

# Blood Type AB: Food List

Ref. by Dr. Peter D'Adamo, *Eating Right for your Blood Type*



## Meat & Poultry

- Beneficial – lamb, mutton, rabbit, turkey
- Neutral – liver, pheasant
- Harmful – bacon, beef, ground beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, pork, veal, venison, quail

## Seafood

- Beneficial – tuna, cod, grouper, hake, mackerel, mahi-mahi, monkfish, ocean perch, pickerel, pike, porgy, rainbow trout, red snapper, sailfish, sardine, sea trout, snail
- Neutral – bluefish, carp, catfish, caviar, herring, mussels, salmon, scallop, snapper, squid, swordfish, white and yellow perch
- Harmful – anchovy, barracuda, beluga, bass, clam, crab, crayfish, eel, flounder, frog, haddock, halibut, herring, lobster, lox, octopus, oysters, sea bass, shrimp, striped bass, yellowtail

## Eggs & Dairy

- Beneficial – cottage cheese, farmer's cheese, feta, goat cheese, goat's milk, kefir, mozzarella, ricotta, non-fat sour cream, yogurt, eggs
- Neutral – casein, cheddar, Colby, cream cheese, edam, emmenthal, gouda, gruyere, jarlsberg, Monterey Jack, munster, Neufchatel, skim or 2% milk, soy cheese, soy milk, string cheese, swiss, whey
- Harmful – American cheese, blue, brie, butter, buttermilk, camembert, ice cream, parmesan, provolone, sherbet, whole milk

## Oils & Fat

- Beneficial – olive oil
- Neutral – canola, cod liver, linseed, flaxseed, peanut
- Harmful – corn, cottonseed, safflower, sesame, sunflower

## Nuts & Seeds

- Beneficial – chestnuts, peanuts, peanut butter, walnuts
- Neutral – almonds, almond butter, brazil nuts, cashew, pine, macadamia, litchis
- Harmful – filberts, poppy seeds, pumpkin seeds, sesame butter, sesame seeds, sunflower butter, sunflower seeds

## Beans & Legumes

- Beneficial – navy, pinto, red, and soy beans, green lentils
- Neutral – broad, cannellini, cooper, northern, green, jicama, snap peas, string beans, tamarind, white, red, green peas
- Harmful – adzuki, black fava, garbanzo, kidney and lima beans, black eyed peas

## Misc. Beverages

- Beneficial – regular coffee, green tea, decaf coffee
- Neutral – beer, seltzer water, club soda, red and white wine
- Harmful – distilled liquor, colas, diet soda, black decaf teas, black regular tea

## Grains & Pasta

- Beneficial – oat flour, rice flour, rye flour, sprouted wheat flour, basmati, brown, white and wild rice, millet
- Neutral – couscous, bulgur, durum wheat, graham, spelt, white and whole wheat flours, semolina pasta, spinach pasta, quinoa
- Harmful – buckwheat, artichoke pasta, soba noodles, barley flour

## Breads & Muffins

- Beneficial – brown rice bread, essence and Ezekiel breads, Fin crisps, rice cakes, 100% rye bread, rye crisps, Ryvita, soy bread, sprouted wheat bread, wasa bread
- Neutral – wheat bagels, durum, flat whole wheat, gluten free, high protein, and multi-grain breads, matzo meal, oat and wheat bran muffins, spelt, pumpernickel
- Harmful – corn muffins

## Cereals

- Beneficial – millet, oat bran, oatmeal, rice bran, puffed rice, rye berries, spelt
- Neutral – amaranth, barley, cream of rice, cream of wheat, granola, grape nuts, seven-grain cereal, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ
- Harmful – buckwheat, corn flakes, cornmeal, kamut



## Condiments

- Beneficial – None
- Neutral – Jam, mayonnaise, mustard, salad dressing
- Harmful – ketchup, dill pickles, kosher pickles, sweet and sour pickles, relish, Worcestershire sauce

## Spices

- Beneficial – curry, garlic, horseradish, miso, parsley
- Neutral – agar, arrowroot, basil, bay leaf, brown rice syrup, caraway, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, cumin, dill, dulse, honey, kelp, maple syrup, marjoram, mint, molasses, nutmeg, paprika, peppermint, rosemary, saffron, sage, salt, savory, soy sauce, spear mint, brown sugar, white sugar, tamarind, tarragon, thyme, turmeric, vanilla, winter green, apple cider vinegar, balsamic vinegar, red wine vinegar
- Harmful – allspice, almond extract, anise, barley malt, capers, cornstarch, corn syrup, gelatin, ground black pepper, cayenne pepper, peppercorns, crushed red pepper flakes, white pepper, tapioca, white vinegar

## Vegetables

- Beneficial – beet greens, beets, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, maitake mushrooms, mustard greens, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh, tofu, yams
- Neutral – arugula, asparagus, bamboo shoots, bok choy, red and white cabbage, carrots, chicory, coriander, daikon, endive, escarole, fennel, fiddleheads, ginger, horse radish, leek, iceberg lettuce, boston lettuce, romaine and bibb lettuce, Portobello, oyster, enoki, shitake mushrooms, green, Greek, Spanish olives, green, red, Spanish, yellow onions, red and white potatoes, pumpkin, raddichio, rutabaga, scallion, seaweeds, shallots, snow peas, spinach, Brussels sprouts squash, Swiss chard, tomato, turnips, water chestnuts, zucchini
- Harmful – artichokes, avocado, white corn, yellow corn, lima beans, black olives, green bell peppers, jalapeno peppers, red and yellow bell peppers, radishes, mung bean sprouts, radish sprouts

## Fruits

- Beneficial – cherries, cranberries, figs, gooseberries, black grapes, concord grapes, green and red grapes, grapefruit, kiwi, lemons, loganberries, pineapple, red, green and black plums
- Neutral – apples, apricots, blackberries, blueberries, boysenberries, black and red currants, dates, elderberries, kumquat, limes, cantaloupe, honeydew, watermelon, prunes, nectarines, papayas, peaches, pears, plantains, raisins, raspberries, strawberries, tangerines
- Harmful – banana, coconut, guava, mangoes, oranges, persimmons, pomegranates, prickly pears, rhubarb, starfruit

## Juices

- Beneficial – cabbage, carrot, celery, black cherry, cranberry, grape, papaya
- Neutral – apple, apple cider, apricot, cucumber, grapefruit, pineapple, prune, vegetables
- Harmful – orange

## Herbal Teas

- Beneficial – alfalfa, burdock, chamomile, Echinacea, ginger, ginseng, green tea, licorice root, rose hips, strawberry leaf
- Neutral – catnip, cayenne, chickweed, dandelion, dong quai, elder, goldenseal, mulberry, parsley, peppermint, St. John’s wort, sarsaparilla, slippery elm, spearmint, thyme, valerian
- Harmful – aloe, coltsfoot, corn silk, fenugreek, gentian, hops, linden, mullein, red clover, rhubarb, senna, shepherd’s purse, skullcap

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