

TYPE AB - AVOID LIST

Below you will find a checklist of foods to avoid. I recommend becoming your own case study. Remove and reintroduce these foods to see how you feel. (Only 1 at-a-time) You might save this doc to your device or print off and keep handy for reference until you have created a habit of avoiding these foods for optimal digestion.

MEATS & POULTRY

Bear, Beef, Beef heart, Beef tongue, Bone soup (all allowable meats), Buffalo-bison, Caribou, Chicken, Chicken liver, Cornish hen, Duck, Duck liver, Goose, Goose liver, Grouse, Guinea hen, Horse, Kangaroo, Marrow soup, Moose, Opossum, Partridge, Pork and bacon, Quail, Squab, Squirrel, Sweetbreads, Turtle, Veal, Venison

SEAFOOD

Anchovy, Barracuda, Bass-blue gill, Bass-sea-lake, Bass-striped, Beluga, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Haddock, Hake, Halibut, Herring-pickled-smoked, Lobster, Lox (smoked salmon), Octopus, Oyster, Salmon roe, Shrimp, Skate, Sole, Trout-rainbow (wild), Trout-sea, Trout-steelhead (wild), Whiting, Yellowfish, Yellowtail

DAIRY & EGGS

American cheese, Blue cheese, Brie cheese, Butter, Buttermilk, Camembert cheese, Egg-duck, Gorgonzola cheese, Half-and-half, Ice cream, Milk- cow (whole), Parmesan cheese, Provolone cheese, Romano cheese, Roquefort cheese, Sherbet

OILS & FATS

Avocado oil, Coconut oil, Corn oil, Cottonseed oil, Lard, Margarine, Palm oil, Pumpkin seed oil, Safflower oil, Sesame oil, Sunflower oil

NUTS & SEEDS

Filbert-hazelnut, Poppy seed, Pumpkin seed, Sesame butter-tahini, Sesame flour, Sesame seeds, Sunflower butter, Sunflower seed

BEANS & LEGUMES

Adzuki beans, Black beans, Black-eyed peas, Broad beans-fava, Butter beans, Garbanzo beans-chickpeas, Haricot-vert, Kidney beans, Lima beans, Lima bean flour, Mung bean-sprouts

TYPE B - AVOID LIST

GRAINS & CEREALS

Artichoke flour-pasta, Buckwheat-kasha-soba, Corn Flakes, Cornmeal-hominy-polenta, Garbanzo bean (chickpea) flour, Grits, Kamut, Lima bean flour, Sorghum, Tapioca-manioc-cassava-yucca, Teff

VEGETABLES

Aloe vera, Artichoke, Avocado, Capers, Cassava, Corn-popcorn, Fenugreek, Jerusalem artichoke, Mushroom-shiitake, Olive-black, Pepper-chili-jalapeno, Pickles- all, Radish, Radish -sprouted, Rhubarb

FRUITS

Avocado, Banana, Bitter melon, Coconut, Dewberry, Guava, Huckleberry, Loquat, Mango, Orange, Persimmon, Pomegranate, Prickly pear, Quince, Sago palm, Starfruit-carambola

BEVERAGES, TEAS & COFFEE

Aloe tea, Black tea-all forms, Coconut milk, Coffee, Coltsfoot tea, Corn silk tea, Fenugreek tea, Gentian tea, Guava juice, Hot tea, Linden tea, Liquor-distilled, Mango juice, Mullein tea, Orange juice, Pomegranate juice, Red clover tea, Rhubarb tea, Sanity, Shepherd's purse tea, Skullcap tea, Soda-cola-diet cola-miscellaneous

HERBS & SPICES

Allspice, Anise, Guarana, Pepper-black, Pepper-red flakes

CONDIMENTS, SWEETENERS & ADDITIVES

Acacia (gum arabic), Aloe, Almond extract, Aspartame, Barley malt, Carob syrup, Carrageenan, Cornstarch, Dextrose, Gelatin, Guar gum, High-fructose corn syrup, High-maltose corn syrup-maltodextrin, Invert sugar, Ketchup, Methyl cellulose, MSG, Mustard with vinegar and wheat, Pickle relish, Polysorbate 80, Sodium carboxymethyl cellulose, Soy sauce, Sucanat, Tragacanth gum, Vinegar-all types, Worcestershire sauce