

Type A and AB Food List

OK To Eat

Dairy

Farmer Cheese
Feta Cheese
Goat Cheese
Kefir
Milk (Goat)
Mozzarella Cheese
Ricotta Cheese
Soy Cheese
Soy Milk
String Cheese
Yogurt

Fruit

Apple
Apricot
Blackberry
Blueberry
Boysenberry
Canang Melon
Casaba Melon
* Cherry
Christmas Melon
* Cranberry
Crenshaw Melon
Currants (Black)
Currants (Red)
Date
Elderberry
* Fig (Dried)
* Fig (Fresh)
Gooseberry
Grape (Black)
Grape (Concord)
Grape (Green)
Grape (Red)
* Grapefruit
Jam From Ok'd Fruits
Jelly From Ok'd Fruits
Kiwi
Kumquat
* Lemon
Lime
Loganberry
Musk Melon
Nectarine
Peach
Pear
* Pineapple
* Plum (Dark)
* Plum (Green)
* Plum (Red)
Prune
Raisin
Raspberry
Spanish Melon

Strawberry
Watermelon

Herb

Arrowroot
Bay Leaf
Bergamot
Caraway
Cardamom
Carob
Chives
Chocolate
Cinnamon
Clove
Coriander
Creme of Tartar
Cumin
Curry
Dill
Dulse
Marjoram
Mint
Mustard Dry
Nutmeg
Paprika
Parsley
Peppermint
Rosemary
Saffron
Sage
Savory
Spearmint
Tamarind
Tarragon
Thyme
Turmeric
Vanilla

Vegetable

Agar
* Alfalfa Sprouts
Arugula
Asparagus
Bamboo Shoot
Basil
Beet
* Beet Leaves
Bok Choy
* Broccoli
Brussel Sprout
Carrot
Cauliflower
Celery
Chervil
Chickory
* Collard Greens
Cucumber

Daikon Radish
* Dandelion
Endive
Escarole
Fennel
Fiddlehead Fern
* Garlic
Ginger
Horseradish
* Kale
Kelp
Kohlrabi
Leek
Lettuce (Bibb)
Lettuce (Boston)
Lettuce (Iceberg)
Lettuce (Mesclun)
Lettuce (Romaine)
Mushroom (Enoki)
Mushroom (Oyster)
Mushroom (Portobello)
Mustard Greens
Okra
Olive (Green)
Onion (Green)
Onion (Red)
Onion (Spanish)
Onion (Yellow)
* Parsnip
Pea (Green)
Pea (Pod)
Pea (Snow)
Pimento
Pumpkin
Radicchio
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Spinach
Squash All Types
String Bean
Swiss Chard
Turnip
Water Chestnut
Watercress
Zucchini

Bread

Bagel (Wheat)
Brown Rice Bread
* Essene Bread
* Ezekiel Bread
Gluten Free Bread
Ideal Flat Bread
Rye 100% Bread

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OK To Eat

* Soy Flour Bread
Spelt Bread
* Sprouted Wheat Bread

Cereal

Couscous
Cream of Rice
Oat Bran
Oatmeal
Rice (Puffed)
Rice Bran

Flour

Barley Flour
Gluten Flour
Graham Flour
* Oat Flour
* Rice Flour
* Rye Flour
Spelt Flour
Wheat (Bulgar) Flour
Wheat (Duram) Flour
Wheat (Sprouted) Flour

Grain

Amaranth
Barley
Millet
Oat
Quinoa
Rice (Basmati)
Rice (Brown)
Rice (White)
Rice (Wild)
Spelt

Muffin/Cracker

Fin Crisp
Oat Bran Muffin
* Rice Cake
Rye Crisp
Rye Vita
Wasa Bread

Sweetener

Brown Rice Syrup
Honey
Maple Syrup
Rice Syrup
Sugar (Brown)
Sugar (White)

Bean

Broad Bean
Cannellini Bean
Green Bean
Jicama Bean
Lentil (Domestic)
* Lentil (Green)

Lentil (Red)
* Pinto Bean
Snap Bean
* Soy Bean
* Tempeh
* Tofu
White Bean

Nut/Seed

Almond
Almond Butter
Chestnut
Hickory
Litchi
Macadamia
* Peanut
* Peanut Butter
Pine (Pignola)
Walnut (English)

Oil

Canola Oil
Cod Liver Oil
Flaxseed (Linseed) Oil
* Olive Oil

Fish

Abalone
Carp
* Cod
* Grouper
* Mackerel
Mahimahi
* Monkfish
Perch (Ocean)
Perch (Silver)
Perch (White)
Perch (Yellow)
* Pickerel
Pike
Porgy
* Red Snapper
Sailfish
* Salmon
* Sardine
Shark
Smelt
* Snail
Snapper
Sturgeon
Swordfish
* Trout (Rainbow)
* Trout (Sea)
Tuna
Weakfish
Whitefish

Meat

Turkey

Beverage

* Alfalfa Juice
Apple Cider
Apple Juice
Apricot Juice
* Burdock Herbal Tea
Cabbage Juice
* Carrot Juice
* Celery Juice
* Chamomile Herbal Tea
* Cherry Juice
Chickweed Herbal Tea
* Coffee (Decaf)
* Coffee (Regular)
Cranberry Juice
Cucumber Juice
Dandelion Herbal Tea
Dong Quai Herbal Tea
* Echinacea Herbal Tea
Elder Herbal Tea
* Ginger Herbal Tea
* Ginseng Herbal Tea
Goldenseal Herbal Tea
Grape Juice
Grapefruit Juice
* Green Herbal Tea
* Hawthorn Herbal Tea
Horehound Herbal Tea
Licorice Herbal Tea
Mulberry Herbal Tea
Parsley Herbal Tea
Peppermint Herbal Tea
Pineapple Juice
Prune Juice
Raspberry Leaf Herbal Tea
* Rose Hips Herbal Tea
Sage Herbal Tea
Saint Johns Wort Herbal Tea
Sarsaparilla Herbal Tea
Slippery Elm Herbal Tea
Spearmint Herbal Tea
Strawberry Leaf Herbal Tea
* Tea (Green)
Thyme Herbal Tea
Valerian Herbal Tea
Vervain Herbal Tea
Water & Lemon
White Birch Herbal Tea
White Oak Bark Herbal Tea
Wine (Red)
Wine (White)
Yarrow Herbal Tea

Type A and AB Food List

OK To Eat

Condiment

- * Miso
 - Mustard
 - Salad Dress Approved Ing
 - Sea Salt
 - Soy Sauce
 - Tamari
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Type A and AB Food List

Avoid

Dairy

American Cheese
Blue Cheese
Brie Cheese
Butter
Buttermilk
Camembert Cheese
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal Cheese
Gouda Cheese
Gruyere Cheese
Ice Cream
Jarlsberg Cheese
Milk (Cow-Skim or 2%)
Milk (Cow-Whole)
Monterey Jack Cheese
Munster Cheese
Neufchatel Cheese
Parmesan Cheese
Provolone Cheese
Sherbet
Swiss Cheese
Whey

Fruit

Avocado
Banana
Cantaloupe
Coconut
Guava
Honeydew
Mango
Orange
Papaya
Pear (Prickly)
Persimmon
Plantain
Pomegranate
Starfruit (Carambola)
Tangerine

Herb

Allspice
Anise
Pepper (Black Ground)
Pepper (Cayenne)
Pepper (Peppercorn)
Pepper (Red Flakes)
Pepper (White)
Wintergreen

Vegetable

Artichoke (Domestic)
Artichoke (Jerusalem)
Black Eyed Pea
Cabbage (Chinese)
Cabbage (Red)
Cabbage (White)
Caper
Eggplant
Mushroom (Abalone)
Mushroom (Domestic)
Mushroom (Shiitake)
Olive (Black)
Olive (Greek)
Olive (Spanish)
Pepper (Green)
Pepper (Jalapeno)
Pepper (Red)
Pepper (Yellow)
Pickle (Dill)
Pickle (Kosher)
Pickle (Sour)
Pickle (Sweet)
Potato (Red)
Potato (Sweet)
Potato (White)
Radish
Radish Sprouts
Rhubarb
Tomato
Yam

Bread

High Protein Bread
Multi Grain Bread
Pumpnickel Bread
Wheat (Duram)
Wheat (Whole) Bread

Cereal

Cornflakes
Cornmeal
Cream of Wheat
Familia
Farina
Granola
Grape Nuts
Kasha
Seven Grain
Shredded Wheat
Wheat Bran
Wheat Germ

Flour

Wheat (White/Bleached) Flour
Wheat (Whole) Flour

Grain

Buckwheat
Corn (White)
Corn (Yellow)
Kamut
Tapioca

Muffin/Cracker

Corn Muffin
Wheat Bran Muffin
Wheat Matzos

Pasta

Artichoke Pasta
Semolina Pasta
Soba Noodles
Spinach Pasta

Sweetener

Barley Malt
Corn Syrup

Bean

Adzuki Beans
Black Bean
Copper Bean
Fava Bean
Garbanzo Bean
Kidney Bean
Lima Bean
Mung Beans (Sprouts)
Navy Bean
Red Bean
Tamarind Bean

Nut/Seed

Brazil Nut
Cashew
Filbert (Hazelnut)
Pistachio
Poppy Seed
Pumpkin Seed
Sesame Seed
Sunflower Butter
Sunflower Seed
Tahini

Oil

Corn Oil
Cottonseed Oil
Peanut Oil
Safflower Oil
Sesame Oil

Fish

Anchovy
Barracuda
Bass (Bluegill)
Bass (Sea)

Type A and AB Food List

Avoid

Bass (Striped)	Cayenne Herbal Tea
Beluga	Coltsfoot Herbal Tea
Bluefish	Corn Silk Herbal Tea
Catfish	Fenugreek Herbal Tea
Caviar	Gentian Herbal Tea
Clam	Hops Herbal Tea
Conch	Linden Herbal Tea
Crab	Liquor (Distilled)
Crayfish	Mullein Herbal Tea
Eel	Orange Juice
Flounder	Papaya Juice
Frog	Red Clover Herbal Tea
Gray Sole	Rhubarb Herbal Tea
Haddock	Seltzer Water
Hake	Senna Herbal Tea
Halibut	Shepherd's Purse Herbal Tea
Herring (fresh)	Skullcap Herbal Tea
Herring (pickled)	Soda (Club)
Lobster	Soda (Cola)
Lox	Soda (Diet)
Mussels	Soda (Other)
Octopus	Tea (Black Decaf)
Oyster	Tea (Black Regular)
Scallop	Yellow Dock Herbal Tea
Shad	
Shrimp	
Sole	
Squid	
Tilefish	
Yellowtail	

Meat

Bacon
Beef
Buffalo
Chicken
Cornish Hens
Duck
Goose
Ham
Heart
Lamb
Liver
Mutton
Partridge
Pheasant
Pork
Quail
Rabbit
Turtle
Veal
Venison

Beverage

Aloe Herbal Tea
Beer
Catnip Herbal Tea

Condiment

Almond Extract
Corn Starch
Gelatin Plain
Ketchup
Mayonnaise
Pickle Relish
Vinegar (Balsamic)
Vinegar (Cider)
Vinegar (Red Wine)
Vinegar (White)
Worcestershire Sauce
