
		Plum	Currants	Prickly Pear
		Watermelon	Dates	Quince
			Elderberry	Starfruit/ Carambola
			Honeydew melon	
			Kumquat	
			Lime	
			Lychee	
			Mulberries	
			Musk Melon	
			Nectarine	
			Papaya	
			Peach	
			Pear	
			Persian Melon	
			Plantain	
			Prune	
			Raisins	
			Raspberries	
			Spanish melon	
			Strawberry	
			Tangerine	
			Youngberries	

FOOD COMBINING TIPS FOR FRUIT

**Eat fruit by itself, in between meals. Combining fruit with other foods (grains, starches, meats, veggies, etc.) can create digestive problems and fermentation. Different kinds of fruit can be eaten together, except for melon which should always be eaten alone. When making green smoothies, apple or pineapple are okay to include with the greens.

Do not mix acid and/or sub-acid fruits at the same meal. Acid fruits (ex. grapefruit, pineapple, strawberry) can be mixed with sub-acid fruits (ex. apples, grapes, peaches), but neither of these categories should be mixed with sweet fruits (ex. bananas, dates, raisins).

Category	Portion Size	Type AB		
Dairy	Milk & Yogurt Portion Size: Male 4 to 6 oz Female 2 to 5 oz Frequency: 3 to 6 times per week	+ Beneficial Cottage Cheese Farmer Cheese Feta Cheese Goat Cheese Kefir Milk/Goat Mozza Cheese Ricotta Cheese Sour Cream Yogurt	- Neutral Casein Cheddar Colby Cheese Cream Cheese Edam Cheese Ghee Gouda Cheese Gruyere Cheese Monterey Jack Paneer Cheese String Cheese Swiss Cheese Whey	x Avoid American cheese Blue cheese Brie Butter Buttermilk Camembert cheese Half & half cream Ice Cream Milk/Cow Parmesan Provolone
	Cheese Portion Size Male 3 oz Female 2 oz Frequency: 3 to 4 times per week			

Category	Portion Size	Type AB		
Nuts & Seeds	Portion Size: 1 handfuls (seeds, nuts) 1 to 2 tablespoon (nut butters)	+ Beneficial Chestnut Peanut (organic) Walnut	- Neutral Almond Beech Nut Brazil Nut Butternuts Cashew Flax Seed Hickory Nuts Macadamia Pecan Pine Nut Pistachio Safflower seed	x Avoid Hazelnut Poppy seed Pumpkin Sesame Sunflower
	Frequency: 5 to 10 times per week			

** Nuts and seeds should ideally be soaked or sprouted before consuming. Soaking destroys the phytic acid surrounding the nut/seed and allows the body to easily digest and assimilate. Sprouting increases the enzymatic action (digestive power!) and increases nutritional content exponentially.

Category	Type AB		
Herbs, Spices, & Condiments	+ Beneficial	- Neutral	x Avoid
	Alfalfa Curry powder Miso Molasses/ blackstrap Oregano Parsley	Agave Apple pectin Arrowroot flour Baking soda Basil Bay leaf Bergamot peel Caraway seeds Cardamom Carob Chervil Chili powder Chives Chocolate/cocoa Cilantro/ coriander Cinnamon Clove Cumin seed Dill seed Dulse Honey Licorice root Mace Maple syrup Marjoram Mayonnaise Molasses Mustard Nutmeg Paprika Peppermint Rice syrup Rosemary Saffron Sage Savory Sea salt Soy sauce (wheat-free) Spearmint Stevia Sugar (cane) Tamari Tarragon Thyme Turmeric Vanilla Veg. glycerine Wintergreen Yeast/bakers Yeast/nutritional/ brewers	Acacia (gum arabic) Asparatame Carageenan/ Irish moss Chili powder Corn syrup Cornstarch Dextrose Fructose Gelatin Guar gum Ketchup/with vinegar MSG Mayo/with vinegar Mustard/with vinegar Pepper (black, peppercorn, cayenne, chili, white) Pickle relish Sucanat Vinegar (all) Wintergreen

Category	Portion Size	Type AB		
Oils	Portion Size: 1 tablespoon	+ Beneficial Olive oil Walnut oil	- Neutral Almond oil Black currant seed oil Borage seed oil Canola oil (organic) Cod liver oil Evening primrose oil Flax seed oil Peanut oil Wheat germ oil	x Avoid Avocado oil Coconut oil Corn oil Cottonseed oil Safflower oil Sesame oil Sunflower oil
	Frequency: 5 to 8 times per week			

For more info:

Book "Eat Right For Your Blood Type" by Dr. Peter D'adamo

Website: <http://www.dadamo.com/program.htm>