

Type AB Food List

OK To Eat

Dairy

Casein
Cheddar Cheese
Colby Cheese
* Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal Cheese
* Farmer Cheese
* Feta Cheese
* Goat Cheese
Gouda Cheese
Gruyere Cheese
Jarlsberg Cheese
* Kefir
Milk (Cow-Skim or 2%)
* Milk (Goat)
Monterey Jack Cheese
* Mozzarella Cheese
Munster Cheese
Neufchatel Cheese
* Ricotta Cheese
* Sour Cream (non-fat)
Soy Cheese
Soy Milk
String Cheese
Swiss Cheese
Whey
* Yogurt

Fruit

Apple
Apricot
Blackberry
Blueberry
Boysenberry
Canang Melon
Cantaloupe
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
Honeydew

Jam From Ok'd Fruits
Jelly From Ok'd Fruits
* Kiwi
Kumquat
* Lemon
Lime
* Loganberry
Musk Melon
Nectarine
Papaya
Peach
Pear
* Pineapple
Plantain
* Plum (Dark)
* Plum (Green)
* Plum (Red)
Prune
Raisin
Raspberry
Spanish Melon
Strawberry
Tangerine
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
Wintergreen

Vegetable

Agar
* Alfalfa Sprouts
Arugula
Asparagus
Bamboo Shoot
Basil
* Beet
* Beet Leaves
Bok Choy
* Broccoli
Brussel Sprout
Cabbage (Chinese)
Cabbage (Red)
Cabbage (White)
Carrot
* Cauliflower
* Celery
Chervil
Chickory
* Collard Greens
* Cucumber
Daikon Radish
* Dandelion
* Eggplant
Endive
Escarole
Fennel
Fiddlehead Fern
* Garlic
Ginger
Horseradish
* Kale
Kelp
Kohlrabi
Leek
Lettuce (Bibb)
Lettuce (Boston)
Lettuce (Iceberg)
Lettuce (Mesclun)
Lettuce (Romaine)
Mushroom (Domestic)
Mushroom (Enoki)
Mushroom (Oyster)
Mushroom (Portobello)
* Mustard Greens
Okra
Olive (Greek)
Olive (Green)
Olive (Spanish)
Onion (Green)
Onion (Red)
Onion (Spanish)

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Onion (Yellow)
* Parsnip
Pea (Green)
Pea (Pod)
Pea (Snow)
Pimento
Potato (Red)
* Potato (Sweet)
Potato (White)
Pumpkin
Radicchio
Rappini
Rutabaga
Scallion
Seaweed
Shallots
Spinach
Squash All Types
String Bean
Swiss Chard
Tomato
Turnip
Water Chestnut
Watercress
* Yam
Zucchini

Bread

Bagel (Wheat)
* Brown Rice Bread
* Essene Bread
* Ezekiel Bread
Gluten Free Bread
High Protein Bread
Ideal Flat Bread
Multi Grain Bread
Pumpnickel Bread
* Rye 100% Bread
* Soy Flour Bread
Spelt Bread
* Sprouted Wheat Bread
Wheat (Duram)
Wheat (Whole) Bread

Cereal

Couscous
Cream of Rice
Cream of Wheat
Familia
Farina
Granola
Grape Nuts
* Oat Bran
* Oatmeal
* Rice (Puffed)
* Rice Bran
Seven Grain

Shredded Wheat
Wheat Bran
Wheat Germ

Flour

Barley Flour
Gluten Flour
Graham Flour
* Oat Flour
* Rice Flour
* Rye Flour
Spelt Flour
Wheat (Bulgar) Flour
Wheat (Duram) Flour
* Wheat (Sprouted) Flour
Wheat (White/Bleached) Flour
Wheat (Whole) 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
Wheat Bran Muffin
Wheat Matzos

Pasta

Semolina Pasta
Spinach Pasta

Sweetener

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

Bean

Broad Bean
Cannellini Bean
Copper Bean
Green Bean
Jicama Bean

Lentil (Domestic)
* Lentil (Green)
Lentil (Red)
* Navy Bean
Northern Bean
* Pinto Bean
* Red Bean
Snap Bean
* Soy Bean
Tamarind Bean
* Tempeh
* Tofu
White Bean

Cereal

Soy Flakes
Soy Granules

Nut/Seed

Almond
Almond Butter
Brazil Nut
Cashew
* Chestnut
Hickory
Litchi
Macadamia
* Peanut
* Peanut Butter
Pine (Pignola)
Pistachio
* Walnut (English)

Oil

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

Fish

Abalone
Bluefish
Carp
Catfish
Caviar
* Cod
* Grouper
* Hake
Herring (fresh)
* Mackerel
* Mahimahi
* Monkfish
Mussels
* Perch (Ocean)
Perch (Silver)
Perch (White)
Perch (Yellow)

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* Pickerel	Goldenseal Herbal Tea
* Pike	* Grape Juice
* Porgy	Grapefruit Juice
* Red Snapper	* Green Herbal Tea
* Sailfish	* Hawthorn Herbal Tea
* Salmon	Horehound Herbal Tea
* Sardine	* Licorice Herbal Tea
Scallop	Mulberry Herbal Tea
* Shad	* Papaya Juice
Shark	Parsley Herbal Tea
Smelt	Peppermint Herbal Tea
* Snail	Pineapple Juice
Snapper	Prune Juice
Sole	Raspberry Leaf Herbal Tea
Squid	* Rose Hips Herbal Tea
* Sturgeon	Sage Herbal Tea
Swordfish	Saint Johns Wort Herbal Tea
Tilefish	Sarsaparilla Herbal Tea
* Trout (Rainbow)	Seltzer Water
* Trout (Sea)	Slippery Elm Herbal Tea
* Tuna	Soda (Club)
Weakfish	Spearmint Herbal Tea
Whitefish	* 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
	Yellow Dock Herbal Tea

Meat

- * Lamb
 - Liver
 - * Mutton
 - Pheasant
 - * Rabbit
 - * Turkey
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Beverage

- * Alfalfa Juice
- Apple Cider
- Apple Juice
- Apricot Juice
- Beer
- * Burdock Herbal Tea
- * Cabbage Juice
- * Carrot Juice
- Catnip Herbal Tea
- Cayenne Herbal Tea
- * 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

Condiment

- Mayonnaise
 - * Miso
 - Mustard
 - Salad Dress Approved Ing
 - Sea Salt
 - Soy Sauce
 - Tamari
-

Type AB Food List

Avoid

Dairy

American Cheese
Blue Cheese
Brie Cheese
Butter
Buttermilk
Camembert Cheese
Ice Cream
Milk (Cow-Whole)
Parmesan Cheese
Provolone Cheese
Sherbet

Fruit

Avocado
Banana
Coconut
Guava
Mango
Orange
Pear (Prickly)
Persimmon
Pomegranate
Starfruit (Carambola)

Herb

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

Vegetable

Artichoke (Domestic)
Artichoke (Jerusalem)
Black Eyed Pea
Caper
Mushroom (Abalone)
Mushroom (Shiitake)
Olive (Black)
Pepper (Green)
Pepper (Jalapeno)
Pepper (Red)
Pepper (Yellow)
Pickle (Dill)
Pickle (Kosher)
Pickle (Sour)
Pickle (Sweet)
Radish
Radish Sprouts
Rhubarb

Cereal

Cornflakes
Cornmeal
Kasha

Grain

Buckwheat
Corn (White)
Corn (Yellow)
Kamut
Tapioca

Muffin/Cracker

Corn Muffin

Pasta

Artichoke Pasta
Soba Noodles

Sweetener

Barley Malt
Corn Syrup

Bean

Adzuki Beans
Black Bean
Fava Bean
Garbanzo Bean
Kidney Bean
Lima Bean
Mung Beans (Sprouts)

Nut/Seed

Filbert (Hazelnut)
Poppy Seed
Pumpkin Seed
Sesame Seed
Sunflower Butter
Sunflower Seed
Tahini

Oil

Corn Oil
Cottonseed Oil
Safflower Oil
Sesame Oil
Sunflower Oil

Fish

Anchovy
Barracuda
Bass (Bluegill)
Bass (Sea)
Bass (Striped)
Beluga
Clam
Conch
Crab
Crayfish
Eel
Flounder
Frog
Gray Sole
Haddock

Halibut
Herring (pickled)
Lobster
Lox
Octopus
Oyster
Shrimp
Yellowtail

Meat

Bacon
Beef
Buffalo
Chicken
Cornish Hens
Duck
Goose
Ham
Heart
Partridge
Pork
Quail
Turtle
Veal
Venison

Beverage

Aloe Herbal Tea
Coltsfoot Herbal Tea
Corn Silk Herbal Tea
Fenugreek Herbal Tea
Gentian Herbal Tea
Hops Herbal Tea
Linden Herbal Tea
Liquor (Distilled)
Mullein Herbal Tea
Orange Juice
Red Clover Herbal Tea
Rhubarb Herbal Tea
Senna Herbal Tea
Shepherd's Purse Herbal Tea
Skullcap Herbal Tea
Soda (Cola)
Soda (Diet)
Soda (Other)
Tea (Black Decaf)
Tea (Black Regular)

Condiment

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

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Avoid

Worcestershire Sauce