### Type AB Food List

#### 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
- Cananga 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

#### 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

#### 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 (Romaine)
- Mushroom (Domestic)
- Mushroom (Enoki)
- Mushroom (Oyster)
- Mushroom (Portobello)
- Mustard Greens
- Okra
- Olive (Greek)
- Olive (Green)
- Olive (Spanish)
- Onion (Green)
- Onion (Red)
- Onion (Spanish)

*Food is Beneficial*
**Type AB Food List**

<table>
<thead>
<tr>
<th>Foods</th>
<th>OK To Eat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Onion</strong> (Yellow)</td>
<td>Lentil (Domestic)</td>
</tr>
<tr>
<td><em>Parsnip</em></td>
<td><em>Lentil (Green)</em></td>
</tr>
<tr>
<td><strong>Pea</strong> (Green)</td>
<td><em>Lentil (Red)</em></td>
</tr>
<tr>
<td><strong>Pea</strong> (Pod)</td>
<td><em>Navy Bean</em></td>
</tr>
<tr>
<td><strong>Pea</strong> (Snow)</td>
<td>Northern Bean</td>
</tr>
<tr>
<td><strong>Pimento</strong></td>
<td><em>Pinto Bean</em></td>
</tr>
<tr>
<td><strong>Potato (Red)</strong></td>
<td><em>Red Bean</em></td>
</tr>
<tr>
<td><em>Potato (Sweet)</em></td>
<td>Snap Bean</td>
</tr>
<tr>
<td><strong>Potato</strong> (White)</td>
<td><em>Soy Bean</em></td>
</tr>
<tr>
<td><strong>Pumpkin</strong></td>
<td>Tamarind Bean</td>
</tr>
<tr>
<td><strong>Radicchio</strong></td>
<td><em>Tempeh</em></td>
</tr>
<tr>
<td><strong>Rappini</strong></td>
<td><em>Tofu</em></td>
</tr>
<tr>
<td><strong>Rutabaga</strong></td>
<td>White Bean</td>
</tr>
<tr>
<td><strong>Scallion</strong></td>
<td><strong>Soy</strong></td>
</tr>
<tr>
<td><strong>Seaweed</strong></td>
<td>Soy Granules</td>
</tr>
<tr>
<td><strong>Shallots</strong></td>
<td><strong>Nut/Seed</strong></td>
</tr>
<tr>
<td><strong>Spinach</strong></td>
<td>Almond</td>
</tr>
<tr>
<td><strong>Squash All Types</strong></td>
<td>Almond Butter</td>
</tr>
<tr>
<td><strong>String Bean</strong></td>
<td>Brazil Nut</td>
</tr>
<tr>
<td><strong>Swiss Chard</strong></td>
<td>Cashew</td>
</tr>
<tr>
<td><strong>Tomato</strong></td>
<td><em>Chestnut</em></td>
</tr>
<tr>
<td><strong>Turnip</strong></td>
<td>Hickory</td>
</tr>
<tr>
<td><strong>Water Chestnut</strong></td>
<td>Litchi</td>
</tr>
<tr>
<td><strong>Watercress</strong></td>
<td>Macadamia</td>
</tr>
<tr>
<td><em>Yam</em></td>
<td><em>Peanut</em></td>
</tr>
<tr>
<td><em>Zucchini</em></td>
<td><em>Peanut Butter</em></td>
</tr>
<tr>
<td><strong>Bread</strong></td>
<td><em>Pine (Pignola)</em></td>
</tr>
<tr>
<td>Bagel (Wheat)</td>
<td>Pistachio</td>
</tr>
<tr>
<td><em>Brown Rice Bread</em></td>
<td><em>Walnut (English)</em></td>
</tr>
<tr>
<td><em>Essene Bread</em></td>
<td><strong>Oil</strong></td>
</tr>
<tr>
<td><em>Ezekiel Bread</em></td>
<td>Canola Oil</td>
</tr>
<tr>
<td>Gluten Free Bread</td>
<td>Cod Liver Oil</td>
</tr>
<tr>
<td>High Protein Bread</td>
<td>Flaxseed (Linseed) Oil</td>
</tr>
<tr>
<td>Ideal Flat Bread</td>
<td><em>Olive Oil</em></td>
</tr>
<tr>
<td>Multi Grain Bread</td>
<td>Peanut Oil</td>
</tr>
<tr>
<td>Pumpernickel Bread</td>
<td><strong>Fish</strong></td>
</tr>
<tr>
<td><em>Rye 100% Bread</em></td>
<td>Abalone</td>
</tr>
<tr>
<td><em>Soy Flour Bread</em></td>
<td>Bluefish</td>
</tr>
<tr>
<td>Spelt Bread</td>
<td>Carp</td>
</tr>
<tr>
<td><em>Sprouted Wheat Bread</em></td>
<td>Catfish</td>
</tr>
<tr>
<td>Wheat (Duram)</td>
<td>Caviar</td>
</tr>
<tr>
<td>Wheat (Whole) Bread</td>
<td><em>Cod</em></td>
</tr>
<tr>
<td><strong>Muffin/ Cracker</strong></td>
<td><em>Grouper</em></td>
</tr>
<tr>
<td><em>Fin Crisp</em></td>
<td><em>Hake</em></td>
</tr>
<tr>
<td>Oat Bran Muffin</td>
<td>Herring (fresh)</td>
</tr>
<tr>
<td><em>Rice Cake</em></td>
<td><em>Mackerel</em></td>
</tr>
<tr>
<td><em>Rye Crisp</em></td>
<td><em>Mahimahi</em></td>
</tr>
<tr>
<td><em>Rye Vita</em></td>
<td><em>Monkfish</em></td>
</tr>
<tr>
<td><em>Wasa Bread</em></td>
<td>Mussels</td>
</tr>
<tr>
<td>Wheat Bran Muffin</td>
<td><em>Perch (Ocean)</em></td>
</tr>
<tr>
<td>Wheat Matzos</td>
<td><em>Perch (Silver)</em></td>
</tr>
<tr>
<td><strong>Pasta</strong></td>
<td><em>Perch (White)</em></td>
</tr>
<tr>
<td>Semolina Pasta</td>
<td><em>Perch (Yellow)</em></td>
</tr>
<tr>
<td>Spinach Pasta</td>
<td><strong>Sweetener</strong></td>
</tr>
<tr>
<td><strong>Cereal</strong></td>
<td>Brown Rice Syrup</td>
</tr>
<tr>
<td>Couscous</td>
<td>Honey</td>
</tr>
<tr>
<td>Cream of Rice</td>
<td>Maple Syrup</td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>Molasses</td>
</tr>
<tr>
<td>Familia</td>
<td>Rice Syrup</td>
</tr>
<tr>
<td>Farina</td>
<td>Sugar (Brown)</td>
</tr>
<tr>
<td>Granola</td>
<td>Sugar (White)</td>
</tr>
<tr>
<td>Grape Nuts</td>
<td><strong>Bean</strong></td>
</tr>
<tr>
<td><em>Oat Bran</em></td>
<td>Broad Bean</td>
</tr>
<tr>
<td><em>Oatmeal</em></td>
<td>Cannellini Bean</td>
</tr>
<tr>
<td><em>Rice (Puffed)</em></td>
<td>Copper Bean</td>
</tr>
<tr>
<td><em>Rice Bran</em></td>
<td>Green Bean</td>
</tr>
<tr>
<td>Seven Grain</td>
<td>Jicama Bean</td>
</tr>
</tbody>
</table>

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* *Food is Beneficial*
Type AB Food List

* Pickerel
* Pike
* Porgy
* Red Snapper
* Sailfish
* Salmon
* Sardine
* Scallops
* Shad
* Shark
* Smelt
* Snail
* Snapper
* Sole
* Squid
* Sturgeon
* Swordfish
* Tilefish
* Trout (Rainbow)
* Trout (Sea)
* Tuna
* Weakfish
* Whitefish

Meat
* Lamb
* Liver
* Mutton
* Pheasant
* Rabbit
* Turkey

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
* Goldenseal Herbal Tea
* Grape Juice
* Grapefruit Juice
* Green Herbal Tea
* Hawthorn Herbal Tea
* Horchow Herbal Tea
* Licorice Herbal Tea
* Mulberry Herbal Tea
* Papaya Juice
* 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
* Seltzer Water
* Slippery Elm Herbal Tea
* Soda (Club)
* 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
* Yellow Dock Herbal Tea

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

* Food is Beneficial
# Type AB Food List

## 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

## 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)
Worcestershire Sauce