

Type "AB" Foods (pg 1)

MEATS & POULTRY	SEAFOOD	EGGS & DAIRY
<p>Highly Beneficial</p> <p>Lamb Mutton Rabbit Turkey</p> <p>Neutral</p> <p>Liver Pheasant</p> <p>Avoid</p> <p>Bacon Beef: ground, regular Buffalo Chicken Cornish Hens Duck Goose Ham Heart Partridge Pork Quail Veal Venison</p>	<p>Highly Beneficial</p> <p>Albacore (Tuna) Cod Grouper Hake Mackerel Mahimahi Monkfish Ocean perch Pickerel Pike Porgy Rainbow trout Red snapper Sailfish Salmon Sardine Sea tout Shad Snail Sturgeon</p> <p>Neutral</p> <p>Abalone Bluefish Carp Catfish Caviar Herring (fresh) Mussels Scallop Shark Silver perch Smelt Snapper Sole Squid (calamari) Swordfish Tilefish Weakfish Whitefish White perch Yellow perch</p>	<p>Highly Beneficial</p> <p>Cottage cheese Farmer Feta Goat cheese Goat milk Kefir Mozzarella Ricotta Sour cream (non-fat) Yogurt</p> <p>Neutral</p> <p>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 <i>*Good dairy alternatives</i></p> <p>Avoid</p> <p>American cheese Blue cheese Brie Butter Buttermilk Camembert Ice cream Parmesan Provolone Sherbet Whole milk</p>

Type "AB" Foods (pg 2)

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Olive Oil</p> <p>Neutral Canola oil Cod liver oil Linseed (flaxseed) oil Peanut oil</p> <p>Avoid Corn oil Cottonseed oil Safflower oil Sesame oil Sunflower oil</p>	<p>Highly Beneficial Chestnuts Peanuts Peanut butter Walnuts</p> <p>Neutral Almond butter Nuts: almonds, Brazil, cashews, hickory, litchi, macadamia, pignola, pistachio</p> <p>Avoid Filberts Poppy seeds Pumpkin seeds Sesame butter (tahini) Sesame seeds Sunflower butter Sunflower seeds</p>	<p>Highly Beneficial Beans: navy, pinto, red, red soy Lentils: green</p> <p>Neutral Beans: broad, cannellini, copper, green, jicama, northern, snap, string, tamarind, white Lentils: domestic, red Peas: green, pods</p> <p>Avoid Beans: aduke, azuki, black, fava, kidney, garbanzo, lima Peas: black-eyed</p>	<p>Highly Beneficial Millet Oat bran Oatmeal Rice bran Rice: puffed Spelt</p> <p>Neutral Amaranth Barley Cream of rice Cream of wheat Familia Farina Farina Granola Grape nuts Seven-grain Shredded wheat Soy flakes Soy granules Wheat bran Wheat germ</p> <p>Avoid Buckwheat Cornflakes Cornmeal Kamut Kasha</p>



Type "AB" Foods (pg 3)

BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
<p>Highly Beneficial Brown rice bread Essene bread Ezekiel bread Fin Crisp Millet Rice cakes 100% rye bread Rye Crisps Rye Vita Soy flour bread Spouted wheat bread Wasa bread</p> <p>Neutral Bagels: wheat Durum wheat Gluten-free bread High-protein bread Ideal Flat Bread Matzos: wheat Multi-Grain Bread Oat bran muffins Pumpernickel Spelt bread Wheat bran muffins Whole wheat bread</p> <p>Avoid Corn muffins</p>	<p>Highly Beneficial Flour: oat, rice, rye, sprouted wheat Rice: bismati, brown, white, wild</p> <p>Neutral Couscous Flour: barley, bulgar wheat, Durum wheat, gluten, Graham, spelt, white, whole wheat Pasta: semolina, spinach Quinoa</p> <p>Avoid Buckwheat kasha Pasta: artichoke Soba noodles</p>	<p>Highly Beneficial Beet leaves Beets Broccoli Cauliflower Celery Collard greens Cucumber Dandelion Eggplant Garlic Kale Mustard greens Parsley Parsnips Potatoes: sweet Sprouts: alfalfa Tempeh Tofu Yams: all types</p> <p>Neutral Arugula Asparagus Bamboo shoots Bok choy Cabbage: Chinese, red, white Caraway Carrots Chervil Chicory Coriander Daikon Endive Escarole Fennel Fiddlehead ferns Ginger Horseradish Kohlrabi Leek Lettuce: Bibb, Boston, iceberg, mesclun, romaine</p>	<p>Mushroom: domestic, enoki, Portobello, oyster, tree Okra Olives: green, Greek, Spanish Onions: green, red, Spanish, yellow Potatoes: red, white Pumpkin Radicchio Rappini Rutabaga Scallion Seaweed Shallots Snow peas Spinach Sprouts: Brussels Squash: all types Swiss chard Tomato Turnips Water chestnut Watercress Zucchini</p> <p>Avoid Artichoke, domestic, Jerusalem Avocado Corn: white, yellow Lima beans Mushroom: abalone, shiitake Olives: black Peppers: green, red, jalapeno, yellow, Radishes Sprouts: mung, radish</p>

Type "AB" Foods (pg 4)

FRUIT	JUICES & FLUIDS	CONDIMENTS
<p>Highly Beneficial</p> <ul style="list-style-type: none"> Cherries Cranberries Figs: dried, fresh Gooseberries Grapes: black, Concord, green, red Grapefruit Kiwi Lemons Loganberries Pineapples Plums: dark, green, red <p>Neutral</p> <ul style="list-style-type: none"> Apples Apricots Blackberries Blueberries Boysenberries Currants: black, red Dates Elderberries Kumquat Limes 	<p>Melon, cantaloupe, canang, Crenshaw, Christmas, casaba, honeydew, musk, Spanish, watermelon</p> <p>Nectarines</p> <p>Papayas</p> <p>Peaches</p> <p>Pears</p> <p>Plantains</p> <p>Prunes</p> <p>Raisins</p> <p>Raspberries</p> <p>Strawberries</p> <p>Tangerines</p> <p>Avoid</p> <ul style="list-style-type: none"> Bananas Coconuts Guava Mangoes Oranges Persimmons Pomegranates Prickly pear Rhubarb Starfruit (carambola) 	<p>Highly Beneficial</p> <p>NONE</p> <p>Neutral</p> <ul style="list-style-type: none"> Jam (from acceptable fruits) Jelly (from acceptable fruits) Mayonnaise Mustard Salad dressing (low-fat, from acceptable ingredients) <p>Avoid</p> <ul style="list-style-type: none"> Ketchup Pickles: dill, kosher, sweet, sour relish Worcestershire sauce
	<p>Highly Beneficial</p> <ul style="list-style-type: none"> Cabbage Carrot Celery Cherry: black Cranberry Grape Papaya <p>Neutral</p> <ul style="list-style-type: none"> Apple Apple cider Apricot Cucumber Grapefruit Pineapple Prune Water (with lemon) Vegetable juice (corresponding with highlighted vegetables) <p>Avoid</p> <ul style="list-style-type: none"> Orange 	



...The Power of Balance

Type "AB" Foods (pg 5)

	SPICES	HERBAL TEAS	MISC BEVERAGES
<p>Highly Beneficial</p> <ul style="list-style-type: none"> Curry Garlic Horseradish Miso Parsley <p>Neutral</p> <ul style="list-style-type: none"> Agar Arrowroot Basil Bay leaf Bergamot Brown rice syrup Cardamom Carob Chervil Chive Chocolate Cinnamon Clove Coriander Cream of tartar Cumin Dill Dulse Honey Kelp Maple syrup Marjoram Mint Molasses Mustard (dry) Nutmeg Paprika 	<ul style="list-style-type: none"> Peppermint Pimiento Rice syrup Rosemary Saffron Sage Salt Savory Soy sauce Spearmint Sugar: brown, white Tamari Tamarind Tarragon Thyme Turmeric Vanilla Wintergreen <p>Avoid</p> <ul style="list-style-type: none"> Allspice Almond extract Anise Barley malt Capers Cornstarch Corn syrup Gelatin: plain Pepper: black ground, cayenne, peppercorn, red flakes, white Tapioca Vinegar: apple cider, balsamic, white, red wine 	<p>Highly Beneficial</p> <ul style="list-style-type: none"> Alfalfa Burdock Chamomile Echinacea Ginger Ginseng Green tea Hawthorn Licorice root Rose hips Strawberry leaf <p>Neutral</p> <ul style="list-style-type: none"> Catnip Cayenne Chickweed Dandelion Dong quai Elder Goldenseal Horehound Mulberry Parsley Peppermint Raspberry leaf Sage Saint-John's wort Sarsaparilla Slippery elm Spearmint Thyme Valerian Vervain White birch White oak bark Yarrow Yellow dock <p>Avoid</p> <ul style="list-style-type: none"> Aloe Coltsfoot Corn silk Fenugreek Gentian Hops Linden Mullein Red clover Rhubarb Senna Shepherd's purse Skullcap 	<p>Highly Beneficial</p> <ul style="list-style-type: none"> Coffee: regular, decaf Tea: green <p>Neutral</p> <ul style="list-style-type: none"> Beer Seltzer water Soda: club Wine: red, white <p>Avoid</p> <ul style="list-style-type: none"> Liquor, distilled Soda: cola, diet, other Tea, black: regular, decaf