

EAT RIGHT FOR (4) YOUR TYPE

In his book, *EAT RIGHT FOR (4) YOUR TYPE*, Dr. Peter D'Adamo teaches the fundamental relationship between your blood type and the dietary and lifestyle choices that will help you live at your very best. When you use the individualized characteristics of your blood type as a guide post for eating and living, you will be healthier, you will naturally reach your ideal weight, and you will slow the process of aging. You can pinpoint the foods that make you sick, contribute to weight gain, and lead to chronic disease.

Our ancestors had unique blueprints that complemented their environments. The genetic characteristics of our ancestors live in our blood today, and it is this lesson we bring with us into our current understanding of blood types. Your Blood Type Plan lets you zero in on the health and nutrition information that corresponds to your exact biological profile. With this new information, you can now make choices about your diet, exercise regimen, and general health that are based on the dynamic natural forces within your own body. If you follow your Blood Type Plan carefully, you can:

- Avoid many common viruses and infections.
- Lose weight, as your body rids itself of toxins and fats.
- Fight back against life-threatening diseases such as cancer, cardiovascular disease, diabetes, and liver failure.
- Avoid many of the factors that cause rapid cell deterioration, thus slowing down the aging process.

Today, it is well accepted that nutrition has a direct impact on the state of our health and general well-being. But confusing, and often conflicting, information about nutrition has created a virtual minefield for health-conscious consumers. Your blood type diet works because you are able to follow a clear, logical, scientifically researched and certified dietary blueprint based on your cellular profile.

Each of the sixteen food groups divides foods into three categories: HIGHLY BENEFICIAL, NEUTRAL, and AVOID. Think of the categories this way:

- HIGHLY BENEFICIAL is a food that acts like medicine.
- NEUTRAL is a food that acts like a food.
- AVOID is a food that acts like poison.

This diet was not specifically designed for weight loss: it was designed for optimum performance. The dynamics of weight loss are related to the changes your body makes when you follow your genetically tailored diet. As your body makes the dramatic shift of eliminating foods that are poorly digested or toxic, the first thing it does is try to flush out the toxins that are already there. Those toxins are deposited mainly in the fat tissue, so the process of eliminating toxins also means eliminating fat. Each blood type has its own reactions to certain foods; these are outlined in your Blood Type Diet.

As outlined in *EAT RIGHT FOR (4) YOUR TYPE*; diet, weight management, dietary supplementation, stress control, and personal qualities all form the essential elements of your individual Blood Type Plan. Refer to them often as you begin to familiarize yourself with the specific qualities of your blood type.

TYPE AB "THE ENIGMA"

Type AB blood is rare and the newest of the blood types. Emerging from the intermingling of Type A Caucasians with Type B Mongolians, it is found in less than 5 percent of the population. As a result of the intermingling of Eastern invaders with European civilization, Type AB blood came to be. Type AB presents the first blood type to adopt a combination of immune characteristics, some of which make them stronger, and some of which are in conflict. Perhaps Type AB presents the perfect metaphor for modern life: complex and unsettled. Type AB is a merging of the edgy, sensitive Type A with the more balanced and centered Type B. The result is a spiritual, somewhat flaky nature that embraces all aspects of life without being particularly aware of the consequences. Naturally, these qualities make Type ABs very appealing and popular. Type ABs will welcome you with open arms, won't hold a grudge against you when disappointed, and will say the most diplomatic thing in every situation.

Strengths: designed for modern conditions, highly tolerant immune system, and combines benefits of Type A and Type B. Weaknesses: sensitive digestive tract, tendency for over-tolerant immune system that allows microbial invasion, and reacts negatively to A-like and B-like conditions. Medical risks: heart disease, cancer, and anemia. Exercise Regimen: calming, centering exercises, such as, Tai chi, yoga, Aikido, golf; combined with moderate physical exercise, such as, brisk walking, cycling, hiking cycling, etc.

BLOOD TYPE AB

	Beneficial	Neutral	AVOID
Meats and Poultry	Lamb, mutton, rabbit, turkey	Liver, pheasant	Bacon, beef, ground beef, buffalo, chicken, Cornish hens, duck, goose, ham, heart, partridge, pork, veal, venison, quail
Seafood	Albacore (tuna), cod, grouper, hake, mackerel, mahi-mahi, monkfish, ocean perch, pickerel, pike, porgy, rainbow trout, red snapper, sailfish, salmon, sardine, sea trout, shad, snail, sturgeon	Abalone, bluefish, carp, catfish, cavier, fresh herring, mussels, scallops, shark, silver perch, smelt, snapper, sole, squid (calamari), swordfish, tilefish, weakfish, whitefish, white perch, yellow perch	Anchovy, barracuda, beluga, bluegill bass, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, halibut, pickled herring, lobster, lox (smoked salmon), octopus, oysters, sea bass, shrimp, striped bass, turtle, yellowtail
Dairy and Eggs	Goat milk, non-fat sour cream, yogurt CHEESES: cottage cheese, farmer, feta, goat cheese, kefir, mozzarella, ricotta	Skim or 2% milk, soy milk*, whey CHEESES: casein, cheddar, colby, cream cheese, edam, emmenthal, gouda, gruyere, jarlsburg, monterey jack, munster, neufchatel, soy cheese*, string cheese, swiss EGGS: per week, by ancestry: African 3-5 Caucasian 3-4 Asian 2-3 *Good dairy alternatives	Butter, buttermilk, ice cream, sherbet, whole milk CHEESES: American, blue, brie, camembert, parmesan, provolone
Oils and Fats	OIL: olive	OIL: canola, cod liver, linseed (flaxseed), peanut	OIL: corn, cottonseed, safflower, sesame, sunflower
Nuts and Seeds	Peanut butter NUTS: chestnuts, peanuts, walnuts	Almond butter NUTS: almonds, brazil, cashews, hickory, litchi, macadamia, pignola (pine), pistachio	Poppy seeds, pumpkin seeds, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds NUTS: filberts
Beans and Legumes	Green lentils BEANS: navy, pinto, red, red soy	BEANS: broad, cannellini, copper, green, jicama, northern, snap, string, tamarind, white LENTILS: domestic, red PEAS: green peas, pea pods	Black-eyed peas BEANS: aduke, azuki, black, fava, garbanzo, kidney, lima
Cereals	Millet, oat bran, oatmeal, rice bran, puffed rice, spelt	Amaranth, barley, cream of rice, cream of wheat, familia, farina, granola, grape nuts, seven-grain, shredded wheat, soy flakes, soy granules, wheat bran, wheat germ	Buckwheat, cornflakes, cornmeal, kamut, kasha
Breads and Muffins	Fin crisp, millet, rice cakes, rye crisps, rye vita BREADS: brown rice bread, Essene bread, Ezekiel bread, 100% rye bread, soy flour bread, sprouted wheat, wasa bread	Wheat bagels, durum wheat, wheat matzos, oat bran muffins, wheat bran muffins BREADS: gluten-free bread, high-protein bread, ideal flat bread, multi-grain bread, pumpernickel, spelt bread, whole wheat bread	Corn muffins
Grains and Pasta	FLOUR: oat, rice, rye, sprouted wheat RICE: basmati, brown, white, wild	Couscous, seminola pasta, spinach pasta, quinoa FLOUR: barley, bulgur wheat, durum wheat, gluten, graham, spelt, white, whole wheat	Buckwheat kasha, artichoke pasta, soba noodles
Vegetables	Beet leaves, beets, broccoli, cauliflower, celery, collard greens, cucumber, dandelion, eggplant, garlic, kale, mustard greens, parsley, parsnips, sweet potatoes, alfalfa sprouts, tempeh, tofu, all yams	Arugula, asparagus, bamboo shoots, bok choy, caraway, carrots, chervil, chicory, coriander, daikon, endive, escarole, fennel, fiddlehead ferns, ginger, horseradish, kohlrabi, leek, okra, red potatoes, white potatoes, pumpkin, radicchio, rappini, rutabaga, scallion, sea weed, shallots, snow peas, spinach, brussel sprouts, all squash, swiss chard, tomato, turnips, water chestnut, watercress, zucchini CABBAGE: Chinese, red, white LETTUCE: bibb, boston, iceberg, mesclun, romaine MUSHROOMS: domestic, portobello, tree oyster, enoki OLIVES: green, Greek, Spanish, ONIONS: green, red, Spanish, yellow	Domestic artichoke, Jerusalem artichoke, avocado, white corn, yellow corn, lima beans, black olives, radishes, mung sprouts, radish sprouts MUSHROOMS: abalone, shiitake PEPPERS: green, jalapeno, red, yellow
Fruit	Cherries, cranberries, dried figs, fresh figs, gooseberries, grapefruit, kiwi, lemons, loganberries, pineapple GRAPES: black, concord, green, red PLUMS: dark plums, green plums, red plums	Apples, apricots, blackberries, blueberries, boysenberries, black currants, red currants, dates, elderberries, kumquat, limes, nectarines, papayas, peaches, pears, plantains, prunes, raisins, raspberries, strawberries, tangerines MELONS: canang, cantaloupe, casaba, Christmas, Crenshaw, honeydew, musk, Spanish, watermelon	Bananas, coconuts, guava, mangoes, oranges, persimmons, pomegranates, prickly pears, rhubarb, starfruit (carambola)
Juices and	Cabbage, carrot, celery, black cherry, cranberry, grape, papaya	Apple, apple cider, apricot, cucumber, grapefruit, pineapple, prune, water (with lemon), vegetable juices (corresponding with beneficial	Orange

Fluids		vegetables)	
	Beneficial	Neutral	AVOID
Spices	Curry, garlic, horseradish, miso, parsley	Agar, arrowroot, basil, bay leaf, bergamot, brown rice syrup, cardamom, carob, chervil, chive, chocolate, cinnamon, clove, coriander, cream of tartar, cumin, dill, dulce, honey, kelp, maple syrup, marjoram, mint, molasses, dry mustard, nutmeg, paprika, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, soy sauce, spearmint, brown sugar, white sugar, tamari, tamarind, tarragon, thyme, tumeric, vanilla, wintergreen	Allspice, almond extract, anise, barley malt, capers, corn starch, corn syrup, plain gelatin, tapioca PEPPER: ground black, cayenne, peppercorn, red flakes, white VINEGAR: apple cider, balsamic, red wine, white
Condiments	None	Jam or jelly (from acceptable fruits), mayonnaise, mustard, salad dressing (low-fat from acceptable ingredients)	Ketchup, relish, Worcestershire sauce PICKLES: dill, kosher, sweet, sour
Herbal teas	Alfalfa, burdock, chamomile, echinacea, ginger, ginseng, green tea, hawthorn, licorice root, rose hips, strawberry leaf	Catnip, cayenne, chickweed, dandelion, dong quai, elder, goldenseal, horehound, mulberry, parsley, peppermint, raspberry leaf, sage, Saint-John's-wort, sarsaparilla, slippery elm, spearmint, thyme, valerian, vervain, white birch, white oak bark, yarrow, yellow dock	Aloe, coltsfoot, corn silk, fenugreek, gentian, hops, linden, mullein, red clover, rhubarb, senna, shepherd's purse, skullcap
Miscellaneous beverages	Green tea COFFEE: decaf, regular,	Beer, seltzer water, club soda, red wine, white wine	Distilled liquor SODAS: cola, diet, and other TEA: black decaf, black regular

BLOOD TYPE AB

FOODS THAT ENCOURAGE WEIGHT LOSS

TOFU	promotes metabolic efficiency
SEAFOOD	promotes metabolic efficiency
DAIRY	improves insulin production
GREEN VEGETABLES	improve metabolic efficiency
KELP	improves insulin production
PINEAPPLE	aids digestion stimulates intestinal mobility

FOODS THAT ENCOURAGE WEIGHT GAIN

RED MEAT	poorly digested stored as fat toxifies intestinal tract
KIDNEY BEANS	inhibit insulin efficiency cause hypoglycemia slow metabolic rate
LIMA BEANS	inhibit insulin efficiency cause hypoglycemia slow metabolic rate
SEEDS	cause hypoglycemia
CORN	inhibits insulin efficiency
BUCKWHEAT	causes hypoglycemia
WHEAT	decreases metabolism inefficient use of calories inhibits insulin efficiency