

EAT RIGHT 4 YOUR BLOOD TYPE

BLOOD TYPE "AB"

Exercises that provide calm and focus are the best.. as are moderate isotonic exercises Diet is similar to the type of the A and B

Foods that encourage weight gain: red meat, kidney beans, lima beans, seeds, corn, buckwheat, wheat

Foods that encourage weight loss: tofu, seafood, dairy, green vegetables, kelp, pineapple

The food list below will be divided into "B" for beneficial, "N," for neutral and "A" for avoid

Meats: small portions (4-6 oz for men: 2-5oz. for women & children) three times per week.

B: lamb, mutton, rabbit, turkey

N: liver, pheasant

A: bacon, beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail

Seafood:

B: albacore tuna, cod, grouper, mackerel, ocean perch, pickerel, pike, rainbow trout, red snapper, sailfish, salmon, sardine, sea trout, shad, snail, sturgeon

N: abalone, carp, catfish, caviar, herring, mussels, scallop, shark, silver perch, smelt, snapper, sole, swordfish, whitefish, white perch, yellow perch

A: anchovy, clam, crab, flounder, frog, gray sole, haddock, halibut, pickled herring, lobster, smoked salmon, oysters, shrimp, striped bass

Dairy and eggs:

B: cottage cheese, farmer, feta, goat cheese, goat milk, Kefir, mozzarella, ricotta, sour cream (non-fat) yogurt, eggs (One 34x per week)

N: cheddar, colby, cream cheese, edam, gouda, Monterey jack, Munster, skim, soy cheese, soy milk, string cheese, Swiss, whey

A: American, blue, brie, butter, buttermilk, ice cream, parmesan, provolone, sherbet, whole milk

Oils and fats:

B: olive oil , ghee (in small amounts)

N: canola, cod liver, flaxseed, peanut oils

A: corn, cottonseed, safflower, sesame, sunflower oils

Nuts and Seeds: eat in small amounts and with caution nut butters are preferable to whole nuts

B: chestnuts, peanuts, peanut butter, walnuts

N: almond butter, almonds, brazil, cashews, hickory, macadamia, pistachio

A: filberts, poppy seeds, pumpkin seeds, sesame butter, sesame seeds, sunflower butter and seeds

Beans and Legumes:

B: navy, pinto, red, red soy beans, green lentils

N: broad, cannellini, copper, northern, green, jicama, snap, string, tamarind, white beans. Lentils, domestic and red. green peas and pea pods

A: aduke, azuki, black, fava, garbanzo, kidney, lima beans, black-eyed peas

Cereals:

B: millet, oat bran, oatmeal, rice bran, puffed rice, spelt

N: amaranth, barley, cream of rice, cream of wheat, familia, farina, granola, grape nuts, seven-grain, shredded wheat, soy flakes or granules, wheat bran (1x per wk.), wheat germ (1 x per week)

A: buckwheat, cornflakes, cornmeal, kamut, kasha

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Type "AB" cont...

Breads:

B: brown rice bread, essene, ezekial, fin crisp, millet, 'rice cakes, 100% rye bread, rye crisps, rye vita, soy flour bread, sprouted wheat bread, wasa

N: wheat bagels, durum wheat, gluten-free bread, high-protein bread, Ideal *flat* bread, wheat Matzos, multi-grain bread, oat bran muffins, pumpernickel, spelt bread, wheat bran muffins, whole wheat bread

A: corn bread and muffins

Grains and Pasta:

B: oat flour, rice flour, rye flour, sprouted wheat flour, basmati rice, brown rice, white rice, wild rice

N: couscous, barley flour, bulgur wheat flour, furum wheat flour, graham flour, spelt, white, whole wheat, semolina pasta (1 -2x per week), spinach pasta (1 -2x per week), quinoa

A: buckwheat, artichoke pasta, soba noodles, corn, buckwheat

Vegetables:

B: beets & leaves, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, mustard greens, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh, tofu all types of yarns

N: asparagus, cabbages, lettuces, olives, (except black) mushrooms, Brussels sprouts, tomato, and all not mentioned in A

A: artichoke, avocado, corn, lima beans, shitake mushroom, black olives, green, red, yellow & jalapeno peppers, radishes, mung sprouts, radish sprouts

Fruits:

B: cherries, cranberries, figs, grapes, grapefruit, kiwi, lemons, pineapples, plums

N: apples, apricots, blackberries, blueberries, currants, dates, elderberries, kumquat, limes, cantaloupe, honeydew, watermelon, nectarines, papayas, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines

A: bananas, coconuts, guava, mangoes, oranges, pomegranates, rhubarb

Juices and fluids:

begin each day with one-half lemon squeezed into water. Follow with a diluted glass of grapefruit or papaya juice

B: cabbage, carrot, celery, black cherry, cranberry, grape, papaya

N: apple, cider, apricot, cucumber, grapefruit, pineapple, prune

A: orange

Spices: sea salt and kelp should be used in place of salt

B: curry, garlic, horseradish, miso, parsley

A: allspice, almond extract, anise, barley malt, capers, cornstarch, corn syrup, plain gelatin, black, cayenne, red, or white pepper, tapioca, apple cider vinegar, balsamic vinegar, red wine and white vinegar

Condiments:

N: mayonnaise, mustard, low fat salad dressing

A: ketchup, pickles, relish, Worcestershire sauce, all pickled condiments

for further information on the blood type diet and lifestyle read

EAT RIGHT FOR YOUR TYPE by Dr. Peter J.D'Adamo with Catherine Whitney

For information on Zyto Assessments or Biological Terrain Analysis, please contact:

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