

*Very special thanks to Doctors Peter and James D'Adamo for their pioneer work in this important aspect of diet. Peter's book "Eat Right 4 Your Blood Type" is a must read for all who wish to deepen their understanding of how specific foods relate to your blood type and health.*

### Overview

This information is shared as general guidelines to help focus your food sensitivity experiments. There is, to-date, no one easy accurate way to determine which specific foods will best support your health and healing or which foods will interfere with it. With this understood, please view the following Blood Type guidelines as a focus tools to direct your attention to those foods with a higher likelihood of interfering with your metabolism.

Please note, however, that there are many reasons beyond blood type predispositions which determine our individual responses to foods. When it comes to food sensitivities, the proof is still in the pudding! We encourage each of our clients to engage our more comprehensive Detoxification-Elimination-Provocation process to more accurately assess the impact of specific foods. As this process requires more time and attention, we commonly begin with a Modified Elimination Diet for starters and focus on the most common, significant and often blood type related food intolerances first.

### Blood Type AB

- This blood type has qualities of both type A and type B.
- Has a sensitive digestive tract with relatively low stomach acid and a tolerant immune system.
- **Avoid wherever possible:** Red meat, corn, kidney beans, lima beans, wheat (in excess), seeds. These foods may inhibit insulin efficiency, cause hypoglycemia, slow metabolism, and often increase body fat.
- **Foods typically well tolerated and beneficial:** Tofu, seafood, green vegetables, kelp, pineapple, certain dairy products. This blood type appears to be more predisposed to heart disease, cancer, anemia.

### Stress

- Stress manifests its deleterious effects most significantly on the nervous system.
- Often resulting in anxiety, irritability, and eventually in mental/nervous exhaustion
- The best way to counteract stress is by calming or quieting activities, e.g. meditation, yoga, tai chi, breathing exercises, nature walks, guided imagery, soft music, aromatherapy, hot bath etc.
- Vigorous or competitive exercise will only further exhaust one's nervous energy if proper attention is not given to sufficient rest and relaxation.

## Beans & Legumes

*Typically well tolerated and often beneficial:*

- Beans: navy, pinto, red, soy

*Typically tolerated:*

- Tempeh
- Tofu
- Lentils: Green, Red, Pods
- Beans: broad, cannellini, copper, northern, green, jicama, snap, string, white, tamarind, white

*Avoid wherever possible:*

- Beans: aduke, azuki, black, fava, garbanzo, kidney, lima
- Peas: Black-eyed

## Carbohydrates

*Please refer to the Glycemic Index when choosing your carbohydrate selections and wherever possible, balance your carbohydrate selections with suitable protein and fat selections as better blood sugar control will improve fat burning, mental function, endurance and immunity.*

### Grains & Pasta

*Typically well tolerated and often beneficial:*

- Oat flour
- Rice flour
- Rye flour
- Spouted wheat flour
- Basmati rice
- Brown rice
- White rice
- Wild rice

*Typically tolerated:*

- Couscous
- Bulgur wheat flour
- Durum wheat flour
- Gluten flour
- Graham flour
- Spelt flour
- Whole wheat flour
- Semolina pasta
- Quinoa

*Avoid wherever possible:*

- Buckwheat kasha
- Barley flour
- Artichoke pasta
- Soba noodles
- Corn (white, yellow)

### Vegetables

*Typically well tolerated and often beneficial:*

- Beet leaves
- Beets
- Broccoli
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Dandelion
- Eggplant
- Garlic
- Kale
- Mushroom (maitake)
- Mustard greens
- Parsley
- Parsnips
- Sweet potatoes
- Sprouts (alfalfa)
- Tempeh
- Tofu
- Yams (all types)

*Typically tolerated:*

- Arugula
- Asparagus
- Avocado
- Bamboo shoots
- Bok choy
- Cabbage (chinese, red, white)
- Caraway
- Carrots
- Chervil
- Chicory
- Coriander
- Daikon
- Endive
- Escarole
- Fennel
- Fiddlehead ferns
- Ginger
- Horseradish
- Kohlrabi
- Leek
- Lettuce (bibb, boston, iceberg, mesclun, romaine)
- Mushrooms (abalone, domestic, portobello, shiitake, tree oyster, enoki)
- Olives (green, greek, spanish)
- Onions (green, red)
- Potatoes (red, white)
- Pumpkin
- Radicchio
- Rappini
- Rutabaga
- Scallion
- Seaweed
- Shallots
- Snow peas
- Sprouts (Brussels)
- Squash (all types)
- Swiss chard
- Tomatoes
- Turnips
- Water Chestnuts
- Watercress
- Zucchini

## Spices & Herbs

### Spices

*Typically well tolerated and often beneficial:*

- Curry
- Garlic
- Horseradish

- Miso
- Parsley

*Avoid wherever possible:*

- Allspice
- Almond extract
- Anise
- Cornstarch
- Corn syrup
- Gelatin (plain ground)
- Pepper (black, cayenne, peppercorn, red flakes, white)

- Barley malt
- Capers
- Tapioca
- White vinegar

### Herbal Tea

*Typically well tolerated and often beneficial:*

- Alfalfa
- Burdock
- Chamomile
- Ginseng
- Green Tea
- Hawthorn
- Strawberry leaf

- Echinacea
- Ginger
- Licorice Root
- Rose hips

*Avoid wherever possible:*

- Aloe
- Coltsfoot
- Corn silk
- Hops
- Linden
- Mullein
- Senna
- Shepherd's purse
- Skullcap

- Fenugreek
- Gentian
- Red clover
- Rhubarb