

Health Recovery Diet - Blood Type AB

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

Therapeutic Foods - *Eat daily*

>Veggies: Beets, Broccoli, Cauliflower, Collards, Cucumber, Dandelion, Celery, Eggplant, Garlic, Kale, Mustard Greens, Parsley, Parsnips, Sweet potatoes, Alfalfa sprouts, Tempeh, Tofu, Yams
 >Fruits: Cherries, Cranberries, Figs, Grapes, Kiwi, Lemons, Pineapple, Plums, Goose- & Loganberries, Grapefruit, Watermelon
 >Grains: Amaranth, Oats, Rice, Spelt, Millet, Ezekiel bread, Essene bread, Rye, Wasa bread, Soy flour, Sprouted wheat
 >Oils: Olive
 >Cheeses: Cottage, Farmer, Feta, Goat, Kefir, Mozzarella, Ricotta
 >Dairy: Goat Milk, Sour cream, Yogurt
 >Nuts & seeds: Chestnuts, peanuts, walnuts
 >Beans: Navy, Pinto, Lentils, Soy
 >Meat & fish: Lamb, Turkey, Venison, Rabbit
 Tuna, Cod, Mackerel, Ocean perch, Pike, Salmon, Sardines, Trout, Grouper, Shad, Red snapper, Mahi Mahi, Monkfish
 >Juices: Cabbage, Carrot, Celery, Black Cherry, Cranberry, Grape, Papaya
 >Spices & Condiments: Curry, Miso, Oregano, Parsley, Molasses
 >Misc.: Alfalfa, Ginger, Green Tea, Ginseng, Licorice, Echinacea, Rosehips, Hawthorne, Chamomile, Burdock

Inflammatory Foods - *Avoid*

>Veggies: Artichokes, Mushrooms (Shiitake), Olives (black), Peppers, Radishes, Sprouts (mung&radish), Rubarb
 >Fruit: Avacado, Bananas, Coconuts, Guava, Mango, Dewberry, Oranges, Persimmons, Rhubarb, Pomegranates, Prickly Pear, Starfruit
 >Grains: Corn, Buckwheat, Kamut, Kasha, Sorghum, Tapioca
 >Oils: Corn, Cottonseed, Safflower, Sesame, Sunflower
 >Cheeses: American, Blue, Brie, Provolone, String, Parmesan, Camembert
 >Dairy: Ice cream, Butter, Buttermilk, Milk
 >Nuts & seeds: Filberts, Poppy, Pumpkin, Sesame, Sunflower
 >Beans: Aduke, Azuki, Fava, Kidney, Lima, Black, Garbanzo, Black-eyed peas, Mung
 >Meat & fish: Chicken, Pork, Cornish Hens, Goose, Quail, Duck, Partridge, Veal, Venison, Anchovy, Bluegill Bass, Clam, Crab, Flounder, Haddock, Halibut, Herring, Lobster, Lox, Oysters, Shrimp, Sea Bass, Striped Bass
 >Spices & Condiments: Allspice, Almond extract, Anise, Barley malt, Capers, Cornstarch, Peppers (black & white), Gelatin, Cayenne, Tapioca, Vinegar, Ketchup, Pickles, Relish, Worcestershire sauce, Vinegar
Misc.: Aloe, Cornsilk, Mullein, Red Clover, Senna, Shepherd's Purse, Skullcap, Hops, Black teas, Colas, Coffee