

## Health Recovery Diet – Blood Type AB

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

### **Therapeutic Foods – Eat daily**

**Veggies:** Beets, Broccoli, Cauliflower, Collards, Cucumber, Dandelion, Celery, Eggplants, Garlic, Kale, Mustard Greens, Parsley, Parsnips, Sweet Potatoes, Alfalfa Sprouts, Tempeh, Tofu, Yams

**Fruits:** Cherries, Cranberries, Figs, Grapes, Kiwi, Lemons, Pineapple, Plums, Goose & Loganberries, Grapefruit, Watermelon

**Grains:** Amaranth, Oats, Rice, Spelt, Millet, Ezekial bread, Essene bread, Rye, Wasa bread, Sprouted wheat

**Oils:** Olive

**Cheeses:** Cottage, Farmer, Feta, Goat, Kefir, Mozzarella, Ricotta

**Dairy:** Goat Milk, Sour Cream, Yogurt

**Nuts & Seeds:** Chestnuts, Peanuts, Walnuts

**Beans:** Navy, Pinto, Lentils

**Meat & Fish:** Lamb, Turkey, Venison, Rabbit, Tuna, Cod, Mackerel, Ocean Perch, Pike, Salmon, Sardines, Trout, Grouper, Shad, Red Snapper, Mahi Mahi, Monkfish,

**Juices:** Cabbage, Carrot, Celery, Black Cherry, Cranberry, Grape Papaya

**Spices & Condiments:** Curry, Mison, Oregano, Parsley, Molasses, Yellow Dock (for iron)

**Misc:** Alfalfa, Ginger, Green Tea, Ginseng, Licorice, Echinacea, Rosehips, Hawthorne, Chamomile, Burdock, Apple Cider Vinegar

### **Inflammatory Foods – Avoid**

**Veggies:** Artichokes, Mushrooms (Shiitake), Olives (black), Peppers, Radishes, Sprouts (mung & radish), Rhubarb

**Fruits:** Avocado, Bananas, Guava, Mango, Dewberry, Oranges, Persimmons, Rhubarb, Pomegranates, Prickly Pear, Starfruit

**Grains:** Corn, Buckwheat, Kamut, Kasha, Sorghum, Tapioca

**Oils:** Corn, Cottonseed, Safflower, Sesame, Sunflower

**Cheeses:** American, Blue, Brie, Provolone, String, Parmesan, Camembert

**Dairy:** Ice cream, Butter, Brie, Provolone, String, Parmesan, Camembert

**Nuts & Seeds:** Filberts, Poppy, Pumpkin, Sesame, Sunflower

**Beans:** Aduke, Azuki, Fava, Kidney, Lima, Black, Garbanzo, Black-eyed peas, Mung

**Meat & Fish:** Chicken, Pork, Cornish Hens, Goose, Quail, Duck, Partridge, Veal, Venison, Anchovy, Bluegill Bass, Clam, Crab, Flounder, Haddock, Halibut, Herring, Lobster, Lox, Oysters, Shrimp, Sea Bass, Striped Bass

**Spices & Condiments:** Allspice, Almond extract, Anise, Barley malt, Capers, Cornstarch, Peppers (black & white), Gelatin, Cayenne, Tapioca, Vinegar, Ketchup, Pickles, Relish, Worcestershire sauce, Vinegar

**Misc:** Aloe, Cornsilk, Mullein, Red Clover, Senna, Shepherd's Purse, Skullcap, Hops, Black teas, Colas, Coffee

Adapted from *Eat Right for Your Type*, Dr. Peter J. D'Adamo