

Recommendations Narrowed for Blood Type AB

*Indicates highly beneficial

Protein

Choose those that are organic and with the least processing. The portion is about the size of the palm of your hand, from 4 to 6 ounces.

Black cod / sablefish

*Cod

*Lamb chop, loin, or rack

Protein powder, vegetable based

*Salmon, wild caught Alaskan

*Sardines

Turkey bacon or deli meat, nitrate-free

Turkey breast, ground

*Trout, rainbow

Fats

Focus on raw nuts and seeds. Rotate among types to avoid overdosing on other nutrients in them.

Occasional avocado, coconut, and black olives, as these can cause inflammation in too high amount or too frequently.

Almonds ¼ cup

Almond butter 2 Tbs

Avocado 1/3 medium

Brazil nuts ¼ cup

Chia seeds 2 Tbs or ¾ oz

Coconut unsweetened 2 Tbs

Coconut oil 1 Tbs

Flax seeds 2 Tbs

Guacamole 3 Tbs

Hemp seeds 2 Tbs

Macadamia nuts ¼ cup

Macadamia oil 1 Tbs

*Olive oil 1 Tbs

Olives ½ cup

Pistachios, shelled unsalted ¼ cup

*Walnuts ¼ cup

Vegan mayonanaise 2 Tbs

Carbohydrates

Focus on vegetables, fruits, whole grains, beans. You can stock frozen veggies and fruit and low sodium canned beans.

Acorn squash ¼ cup cooked

Barley ¼ cup cooked

*Beets ¼ cup cooked

Blackberries ¼ cup

Blueberries ¼ cup

Brown rice ¼ cup cooked

Butternut squash ¼ cup cooked

Cannellini beans ¼ cup cooked

*Grapefruit ¼ medium

Great northern beans ¼ cup cooked

Kabocha squash ¼ cup cooked

Lentils (*Green) ¼ cup cooked

*Navy beans ¼ cup cooked

*Parsnips ¼ cup boiled

Peas ¼ cup cooked

Peach ½ medium

*Pinto beans ¼ cup cooked

Potato ¼ cup boiled

Quinoa ¼ cup cooked

Raspberries ¼ cup

*Oats: gluten-free rolled ¼ cup raw

Strawberries ¼ cup

*Sweet potato ¼ cup cooked

Turnips ¼ cup cooked

Type AB, continued

Limited carbohydrates for quicker weight loss

Limit these to only a few times a week or less

Apple ½ medium

Cantaloupe melon ½ cup cubed

Honeydew melon ½ cup cubed

*Kiwi ½

Pasta, gluten-free ¼ cup cooked

Pear ½ medium

*Plum 1 medium

*Pineapple ¼ cup cubed

Plantain ¼ cup cooked

Nectarine ½ medium

Watermelon ½ cup cubed

**Unlimited Foods, as much as you want,
whenever you want (as snacks, too)**

*Alfalfa sprouts

Asparagus

Bamboo shoots

Bok choy, baby bok choy

*Broccoli

Brussels sprouts

Cabbage

Carrots

*Cauliflower

*Celery

Celery root

*Collard greens

*Cucumbers

Daikon

*Eggplant

Fennel

*Garlic

Ginger

Green beans

Green onions, scallions

Jicama

*Kale

Kohlrabi

Leeks

*Lemon juice

Lettuce greens: green leaf, red leaf, butter,
romaine, radicchio

Lime juice

Mushrooms: domestic, Portobello, tree, oyster,
enoki only

Okra

Onions

Rutabaga

Salad greens: chicory, endive, escarole, arugula,
watercress

Snow peas

Spinach

Sugar snap pea pods

Summer squash: crookneck, zucchini

Swiss chard

Tomatoes

Tomatillos

Turnip greens

Water chestnuts

Winter squash: spaghetti, pumpkin

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