



Eating right - Blood Type AB

The following lists of foods are summary of the excellent work done by Dr D'Adamo, in his latest book, "Live Right For Your Type" and includes update information regarding "Secretor Status", an important clinical distinction when it comes to food selection.

Consider the "**Secretor**" (around 80% of people) as a person with their blood type, and thus their immune components, expressed throughout their body fluids, like a well guarded facility with a security fence and guard dogs, designed for all sorts of possible attacks.

In contrast consider the "**Non-Secretor**" as the more primitive or simplistic immune system, with its components present in the blood. The analogy would be a burglar alarm inside your house, when it goes off you are already in trouble, and the battle for survival may be expensive with the home invasion hard to reverse.

In life we find the non-secretor less able to cope with the modern existence of chemicals, high carbohydrate consumption and man-made bugs and viruses. Chronic fatigue, endocarditis (inflammatory infection of the heart), hypersensitivity to chemicals and foods, alcoholism, and diabetes are more common with non-secretor group.

If you don't have a history of the above you can presume yourself to be a SECRETOR until further testing determines otherwise.

The following lists apply to the "**Type AB Secretor**". To find out your secretor status you will need to order the saliva test kit from the web site at www.dadamo.com and follow the instructions.

To maintain Acid/Alkaline ratios a 70% fruit and vegetable based diet daily should be attained with a close to 80% for the A blood type.

If you want to recover from poor health, eat largely from the Highly Beneficial sections and supplement from the Neutral only. If you don't yet know your secretor status, it is advised that you order the saliva test.

Foods that encourage Weight Gain

Red meat, Kidney beans, Lima beans, Seeds, Sweetcorn, Buckwheat, Wheat

Foods that encourage Weight Loss

Tofu, Seafood, Green Vegetables, Kelp, Dairy Products, Alkaline Fruits, Pineapple



Easy Reference Guide to Healthy Eating
Blood Type AB, Secretor

TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
MEAT	Turkey	Lamb, Mutton, Rabbit, Liver (calf, chicken,), Pheasant	Bacon, Beef (including minced), Chicken, Duck, Goose, Ham, Heart, Pork, Quail, Veal, venison
SEAFOOD	Albacore (tuna), Cod, Grouper, Mackerel, Mahimahi, Red Snapper, Salmon, Sardines, Shad, Snails, Sturgeon	Abalone, Caviar , Herring (fresh), Mullet, Mussels, Orange Roughy, Perch, Scallops, Shark, Snapper, Squid, Swordfish	Anchovy, Barracuda, Bass, Crab, Crayfish, Flounder, Haddock, Hake, Halibut, Herring (pickled), Lobster, Octopus, Oysters, Prawns, Shrimp, Smoked Salmon, Sole, Trout, Whiting
EGGS CHEESES YOGHURT MILK	Cottage cheese, Egg white, Feta, Goat's Cheese, Goat's Milk, Kefir, Mozzarella cheese, Ricotta cheese, Sour cream (low fat), Yoghurt	Cheddar cheese, Edam cheese, Emmenthal cheese, Egg yolk, Ghee, Gouda cheese, Gruyere Cheese, Jarlsburg cheese, Milk (skimmed), Soy milk (Bonsoy or Vitasoy), Soya cheese, Whey	Blue cheese, Brie, Butter, Buttermilk, Camembert, Duck eggs, Ice-cream, Parmesan Cheese, Milk (whole cow's)
OILS AND FATS	Olive Oil, Walnut	Almond, Black currant seed oil, Borage, Canola Oil, Cod Liver Oil, Evening primrose, Linseed (flaxseed) oil, Peanut oil, Soy oil, Wheatgerm oil	Coconut, Corn Oil, Cottonseed Oil, Safflower Oil, Sunflower Oil, Sesame Oil
NUTS AND SEEDS	Chestnuts, Peanuts, Peanut Butter (freshly made, not supermarket variety), Walnuts	Almonds, Almond Butter, Brazil Nuts, Cashew Nuts, Flax seed, Macadamia Nuts, Pecans, Pine Nuts, Pistachio Nuts	Hazelnuts, Poppy Seeds, Pumpkin seeds, Sesame Seeds, Sunflower Margarine, Sunflower Seeds, Tahini (sesame seed paste)
BEANS	Lentils (green), Miso, Navy Beans, Pinto beans, Soya Beans, Tempeh, Tofu	Broad Beans, Cannellini Beans, Green Beans, Green Peas, Tamarind beans, Lentils (brown, red)	Adzuki Beans, Black Beans, Black-eyed Beans, Chickpeas, Fava beans, Kidney beans, Lima beans, Mung beans (sprouts as well)



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TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
CEREALS	Amaranth, Essene (sprouted) bread, Millet, Oat Bran, Oatmeal, Rice Bran, Rice (all)	Barley, Wheatgerm, Shredded Wheat, Wheat Bran, Quinoa	Buckwheat, Kamut, Cornflakes, Cornmeal, Popcorn, Tapioca
BREADS	Brown rice bread, Fin crisps, Millet bread, Rice crackers, Sprouted-wheat Essence Bread, 100 per cent Rye bread, Rye crisps, Soya flour Bread, Ryevita crispbreads, Wasa bread	Bagels, Durum Wheat bread, Gluten-free bread, Multi-grain Bread, Oat bran muffins, Pumpernickel bread, Spelt flour products, Wheat bran Muffins, Wholewheat bread	Corn muffins, Cornbread, Polenta
GRAINS & PASTAS	Oat flour, Rice flour, Rye flour, Sprouted-wheat flour, Rice (Basmati, brown, white), Wild Rice	Couscous, Barley flour, Durum wheat flour, Gluten flour, Graham flour, Plain flour, Self-raising flour, Semolina pasta, Spelt, Wholewheat flour	Buckwheat flour, Soba (buckwheat) noodles, Tapioca
VEGIES SOY PRODUCTS	Alfalfa sprouts, Aubergines, Beetroots, Beetroot leaves, Broccoli, Cauliflower, Celery, Silver beet, Cucumbers, Dandelion greens, Garlic, Kale, Mushroom (maitake) Mustard greens, Parsley, Parsnips, Sweet potatoes, Tempe, Tofu, Yams	Asparagus, Bamboo shoots, Bok choy, Brussels sprouts, Cabbage (Chinese, red, white), Carrots, Coriander, Fennel, Ginger, Green beans, Horseradish, Kohlrabi, Leeks, Lettuce (butterhead, Cos, Iceberg, Webb), Mushrooms (chantrelles, cultivated, enoki, porcini, Portobello, tree oyster), Okra, Olives (Greek, green, Spanish), Onions (red, Spanish, spring, yellow), Potatoes (red, white), Pumpkins, Radicchio, Snow Peas, Seaweeds, Shallots, Swedes, Spinach, Squash (all types), Turnips, Tomatoes, Water chestnuts, Watercress, Zucchini	Aloe vera, Avocado, Chilli peppers (Jalapeno), Jerusalem artichokes, Globe artichokes, Mung bean sprouts, Mushrooms (abalone, shiitake), Olives (black), Radishes, Peppers (green, red, yellow), Sweetcorn
FRUITS	Blackberries, Cherries, Cranberries, Figs (dried, fresh), Gooseberries, Grapes (black, green, purple, red), Grapefruit, Loganberries, Pineapple,	Apples, Apricots, Blackcurrants, Blueberries, Boysenberries, Dates, Kiwi, Kumquats, Lemons, Limes, Lychees, Melons	Bananas, Coconuts, Guavas, Mangoes, Persimmons, Rhubarb, Star fruit



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TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
JUICES	<p>Plums (green, purple, red) Watermelons</p> <p>Black cherry juice, Cabbage juice, Carrot juice, Celery juice , Cranberry juice, Grape juice</p>	<p>(cantaloupe, honeydew), Nectarines, Oranges, Papayas, Peaches, Pears, Prunes, Raisins, Raspberries, Redcurrants, Strawberries, Tangerines, Apple cider, Apple juice, Apricot juice, Cucumber juice, Grapefruit juice, Other vegetable Juices (<i>from vegetables list</i>), Papaya juice, Pineapple juice , Prune juice, Tangerine, Water (with lemon juice)</p>	<p>Orange juice</p>
HERBS, SPICES	<p>Curry powder, Horseradish, Miso, Parsley</p>	<p>Agar, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Caraway seeds, Cardamom, Carob, Chives, Chocolate, Cinnamon , Coriander, Cream of tartar, Cumin, Dill, Garlic, Honey, Maple syrup, Marjoram, Mint, Molasses, Mustard (dry), Nutmeg, Paprika, Peppermint, Rice syrup, Rosemary, Saffron, Sage, Salt, Seaweeds (dulse, kelp), Spearmint, Soy Sauce, Sugar (brown, white), Tamari, Tarmarind, Tarragon, Thyme, Turmeric, Vanilla (essence, pod), Vinegars (balsamic, cider, herbs , red & white wine, white), Yeast</p>	<p>Allspice, Almond essence, Anise, Aspartame, Barley malt, Capers, Cayenne pepper ,Cornflour, Corn syrup, Gelatine, MSG, Pepper (black or white peppercorns, ground, red Pepper flakes), Tapioca</p>
CONDIMENTS		<p>Jam (<i>from acceptable fruits on p. 4</i>), Jelly (<i>from acceptable fruits on p. 4</i>), Mayonnaise, Mustard, Salad Dressing (low-fat, from acceptable ingredients)</p>	<p>Ketchup, Pickles (dill, kosher, sweet, sour), Worcestershire sauce</p>



TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
HERBAL TEAS	Alfalfa, Parsley(hormones, digestion and urinary support), Chickweed(urinary tract), Dandelion(intestinal health),Red clover(skin care), Rose-hip, Siberian Ginseng(anti viral/cognitive), Sage(menopause support), Golden seal(immune enhancing) Stinging nettle root(sinus health). Green tea (anti cancer), St Mary's Thistle(liver support), Hawthorn(heart support), Sweet basil (anti-cancer), Linden(anti-viral), Yarrow (intestinal detox), Liquorice (fatigue and digestion)		
BEVERAGES	Green tea	Beer, Soda water, Seltzer water, Wine (red, white)	Coffee (decaffeinated, regular) Distilled spirits, Soda (cola, diet, others), Tea (black, decaffeinated, regular)

For more detailed information and recipes go to: www.dadamo.com