

Blood Type “AB” Diet

The following diet is a recommendation for maintenance of health and prevention of disease.

YOU MAY BENEFIT FROM THIS DIET IF YOU HAVE SEVERAL OF THE FOLLOWING TENDENCIES

Typical Health Concerns	Body Type Description	SUMMARY GUIDELINES FOR “AB”
<ul style="list-style-type: none"> • Low levels of stomach acid. • Asthma. • Frequent infections. • Excess mucus. 	<ul style="list-style-type: none"> • A combination of type “A” & “B”. • Overly analytical (to the point of excess stress and lack of sleep). • Philosophical. • Pessimistic. • Tend to live on cloud nine. • Tends to “hold it all in”. • Do not seem to be antagonistic with any other blood type- has the ability to along with anyone if they so choose. 	<ul style="list-style-type: none"> • Thrive on tofu, vegetables and fish. • Many foods are acceptable, it’s all about portion and frequency of use. • Avoid Always (consider as poison): <ul style="list-style-type: none"> - Corn, buckwheat, tomatoes - Refined Sugars, • Avoid red meat, kidney and lima beans, seeds, corn, buckwheat, wheat to ensure weight loss and stay lean and energetic. • Responds best to stress spiritually with a method of expressing it creatively.

Keep in mind that the foods listed below are recommended with the assumption that a natural/organic source of that food is the best. Foods found in grocery stores tend to be adulterated with steroids, antibiotics, toxic metals, colors, dyes, preservatives and other health destroying contaminants. If your only option is to consume foods from the local grocer, it is recommended that you soak your foods in Liquid Detox solution to offset the toxic poisons that will be ingested as a result.

NOTE: The foods listed in the "Avoid Always -ALLERGIES- harmful" category should be considered Allergies because your body creates antibodies to fight those foods. Your body views them as the enemy. Always avoid anything with refined sugar (or any other unnatural sweetener), preservatives, colors, additives, fillers or other harmful agents. Any of the "compatible" foods could become ALLERGIES if they contain any of the previous or any of the Avoid Always ingredients. The stricter you adhere to your ‘Most Compatible’ foods, the healthier you will be long term and the stronger your body will be to counteract disease.

This dietary/lifestyle recommendation was created by Dr. Reuben T. De Haan. This information is a combination of Dr. De Haan’s research and Dr. Peter D’Adamo’s information in Eat Right For Your Type. Please read Book 01, The Foundation, by Dr. Reuben T. DeHaan and understand that some of the foods listed below are considered tolerable to your body according to your blood, but considered unclean by Biblical standards. I recommend you start with the diet as listed and gradually move toward a primary use of the foods not mentioned as unclean in the Bible or the Avoid Always category. Please check Dr. DeHaan’s web site for additional information: www.hcmionline.com

MEATS- use no more than 4-6 ounces at one meal; bake, broil or poach; excess meat creates autotoxins and over-acidity in the body

Most compatible with your type Lamb, Mutton, Rabbit, Turkey, Albacore (tuna), Cod, Grouper, Hake, Mackerel, Mahimahi, Monkfish, Ocean Perch, Pickerel, Pike, Porgy, Rainbow Trout, Red Snapper, Sailfish, Salmon, Sardine, Sea Trout, Shad, Snail, Sturgeon	Use Moderately- 1 or 2 times @ week Pheasant, Abalone, Bluefish, Carp, Catfish, Caviar, Herring, Mussel, Scallop, Shark, Silver Perch, Smelt, Snapper, Sole, Squid (calamari), Swordfish, Tilefish, Weakfish, Whitefish, White Perch, Yellow Perch	Avoid Always -ALLERGIES- harmful Pork, Ham, Bacon, All pig derived foods, Beef, Buffalo, Chicken, Cornish Hen, Duck, Goose, Ham, Partridge, Veal, Venison, Quail, Anchovy, Barracuda, Beluga, Bluegill Bass, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray Sole, Haddock, Halibut, Herring, Lobster, Lox, Octopus, Oyster, Sea Bass, Shrimp, Striped Bass, Turtle, Yellowtail
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DAIRY & EGGS- use eggs from farm raised chickens if possible; cut back or stop with the first sign of mucus

Most compatible with your type Cottage Cheese, Farmer, Feta, Goat, Kefir, Mozzarella, Ricotta, Sour Cream (low fat), yogurt	Use Moderately- 1 or 2 times @ week Casein, Cheddar, Colby, Cream Cheese, Edam, Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Skim or 2% milk, Parmesan, Soy, String, Swiss, Whey	Avoid Always -ALLERGIES- harmful American Cheese, Blue Cheese, Brie, Butter, Buttermilk, Camembert, Ice Cream, Parmesan, Provolone, Sherbert, Whole Milk
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OILS & FATS- use monounsaturated; extra virgin when possible; oil becomes saturated if used for frying (reaches 150+ degrees)

Most compatible with your type Olive Oil	Use Moderately- 1 or 2 times @ week Canola Oil, Cod Liver, Linseed (flax) Oil, Peanut Oil	Avoid Always -ALLERGIES- harmful Corn, Cottonseed, Safflower, Sesame, Sunflower
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NUTS & SEEDS- raw is best, not salted and roasted; chew very well; use nut butters of you are gallbladder weak (or it's missing)

Most compatible with your type Chestnuts, Peanuts, Walnuts	Use Moderately- 1 or 2 times @ week Almond, Brazil, Cashew, Hickory, Litchi, Macadamia, Pignola (pine), Pistachio	Avoid Always -ALLERGIES- harmful Filbert, Poppy, Pumpkin, Sesame, Sunflower
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BEANS & LEGUMES- if you get gas, you are enzyme deficient, lipase is recommended

Most compatible with your type Navy, Pinto, Red, Red Soy, Lentil (green)	Use Moderately- 1 or 2 times @ week Broad, Cannellini, Copper, Northern, Green, Jicama, Snap, String, Tamarini, White, Lentil (domestic, red), Pea (green, pod)	Avoid Always -ALLERGIES- harmful Aduke, Azuki, Black, Fava, Garbonzo, Kidney, Lima, Pea (black-eyed)
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CEAREALS, BREADS, GRAINS & PASTA

Most compatible with your type Cereal (millet, oat bran, oatmeal, rice bran, puffed rice, spelt), Bread (Brown rice, essence, ezekiel, fin crisp, millet, rice rye, soy, sprouted wheat, wasa) Flour (rye, rice, oat), Rice	Use Moderately- 1 or 2 times @ week Amaranth, Barley, Rice, Wheat, Familia, Farina, Granola, Grape Nuts, Soy, Pumpernickle, Spelt, Couscous, Barley, Bulgar, Durham, Semolina, Spinach, Quinoa	Avoid Always -ALLERGIES- harmful Buckwheat, Corn, Kamut, Kasha, Artichoke, Soba
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VEGETABLES- fresh from an organic market is best, fresh from the market is second choice, then frozen, then canned

Most compatible with your type Beet (and leaves), Broccoli, Cauliflower, Celery, Collard Greens, Cucumber, Dandelion, Eggplant, Garlic, Kale, Mustard Green, Parsley, Parsnip, Potato (sweet), Sprout (alfalfa), Tempeh, Tofu, Yams	Use Moderately- 1 or 2 times @ week Arugula, Asparagus, Bamboo Shoots, Bok Choy, Cabbage (chinese, red, white), Caraway, Carrot, Chervil, Chicory, Coriander, Daikon Radish, Dill Endive, Escarole, Fennel, Fiddlehead Fern, Ginger, Horseradish, Kohlrabi, Leek, Lettuce (bibb, boston, romain, mesclum), Mushroom (domestic, enoki, portobello, tree, oyster), Okra, Olive (green, greek, spanish), Onion (green, red, spanish, yellow), Potato (red, white), Pumpkin, Radicchio, Rappini, Rutabega, Scallion, Seaweed, Shallots, Snow Peas, Spinach, Sprouts (brussel), Squash, Swiss Chard, Tomato, Turnips, Water Chestnut, Watercress, Zucchini	Avoid Always -ALLERGIES- harmful Artichoke (domestic, jerusalem), Avocado, Corn (white, yellow), Lima Bean, Mushroom (abalone, shiitake), Olive (black), Pepper (green, jalapeno, red, yellow), Sprout (mung, radish)
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FRUIT- eat alone; 1 hour separate from any other foods

Most compatible with your type Cherry, Cranberry, Figs (dried, fresh), Gooseberry, Grape (black, concord, green, red), Grapefruit, Kiwi, Lemon, Loganberry, Pineapple, Plums (dark, green, red)	Use Moderately- 1 or 2 times @ week Apples, Apricots, Blackberry, Blueberries, Boysenberries, Current (black, red), Dates, Elderberries, Kumquat, Limes, Melon (canang, cantaloupe, casaba, crenshaw, christmas, honeydew, musk, spanish, watermelon), Nectarines, Papayas, Peaches, Pears, Plantain, Prune, Raisin, Raspberry, Strawberry, Tangerine	Avoid Always -ALLERGIES- harmful Banana, Coconut, Guava, Mango, Orange, Persimmon, Pomegranate, Prickly Pear, Rhubarb, Starfruit
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SPICES & OTHER

Most compatible with your type Curry, Miso, Garlic, Horseradish, Parsley, Coffee, Green Tea * Relaxation Exercises	Use Moderately- 1 or 2 times @ week All spices not listed in right column; Jam/Jelly (from acceptable fruits), Mayonnaise, Mustard, Salad Dressing (from acceptable ingredients), Beer, Wine	Avoid Always -ALLERGIES- harmful Allspice, Almond Extract, Anise, Barley Malt, Capers, Cornstarch, Corn syrup, Gelatin, Pepper (black, cayenne, peppercorn, red flake, white), Tapioca, Vinegar, Ketchup, Pickles, Relish, Liquor, Soda (all carbonation), Tea
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JUICES- see list of fruits and vegetables. Green Tea is the most compatible with your type.

Please visit www.hcmionline.com for more information.