

Blood Group AB – The Eat Right Diet by Dr. Peter D'Adamo or Healthy Happy Eating by Sue Visser.

<http://www.dadamo.com/typebase4/typeindexer.htm>

Food Type	Beneficial Food	Neutral Food	Foods to Avoid
Meat, Poultry, Game	Lamb, Mutton, Rabbit, Turkey	Liver – calf, chicken, pig, pheasant	Bacon, Beef – including minced, Buffalo, Chicken, Duck, Goose, Ham, Heart, Partridge, Pork, Poussin, Veal, Venison, Quail
Seafood	Tuna, Cod, Hake, Mackerel, Monkfish, Red Snapper, Rainbow Trout, Sailfish, Sardines, Sea Trout, Shad, Snails, Sturgeon	Perlemoen, Carp, Catfish, Caviar, Herring - fresh, Mussels, Salmon, Scallops, Shark, Snapper, Squid, Swordfish	Anchovy, Barracuda, Clams, Crab, Crayfish, Eels, Frogs legs, Haddock, Pickled herring, Octopus, Oysters, Sea Bass, Shrimp, Smoked Salmon, Sole, Striped Bass
Dairy Products, Eggs	Cottage cheese, Farmers Cheese, Goats cheese, Goats milk, Mozzarella, Ricotta	Cheddar cheese, Crème fraiche, Edam, Emmenthal, Fromage Fraise, Gouda, Gruyere, High - / low-fat soft cheese, Milk - skimmed & semi skimmed, Munster cheese, Soya cheese, Soya milk, Whey, Yoghurt - frozen, Greek style, with fruit	Blue cheese, Brie, Butter, Buttermilk, Camembert, Ice cream, Parmesan, Sherbet
Oils, Fats	Olive oil	Rapeseed oil, Cod liver oil, Linseed (flax seed oil), Groundnut oil	Corn oil, Cottonseed oil, Safflower oil, Sunflower oil, Sesame oil
Nuts, Seeds	Chestnuts, Peanuts, Peanut butter, Walnuts	Almonds, Almond butter, Brazil nuts, Cashew nuts, Hickory nuts, Macadamia nuts, Pine nuts, Pistachio nuts	Hazel nuts, Poppy seeds, Pumpkin seeds, Sesame seeds, Sunflower margarine, Sunflower seeds, Tahini (sesame seed paste)
Beans, Pulses	Lentils – green, Navy beans, Pinto beans, Red beans, Soya beans	Broad beans, Green beans, Green peas, Lentils – brown, red	Chick peas, Kidney beans, Lima beans
Cereals	Millet, Oat bran, Oatmeal, Rice bran, Rice - puffed	Barley, Cream of rice, Cream of wheat, Granola, Wheatgerm, Shredded wheat, Wheat bran	Buckwheat, Corn flakes, Corn meal
Breads, Crispbreads, Muffins	Brown rice bread, Millet bread, Rice cakes, 100% Rye bread, Rye crisps, Soya flour bread, Sprouted wheat Essene bread, Ryvita crispbreads, Fin crisps	Bagels, Durum wheat bread, Gluten free bread, Ideal flat bread, Matzos, Multi grain bread, Oat bran muffins, Pumpernickel bread, High protein bread, Wheat bran muffins, Wholewheat bread	Corn muffins, Corn bread, Polenta
Grains, Pastas	Oat flour, Rye flour, Rice flour, Sprouted wheat flour, Rice - Basmati, brown, white	Couscous, Bulgar wheat flour, Durum wheat flour, Gluten flour, Plain flour, Self raising flour, Semolina pasta, Spelt flour, White flour, Wholewheat flour	Barley flour, Buckwheat flour, Soba (Buckwheat noodles), Tapioca
Vegetables, Herbs	Alfalfa sprouts, Aubergines, Beetroots, Beetroot leaves, Broccoli, Cauliflower, Celery, Collard greens, Cucumbers, Garlic, Kale, Mushrooms - maitake, Mustard greens, Parsley, Parsnips, Sweet potatoes, Tofu	Asparagus, Bamboo shoots, Brussel sprouts, Cabbage - Chinese, red, white, Carrots, Chervil's, Chicory, Coriander, Baby marrow, Endive, Fennel, Ginger, Horseradish, Kohlrabi, Leeks, Lettuce - Butterhead, Cos, Iceberg, Mangetouts, Mushrooms - Abalone, Chantarelles, Cultivated, Enoki, Portabello, Shitake, Olives - Greek, green, Spanish, Onions - Spanish, Spring, red, yellow, Potatoes - red, white, Pumpkins, Spinach, Squash - all types, Swiss Chard, Tomatoes, Turnips, Watercress	Avocado, Broad beans, Chilli peppers - Jalapeno, Globe artichokes, Jerusalem artichokes, Black olives, Radishes, Peppers - green, red, yellow, Sweetcorn
Fruits	Cherries, Cranberries, Figs, Gooseberries, Grapes - black, green, purple, red, Plums – green, purple, red	Apples, Apricots, Black berries, Black currants, Blueberries, Dates, Elderberries, Grapefruit, Kiwi, Kumquats, Lemons, Limes, Lychees, Melons, Nectarines, Oranges, Papayas, Peaches, Pears, Pineapples, Plantains, Prunes, Raisins, Raspberries, Red currants, Strawberries, Tangerines, Watermelons	Bananas, Coconut, Guava, Mango, Pomegranates, Prickly pears, Rhubarb, Star fruit
Juices, Other Fluids	Black cherry, Cabbage, Carrot, Celery, Cranberry, Grape, Papaya	Apple cider, Apple juice, Apricot, Cucumber, Grapefruit, Orange, Pineapple, Prune, Water with lemon juice	Orange
Spices, Herbs, Flavouring	Curry powder, Horseradish, Miso, Parsley	Basil, Bay leave, Bergamot, Brown rice syrup, Caraway seeds, Cardamom, Carob, Chervil, Chives, Chocolates, Cinnamon, Coriander, Cream of tartar, Cumin, Dill, Garlic, Honey, Maple syrup, Marjoram, Mint, Molasses, Mustard - dry, Nutmeg, Paprika, Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage, Salt, Seaweed's, Soy sauce, Spearmint, Sugar - brown, white, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Vinegars – balsamic, cider, red wine	All spice, Almond essence, Anise, Barley malt, Capers, Cayenne pepper, Cornflour, Corn syrup, Gelatine, Pepper - black, white, ground, Tapioca, Vinegar - white
Condiments		Jam & Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad dressing - low fat from acceptable ingredients	Avoid all pickled condiments, Ketchup, Relish, Worcestershire sauce
Beverages	Echinacea, Ginseng, Ginger, Green tea, Licorice root, Rosehip, Coffee - decaf & regular, Green tea	Camomile, Elderflower, Parsley, Peppermint, Raspberry leaf, Sage, Spearmint, St. John's Wort, Strawberry leaf, Thyme, Valerian, Soda water, Lager, Seltzer water, Wine – red, white	Aloe, Fenugreek, Gentian, Hops, Rhubarb, Senna, Distilled spirits, Tea - black, decaf, regular, Soda - Cola, diet, all others