

## **Blood Group Diet: Type AB**

### History of the Enigma

Blood Group AB is the most recent blood group appearing about 900 to 100 years ago. It is the result of the intermingling of blood groups A and B. AB's have a sensitive digestive tract, but an overly tolerant immune system.

### **Beneficial Foods:**

Meat and Poultry: Eggs, lamb, mutton, rabbit, turkey

Seafood: Cod, mackerel, ocean perch, rainbow trout, red snapper, salmon, sardine, sea trout, tuna

Dairy: Cottage cheese, feta, goat cheese, goat milk, mozzarella, ricotta, sour cream, yoghurt

Oils and Fats: Olive oil

Nuts and Seeds: Chestnuts, peanuts, peanut butter, walnuts

Beans and Legumes: Navy beans, pinto beans, red beans, green lentils

Cereals and Breads: Brown rice bread, essence bread, millet, oat bran, oatmeal, rice cakes, rice bran, puffed rice, 100% rye bread, rye crisps, ryvita, spelt, soya flour bread, sprouted wheat bread, wasa bread

Grains and Pasta: Oat flour, rice flour, rye flour, sprouted wheat flour, rice

Vegetables: Beet leaves, beets, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, mustard greens, parsley, parsnips, alfalfa sprouts, sweet potatoes, tempeh, tofu, yams

Fruit: Cherries, cranberries, figs, gooseberries, grapes, grapefruit, kiwi, lemons, loganberries, pineapples, plums

Juices: Cabbage, carrot, celery, black cherry, cranberry, grape, pawpaw

Spices: Curry, garlic, horseradish, miso, parsley

Herbal Teas: Alfalfa, burdock, chamomile, Echinacea, ginger, ginseng, green tea, hawthorn, liquorice root, rosehip, strawberry leaf

Miscellaneous Beverages: Coffee, green tea

## **Neutral Foods:**

Meats and Poultry: Liver, pheasant

Seafood: Abalone, carp, catfish, caviar, fresh herring, mussels, scallop, shark, silver perch, snapper, sole, squid, swordfish, whiting, white perch, yellow perch.

Dairy: Cheddar, cream cheese, Edam, Emmenthal, Gouda, Gruyere, soy cheese, soy milk, Swiss cheese, whey, semi-skimmed milk.

Fats and Oils: Cod liver oil, linseed oil (flaxseed) oil, peanut oil, ghee.

Nuts and Seeds: Almonds, Brazil nuts, cashews, hickory, litchi, macadamia, pistachio.

Beans and Legumes: Broad beans, cannellini beans, green beans, string beans, white beans, red lentils, green peas, mange tout.

Cereals: Barley, cream of rice, cream of wheat, grape nuts, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ.

Breads: Wheat bagels, durum wheat, gluten-free bread, Matzos, multi-grain bread, oat bran muffins, pumpernickel, wheat bran muffins, whole wheat bread.

Grains and Pasta: Couscous, barley flour, bulgar wheat flour, durum wheat flour, gluten flour, white flour, whole wheat flour, semolina pasta, spinach pasta, quinoa.

Vegetables: Asparagus, bamboo shoots, bok choy, Chinese cabbage, red cabbage, white cabbage, caraway, carrots, chicory, coriander, endive, fennel, ginger, horseradish, kohlrabi, leek, lettuce, mushrooms (see exceptions), okra, green olives, red onions, yellow onions, Spanish onions, red potatoes, white potatoes, seaweed, shallots, spinach, Brussels Sprouts, squash, Swiss chard, tomatoes, turnips, water chestnuts, watercress, zucchini.

Fruits: Apples, apricots, blackberries, blueberries, boysenberries, blackcurrants, red currants, dates, elderberries, kumquat, limes, melon, watermelon, nectarines, papayas, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines.

Juices: Apple, apple cider, apricot, cucumber, grapefruit, pineapple, prune, water with lemon juice, vegetable juice of the acceptable ones.

Spices: Agar, arrowroot, basil, bayleaf, bergamot, Carmon, carob, chervil, chives, chocolate, cinnamon, clove, coriander, cream of tartar, cumin, dill, honey, kelp, maple syrup, marjoram, mint, molasses, dry mustard, nutmeg, paprika, peppermint, pimiento, rosemary, saffron, sage, salt, savoury, soy sauce, spearmint, brown sugar, white sugar, tamar, tamarind, tarragon, thyme, turmeric, vanilla, wintergreen.

Condiments: Jams from acceptable fruits jelly from acceptable fruits, mayonnaise, mustard (use lemon juice instead of vinegar).

Herbal Teas: Catnip, cayenne, chickweed, dandelion, Dong quai, elder, horehound, mulberry, parsley, peppermint, raspberry leaf, sage, Saint Johns wort, sarsaparilla, slippery elm, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock.

Miscellaneous Drinks: Beer, soda water, red wine, white wine.

## **Foods to avoid:**

Meat and Poultry: Bacon, beef, chicken, duck, ham, pork, quail, veal, venison

Seafood: Anchovy, caviar, clam, crab, crayfish, eel, flounder, haddock, halibut, herring, lobster, octopus, oysters, prawns, smoked salmon

Dairy: Blue cheese, brie, butter, buttermilk, camembert, ice-cream, parmesan, provolone, whole milk

Oils and Fats: Corn oil, cottonseed oil, safflower oil, sesame oil, sunflower oil

Nuts and Seeds: Hazelnut, poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sunflower margarine, sunflower seeds

Beans and Legumes: Aduke beans, black beans, fava beans, kidney beans, lima beans, chick peas, black-eyed peas

Cereals: Buckwheat, pasta, soba noodles

Vegetables: Artichoke, avocado, capsicum, corn, mushroom, black olives, jalapeno peppers, radishes, mung sprouts, radish sprouts

Fruit: Banana, coconut, guava, mango, orange, persimmon, pomegranate, rhubarb, starfruit

Juices: Orange

Spices: Allspice, almond extract, anise, barley malt, capers, cornflour, gelatine, pepper, cayenne pepper, tapioca

Condiments: Pickles, relish, tomato sauce, vinegar, worcestershire sauce

Herbal Teas: Aloe, corn silk, fenugreek, gentian, hops, linden, mullein, senna, shepard's purse, skullcap, red clover, rhubarb

Miscellaneous Beverages: Alcoholic spirits, soft drink, black decaffeinated tea, black regular tea

## **Example of a day:**

Breakfast - Puffed rice with skim milk and a glass of pineapple juice

Lunch - Salad with mozzarella cheese and tomatoes, 2 slices of rye bread and a kiwi fruit

Dinner - Turkey stir fry made with turkey breast, olive oil, broccoli, onion, cauliflower, carrots and mushrooms, served with brown rice

Snacks - 2 rice cakes with cottage cheese and a handful of grapes