

**BLOOD
TYPE AB****Beneficial****Avoid**

Meats	Lamb, turkey, rabbit	Beef, pork, chicken, duck, venison, quail
Fish	Tuna, cod, grouper, mackerel, mahi-mahi, monkfish, trout, snapper, sardine, snail, sturgeon, sailfish	All shellfish except mussels, anchovy, bass, eel, flounder, frog, haddock, halibut, herring, lox, octopus, sole, yellowtail
Dairy	Eggs, goat cheese products, sheep cheese products	Cow's milk cheese, ice cream, butter
Oils	Olive oil	Canola, corn, cottonseed, sesame, safflower
Nuts & Seeds	Peanuts, chestnuts, walnuts	Poppy seeds, pumpkin seeds, sesame seeds, sunflower seeds
Beans	Navy, pinto, soy, green lentils	Aduke, azuki, black, fava, garbanzo, kidney, lima, black eyed peas
Grains	Millet, brown rice, oat, spelt, rye, sprouted wheat (found in Ezekiel and Essene breads)	Buckwheat, corn, kamut, kasha, wheat
Vegetables	Beets, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, parsley, parsnip, sweet potato, yams	Artichoke, avocado, corn, black olives, peppers, radish
Fruit	Cherry, cranberry, figs, grapes, grapefruit, kiwi, lemon, pineapple, plum	Banana, coconut, guava, mango, orange, persimmon, pomegranate, rhubarb, starfruit
Fruit Juice	Carrot, celery, cherry, cranberry, grape, papaya	orange
Spices	Curry, garlic	Capers, pepper, vinegar