

Blood Type “AB” Food List

Reference: Eating Right for your Blood Type
by Dr. Peter D’Adamo

Meat & Poultry:

Beneficial	Neutral	Harmful
Lamb	Liver	Bacon
Mutton	Pheasant	Beef
Rabbit		Ground Beef
Turkey		Buffalo
		Chicken
		Cornish
		Hens
		Duck
		Goose
		Ham
		Heart
		Pork
		Veal
		Venison

Beans & Legumes

Beneficial	Neutral	Harmful
Adzuki	Broad Bean	Copper Beans
Black	Cannellini	Chickpeas
Green	Fava	Kidney Beans
Pinto	Jicama	Lima
Red Soy	Snap Peas	Navy
Lentils	String Beans	Red
Black Eyed	White Beans	Tamarind
	Green Peas	
	Pea Pods	
	Snow Peas	

Seafood:

Beneficial	Neutral	Harmful
Tuna	Bluefish	Anchovy
Cod	Carp	Barracuda
Grouper	Catfish	Beluga
Hake	Caviar	Bass
Mackerel	Herring	Clam
Mahi-Mahi	Mussels	Crab
Monk Fish	Salmon	Cray Fish
Ocean Perch	Scallop,	Eel
Pickrel	Snapper	Flounder
Pike	Squid	Frog
Porgy	Swordfish	Haddock
Rainbow	White And	Halibut
Trout	Yellow Perch	Herring
Red Snapper		Lobster
Sail Sh,		Lox
Sardine		Octopus
Sea Trout		Oysters
Snail		Sea Bass
		Shrimp
		Striped Bass
		Yellowtails

Oils & Fat

Beneficial	Neutral	Harmful
Olive Oil	Canola	Corn
	Cod Liver	Cottonseed
	Linseed	Safflower
	Flaxseed	Sesame
	Peanut	Sun Flower





Eggs & Dairy

Beneficial	Neutral	Harmful
Cottage Cheese	Casein	American Cheese
Farmer's Cheese	Cheddar	Blue
Feta	Colby	Brie
Goat Cheese	Cream Cheese	Butter
Goat's Milk,	Edam	Buttermilk
Kefir	Emmenthal	Camembert
Mozzarella	Gouda,	Ice cream
Ricotta	Gruyere	Parmesan
Non-Fat	Jarlsberg	Provolone
Sour Cream	Monterey	Sherbet
Yogurt	Jack	Whole Milk
Eggs	Munster	
	Neufchatel	
	Skim Or 2% Milk	
	Soy Cheese	
	Soy Milk	
	String cheese	
	Swiss	

Nuts & Seeds

Beneficial	Neutral	Harmful
Chestnuts	Almonds	Filberts
Peanuts	Almond Butter	Poppy Seeds
Peanut Butter	Brazil Nuts	Pumpkin Seeds
Walnuts	Cashew	Sesame Butter
	Pine	Sesame Seeds
	Macadamia	Sun Flower Butter
	Litchis	Sun Flower Seeds

Miscellaneous Beverages

Beneficial	Neutral	Harmful
Regular Coffee	Beer	Distilled Liquor
Green Tea	Seltzer Water	Colas
Decaf Coffee	Club Soda	Diet Soda
	Red And White Wine	Black Decaf Teas
		Black Regular Teas



Grains & Pasta

Beneficial	Neutral	Harmful
Oat Flour	Couscous	Buckwheat
Rice Flour	Bulgur	Artichoke
Rye Flour	Durum Wheat	Pasta
Sprouted	Graham	Soba Noodles
Wheat flour	Spelt	Barley Flour
Basmati	White And	
Brown	Whole	
White And	Wheat Ours	
Wild Rice	Semolina	
Millet	Pasta	
	Spinach Pasta	
	Quinoa	

Cereals:

Beneficial	Neutral	Harmful
Millet	Amaranth	Buckwheat
Oat Bran	Barley	Corn Akes
Oatmeal	Cream Of Rice	Cornmeal
Rice Bran	Cream Of	Kamut
Puffed Rice	Wheat	
Rye Berries,	Granola	
Spelt	Grape Nuts	
	Seven-Grain	
	Cereal	
	Shredded	
	Wheat	
	Soy Akes	
	Soy Granules	
	Wheat Bran	
	Wheat Germ	

Breads & Muffins

Beneficial	Neutral	Harmful
Brown Rice	Wheat Bagels	Corn Muffins
Bread	Durum	
Essene And	At Whole	
Ezekiel	Wheat	
Breads	Gluten Free	
Fin Crisps	High Protein,	
Rice	And Multi-	
Cakes	Grain Breads	
100% Rye	Matzo Meal	
Bread	Oat And	
Rye Crisps	Wheat Bran	
Ryvita	Mu Ns	
Soy Bread	Spelt,	
Sprouted	Pumpernickel	
Wheat		
Bread,		
Wasa Bread		

Spices:

Beneficial	Neutral	Harmful
Curry	Agar	Allspice
Garlic	Arrowroot	Almond Ex-
Horseradish	Basil	tract
Miso	Bay Leaf	Anise
Parsley	Brown Rice	Barley Malt
	Syrup	Capers
	Caraway	Cornstarch
	Cardamom	Corn Syrup
	Carob	Gelatin
	Chervil	Ground Black
	Chives	Pepper
	Chocolate	Cayenne
	Cinnamon	Pepper
	Clove	Peppercorns
	Coriander	Crushed Red
	Cumin	Pepper Akes
	Dill	White Pepper
	Dulse	



Vegetables:

Beneficial	Neutral	Harmful
Beet Greens	Arugula	Artichokes
Beets	Asparagus	Avocado
Broccoli	Bamboo Shoots	White Corn
Cauli Ower	Bok Choy	Yellow Corn
Celery	Red And White Cab-	Lima Beans
Collard	bage	Black Olives
Greens,	Carrots	Green Bell Peppers
Cucumber	Chicory	Jalapeno Peppers
Dandelion	Coriander	Red And Yellow Bell
Eggplant	Daikon	Peppers
Garlic	Endive	Radishes
Kale	Escarole	Mung Bean Sprouts
Maitake	Fennel	Radish Sprouts
Mushrooms	Ddleheads	
Mustard	Ginger	
Greens	Horseradish	
Parsley	Leek	
Parsnips	Iceberg Lettuce	
Sweet Pota-	Boston Lettuce	
toes	Romaine And Bibb	
Alfalfa	Lettuce	
Sprouts	Portobello	
Tempeh	Oyster	
Tofu	Enoki	
Yams	Shitake Mushrooms	
	Green	
	Greek	
	Spanish Olives	
	Green	
	Red	
	Spanish	
	Yellow Onions	
	Red And White Pota-	
	toes	
	Pumpkin	
	Raddichio	
	Rutabaga	
	Scallion	





Fruits

Beneficial	Neutral	Harmful
Cherries	Apples	Banana
Cranberries	Apricots	Coconut
Gs	Blackberries	Guava
Gooseberries	Blueberries	Mangoes
Black Grapes	Boysenberries	Oranges
Concord	Black And	Persimmons
Grapes	Red Currants	Pomegranates
Green And	Dates	Prickly Pears
Red Grapes	Elderberries	Rhubarb
Grapefruit	Kumquat	Starfruit
Kiwi	Limes	
Lemons	Cantaloupe	
Loganberries	Honeydew	
Pineapple	Watermelon	
Red	Prunes	
Green And	Nectarines	
Black Plums		

Condiments:

Beneficial	Neutral	Harmful
None	Jam	Ketchup
	Mayonnaise	Dill Pickles
	Mustard	Kosher Pickles
	Salad Dressing	Sweet And Sour Pickles, Relish
		Worcestershire Sauce

Juices

Beneficial	Neutral	Harmful
Cabbage	Apple	Orange
Carrot	Apple Cider	
Celery	Apricot	
Black Cherry	Cucumber	
Cranberry	Grapefruit	
Grape	Pineapple	
Papaya	Prune	
	Vegetables	

Herbal Teas

Beneficial	Neutral	Harmful
Alfalfa	Catnip	Aloe
Burdock	Cayenne	Coltsfoot
Chamomile	Chickweed	Corn Silk
Echinacea	Dandelion	Fenugreek
Ginger	Dong Quai	Gentian
Ginseng	Elder	Hops
Green	Goldenseal	Linden
Tea	Mulberry	Mullein
Licorice Root	Parsley	Red Clover
Rose Hips	Peppermint	Rhubarb
Strawberry	St. John's	Senna
Leaf	Wort	Shepherd's
	Sarsaparilla	Purse
	Slippery Elm	Skullcap
	Spearmint	
	Thyme	
	Valerian	

