

Blood Type Diet - Type AB

Multiple antigens make Type ABs sometimes A-like with weak stomach acid, and sometimes B-like with genetically programmed for the consumption of meats. Type AB do best when their muscle tissues are slightly alkaline. **Type ABs can't metabolize meat efficiently** because of low stomach acid, so it is important to **watch the portion size and frequency**. **Chicken has lectin that irritates the blood and digestive tracts of Type ABs** also. Tofu is a good protein supplements for Type ABs. Nuts, seeds, beans and legumes present a mixed picture for Type ABs. Eat nuts and seeds in small amounts and with caution.

Type ABs can tolerate dairy foods fairly well. But watch out for excessive mucus production.

Generally **Type ABs do well on grains**, even wheat, but keep in mind that the inner kernel of the wheat grain is highly acid forming in the muscle for Type ABs. Type AB benefits from a diet rich in rice rather than pasta.

Type **ABs has a weaker immune system**, so you will benefit from the vegetables, which are high in phytochemicals and the more alkaline fruits, which can help to balance the grains that are acid forming in the muscle tissues. **Tomatoes** do not impose any ill effects on Type ABs.

Type AB should begin each day **by drinking a glass of warm water with the freshly squeezed juice of half a lemon to cleanse the system of mucus accumulated while sleeping.**

Foods that encourage Weight Gain	Foods that encourage WEIGHT LOSS
<ul style="list-style-type: none">• Red Meat• Kidney Beans• Seeds• Sweetcorn• Buckwheat	<ul style="list-style-type: none">• Tofu• Seafood• Green Vegetables• Dairy Products• Alkaline Fruits• Pineapple

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Characteristics of Type AB - Best on Mixed Diet in moderation				
	Comments	Most Beneficial	Food allowed	Food not allowed
Meat and Poultry	Type AB do not produce enough stomach acid to effectively digest too much animal protein. So the key is portion size and frequency.	Lamb, mutton, rabbit, turkey	All kinds except those listed as not allowed	Beef, Chicken, Cornish Hens, Duck, Goose, Pork, Partridge, Veal, Venison, Quail
	Cured meats can cause stomach cancer Type ABs with low levels of stomach acid			
Seafood	If you have family history of breast cancer, introduce snails into your diet	Tuna, Cod, Grouper, Hake, Mackerel, Trout, Red Snapper, Sailfish, Pickerel, Sardine, Shad, Snail, Sturgeon	All kinds except those listed as not allowed	All Shellfish (crab, shrimp, lobster, mussels, oysters, crayfish, clam, etc), Anchovy, Flounder, Haddock, Octopus, Sea bass, Striped bass, Yellowtail
Dairy	Cultured and soured products are easily digested for Type ABs	Yogurt, Kefir, Non-fat sour cream, egg, Mozzarella, Goat cheese and milk, Ricotta	All kinds except those listed as not allowed	American Cheese, Blue cheese, Brie, Buttermilk, Ice cream, Parmesan, Sherbet, Whole Milk
Fats	Use sparingly	Olive		Oil (Corn, Cottonseed, Safflower, Sesame, Sunflower)
Nuts	Powerful immune booster for Type A and Type AB	Peanut, Walnuts		
	Type Abs tend to suffer from gallbladder problems, so nut butters are preferable to whole nuts. Also eat small amounts with caution.		All kinds except those listed as not allowed	Filberts, Poppy seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds
Beans	These beans are important cancer-fighting food for Type AB. They are known to contain cancer-fighting antioxidants.	Lentils		
	These beans slow insulin production in Type AB.			Kidney beans, Lima Beans

		Beans (navy, pinto, red, soy)	All kinds except those listed as not allowed	Beans (Aduke, Azuki, Black, Fava, Garbanzo) Black-eyed Peas
Grains	The inner kernel of the wheat grain is highly acid forming for Type AB. Wheat is not advised if Type AB is trying to lose weight. The inner kernel of wheat grain is alkaline in Type Os and Bs, it becomes acidic in Type As and AB.	Millet, Oat bran, Oatmeal, Rice Bran, Puffed rice, Rye, Speltand sprouted wheat and any products such as flour, bread and noodles made with these grain products	All kinds except those listed as not allowed	Buckwheat, Corn (any products such as flour, bread and noodles made with these), Soba noodles, Artichoke pasta
	Type AB benefits from a diet rich in rice rather than pasta	All kinds of Rice and any products such as flour, bread and noodles made with these		
Vegetables	Fresh vegetables are an important source of phytochemicals which have a tonic effect in cancer and heart disease prevention, these diseases afflict Type AB more often as a result of weaker immune system.	Broccoli, Beets, Cauliflower, Celery, Green Leafy Vegetables , Cucumber, Eggplant, Garlic, Mushroom, Parsley, Parsnips, Sweet potatoes, Alfalfa Sprouts, Tempeh, Tofu, All types of Yams	All kinds except those listed as not allowed	Artichoke, Avocado, All type of Corns, Lima Beans, Black Olives, All kind of Bell Peppers, Radishes, Mung Bean Sprouts, Radish Sprouts
Fruits	Emphasize the more alkaline fruits to balance the grains that are acid forming in Type AB muscle tissues	All kinds of Grapes and Plums, Berries (cranberries, Gooseberries, Loganberries), Cherries		
	Tropical fruits doesn't agree with Type AB. But pineapple is an excellent digestive aid for Type AB.	Pineapples		Mangoes, Guava, Coconuts, Bananas
	Oranges are stomach irritant for Type AB, they also interfere with the absorption of important minerals. But Grapefruit exhibit alkaline tendencies after digestion. And lemons aid digestion and clearing mucus from the system.	Grapefruits, Lemons		Oranges

	Vitamin C-rich fruits help prevent stomach cancer because of the antioxidant properties of vitamin cup	Kiwi	All kinds except those listed as not allowed	
Spices	Sea salt and kelp should be used in place of salt. Kelp has immensely positive heart and immune system benefits	Kelp, Miso, Curry	All kinds except those listed as not allowed	Allspice, Almond extract, Anise, Barley Malt, Capers, Corn-starch, corn syrup, Gelatine, Tapioca
	The ingredients are acidic			Vinegar, Pepper (white, black, cayenne, red flakes)
	This is a potent tonic and natural antibiotic for Type AB.	Garlic, Horseradish, Parsley		
Beverages	Type AB employed these herbal teas to rev up the immune system.	Alfalfa, burdock, Chamomile, Echinacea, Green tea		
	These herbal teas and beverages build protections against cardiovascular disease and cancer.	Hawthorn, Liquorice, Red wine (1 glass/day)		
	These herbal teas aid in absorption of iron and prevent anaemia	Dandelion, Burdock root, Strawberry leaf		
	Coffee increase stomach acid and has the same enzymes found in soy.	Coffee or Decaf Coffee (1 cup / day) and alternate day use green tea	Distilled Liquor, Sodas, Black Tea	

TIPS:

- IMPORTANT: Don't overdo it by cutting back on other meals. Enjoy life. Indulge at supper-time and weekends like you normally would.
- Assuming you are a busy individual, eating a healthy breakfast should be a breeze. Preparing a healthy lunch while eating your breakfast shouldn't be hard either. The rest is easy (1) eat your lunch (2) No snacks or soda (3) stay busy & focused at work
- Do whatever is necessary to ensure you eat the lunch you prepared (for example, leave your credit card behind)
- Cut down on coffee, try it without sugar and milk.
- While at work (even otherwise, drink plenty of water)

- Do not snack at work
- Make your lunch as colourful as possible.
- Stay focused to your diet perhaps vegetables with and you'll have the body you want in no time.
- It's possible and recommended that you eat a variety of foods.
- You will notice that you don't feel lethargic or sleepy after lunch. Don't panic, this is normal. You will also become more productive at work; this is also normal.
- Keep up the mind-set. The secret to weight loss is not found in the newest "miracle" drug or herb. True weight loss can only be found in a commitment to a change in lifestyle. Limit your calorie intake in a healthy way, not an extreme one Make exercise a fun and healthy habit, not a chore. By combining a healthy diet with regular exercise, you can give your goals the best possible chance for success and create goals that are attainable - with commitment, dedication and hard work.
- When eating out, balance out your meal with extra activity and exercise
- Keep a supply of healthy snacks in your desk or handbag for a quick and healthy boost
- Carry a few non-perishable snack alternatives in your bag rather than purchasing a more unhealthy option