

BLOOD GROUP DIET

TYPE AB



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Disclaimer: Please consult your Medical Caregiver prior to embarking on any new diet. By following the diet detailed below you do so at your own risk. This diet is not tailored to the individual and should be viewed as a general guideline for those wishing to change their diet.

BLOOD GROUP DIET | Type: AB

Type AB is the 'newest' of the blood types. Ten or twelve centuries ago, there was little to no Type AB blood type. Type AB is the only blood type whose existence is the result of intermingling rather than evolution and environment.

MEAT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Lamb/Mutton Rabbit Turkey 	<ul style="list-style-type: none"> Calf Liver (occasional) 	<ul style="list-style-type: none"> Chicken Duck Bacon/Ham/Pork Beef Buffalo Heart Goose Snails Partridge Quail Veal Venison

Avoid chicken or at least keep it to a minimum.

SWEETNERS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
	<ul style="list-style-type: none"> Honey Fructose Maple Syrup Molasses Rice Syrup 	<ul style="list-style-type: none"> Barley Malt Corn Syrup Sugar (Brown/White) Dextrose Maltodextrin

FISH & SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Cod Flounder Grouper Mackerel Mahi-mahi Monkfish Ocean Perch Pickrel Pike Red Snapper Snails Sardine Shad Sturgeon Trout Tuna 	<ul style="list-style-type: none"> Abalone Bluefish Carp Catfish Caviar Herring (fresh) Mussels Perch (silver/white) Salmon (all) Scallop Snapper Squid Whitefish 	<ul style="list-style-type: none"> Anchovy Barracuda Bass (bluegill, sea, striped) Clam Conch Crab (all) Crayfish Eel Gray Sole Haddock Hake Halibut Lobster Octopus Oysters Shrimp Sole Yellowtail

Adapted from God's Pharmacy by Herman Uys

Adapted from Dr D'Adamo, <http://www.dadamo.com/>

BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Lentils (green) Navy Pinto Red Bean Red Soy Bean Tempeh (Fermented Soy) Tofu 	<ul style="list-style-type: none"> Broad Bean Cannellini Copper Bean Green Bean Jicama Lentil (domestic & red) Red Bean Snap Bean White Bean 	<ul style="list-style-type: none"> Adzuki Black Bean Black Eyed Pea Fava Bean Garbanzo Kidney Bean Lima Mung Bean (sprouts)

Beans should be soak 24 – 48 hrs prior to cooking or sprouted.

DAIRY & DAIRY PRODUCTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Cottage Cheese Farmer Cheese Feta Cheese Goat Cheese Milk Kefir Mozzarella Rice Milk Ricotta Cheese Sour Cream Yoghurt Eggs 	<ul style="list-style-type: none"> Almond Milk Casein Cheddar Cream Cheese Edam Cheese Emmenthal Gouda Gruyere Cow's milk Soy Cheese & Milk Swiss Cheese Whey / Whey Protein 	<ul style="list-style-type: none"> Blue Cheese Brie Butter Buttermilk Camembert Ice Cream Parmesan Provolone Sorbet

OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Olive Oil Walnut oil 	<ul style="list-style-type: none"> Black Currant Seed Oil Canola Oil Cod Liver Oil Flax seed oil Peanut Oil 	<ul style="list-style-type: none"> Coconut Oil Corn Oil Cottonseed Oil Safflower & Sunflower oil Sesame oil

CONDIMENTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Miso 	<ul style="list-style-type: none"> Chocolate Mayonnaise Mustard Salad Dressing Sea Salt Soy Sauce Tamari Worcestershire Sauce 	<ul style="list-style-type: none"> Almond Extract Gelatine Plain Guar gum Ketchup / tomato sauce MSG Vinegar All Spice Aniseed

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NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Chestnut • Peanut / Peanut Butter • Walnut (Black) • Walnut (English) 	<ul style="list-style-type: none"> • Almond / almond butter • Brazil Nut • Cashew/Cashew Butter • Pine nut • Pistachio • Flaxseed • Hickory • Macadamia • Pecan/Pecan butter 	<ul style="list-style-type: none"> • Hazelnut • Poppy Seed • Pumpkin Seed • Sesame Seed/ Tahini • Sunflower seed

GRAINS / CEREALS / BREADS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Essene / Manna Bread • Ezekiel Bread • Millet • Oat Flour • Oat/Oat Bran/Oatmeal • Rice (all) • Rey Flour /Rey Bread • Soy Flour Bread • Spelt 	<ul style="list-style-type: none"> • Amaranth • Barley • Couscous • Gluten Flour • Gluten Free Bread • Graham Flour • Quinoa • Soy Flour Bread • Spelt flour/products • Wheat / Wheat products 	<ul style="list-style-type: none"> • Buckwheat • Corn • Kamut • Soba Noodles • Tapioca • Teff

VEGETABLES / VEGETABLE JUICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Alfalfa Sprouts • Beet • Beet Greens / Juice • Broccoli • Cabbage juice • Carrot Juice • Celery / Celery Juice • Cauliflower • Collard Greens • Cucumber • Dandelion • Eggplant • Garlic • Kale • Mustard Greens • Parsnips • Sweet potato • Yam 	<ul style="list-style-type: none"> • Agar • Asparagus • Bamboo Shoot • Bok Choy • Brussel Sprout • Cabbage (all) • Carrot • Chervil • Chicory • Cucumber juice • Endive • Ginger • Horseradish • Kelp • Leek • Lettuce • Mushrooms (domestic & oyster, enoki, portobello) • Olives (Green, Spanish, Greek) • Onion (green & red) • Potatoes • Pimento • Sauerkraut • Scallion • Seaweed • Spinach • Squash • String bean • Swiss Chard • Fennel • Tomato • Turnip • Watercress • Zucchini 	<ul style="list-style-type: none"> • Aloe / aloe juice • Artichoke • Caper • Mushroom (abalone, shiitake) • Olives (black) • Peppers (all) • Pickle • Pumpkin • Radish • Rhubarb •

FRUITS / FRUIT JUICE

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Cherry • Cranberry / juice • Fig • Gooseberry • Grapefruit / juice • Grape / juice • Kiwi • Lemon/ juice • Papaya juice • Pineapple • Plum 	<ul style="list-style-type: none"> • Apple / apple juice • Apple cider • Apricot/ apricot juice • Blackberry / juice • Blueberry • Melons • Currants (Black/red) • Date • Elderberry • Kumquat • Lime / juice • Nectarine • Papaya • Peach • Pear / juice • Prune /juice • Pineapple Juice • Raisin • Raspberry • Strawberry • Tangerine • Water & Lemon • Watermelon 	<ul style="list-style-type: none"> • Avocado • Banana • Coconut • Coconut milk • Guava • Mango • Orange / orange juice • Persimmon • Pomegranate • Prickly Pear • Star fruit

HERBAL TEAS & OTHER BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Green Tea • Coffee (Regular/decaf) • Ginger Tea • Rooibos Tea 	<ul style="list-style-type: none"> • Beer • Seltzer Water • Club Soda • Wine (Red/White) 	<ul style="list-style-type: none"> • Liquor (Distilled) • Black / Regular Tea • Soda (diet or regular)

Exercise

Dr D'Adamo recommends a combination of both calming activities and more intense physical exercise to help maintain an optimal balance. For example, three days of aerobic exercise such as running or biking and two days of calming exercise such as yoga or tai chi.

Lifestyle Advice for Type Bs

Here are Dr D'Adamo's key lifestyle strategies for people with Blood Type AB:

- Cultivate your social nature in welcoming environments. Avoid situations that are highly competitive
- Avoid ritualistic thinking and fixating on issues, especially those you can't control or influence
- Develop a clear plan for goals and tasks – annually, monthly, weekly, daily – to avoid rushing
- Make lifestyle changes gradually, rather than trying to tackle everything at once
- Engage in forty-five to sixty minutes of aerobic exercise at least twice a week. Balanced by daily stretching, meditation or yoga
- Engage in a community, neighbourhood or other group activity that gives you a meaningful connection to a group
- Practice visualization techniques daily
- Also carve out time alone. Have at least one sport, hobby or activity that you perform independently of others
- Break up your workday with some physical activity, especially if your job is sedentary. You'll feel more energized

Quick Food Guide to Inflammation for Type AB

- Chicken
- Corn
- Buckwheat
- Lima Beans
- Kidney Beans

Foods Causing Inflammation



- Tofu
- Cultured Dairy Products
- Broccoli
- Walnuts
- Cauliflower

Foods Reducing Inflammation

