

This list may not be reproduced for commercial purposes or used as part of a fee based consultation

Meat

Bacon/Ham/Pork
Beef
Buffalo
Chicken
Cornish Hens
Duck
Goat
Goose
Heart
Partridge
Quail
Turtle
Veal
Venison

Fish

Anchovy
Barracuda
Bass (Bluegill)
Bass (Sea)
Bass (Striped)
Beluga
Clam
Conch
Crab
Crab (Horseshoe)
Crayfish/Crawfish
Eel/Japanese Eel
Flounder
Frog
Gray Sole
Haddock
Hake
Halibut
Herring/Kippers (pickled)
Lobster
Lox
Octopus
Oyster
Shrimp
Sole
Yellowtail

Dairy

American Cheese
Blue Cheese
Brie Cheese
Butter
Buttermilk
Camembert Cheese
Half & Half
Ice Cream
Milk (Cow-Whole)
Parmesan Cheese
Provolone Cheese
Sherbet

Egg

Salmon Roe

Fruit/Fruit Juice

Avocado
Banana
Coconut/Coconut Milk
Guava
Mango/Mango Juice
Orange/Orange Juice
Persimmon
Pomegranate
Prickly Pear
Starfruit (Carambola)

Vegetable/Veg Juice

Acacia (Arabic Gum)
Aloe/Aloe Tea/Aloe Juice
Artichoke
(Domestic/Globe/Jerusalem)
Caper
Mushroom (Abalone)
Mushroom (Shiitake)
Olive (Black)
Pepper
(Green/Yellow/Jalapeno)
Pepper (Red/Cayenne)
Pickle
(Dill/Kosher/Sour/Sweet/Relish)
Radish
Radish Sprouts
Rhubarb

Grain

Artichoke Pasta (Pure)
Buckwheat/Kasha
Corn (White/Yellow/Blue)
Cornmeal
Cornstarch
Kamut
Popcorn
Soba Noodles
(100% Buckwheat)
Tapioca
Teff

Bean

Adzuki Beans
Black Bean
Black Eyed Pea
Fava Bean
Garbanzo Bean
Kidney Bean
Lima Bean
Mung Beans (Sprouts)

Nut/Seed

Filbert (Hazelnut)
Poppy Seed
Pumpkin Seed
Sesame Butter/Tahini
Sesame Seed
Sunflower Seed

Oil

Coconut Oil
Corn Oil
Cottonseed Oil
Safflower Oil
Sesame Oil
Sunflower Oil

Herb/Spice

Allspice
Anise
Pepper (Black/White)
Pepper
(Peppercorn/Red Flakes)

Beverage

Liquor (Distilled)
Soda (Misc/Diet/Cola)
Tea (Black Regular/Decaf)

Condiment

Almond Extract
Gelatin Plain
Guar Gum
Ketchup
MSG
Vinegar
(Balsamic/Cider/Red Wine/White)
Worcestershire Sauce

Sweetener

Barley Malt
Corn Syrup
Dextrose
Fructose
Maltodextrin

Medicinal Herb

Chaparral
Coltsfoot
Comfrey
Corn Silk
Fenugreek
Goldenseal
Hops
Kombucha
Linden
Mullein
Red Clover
Rhubarb
Sassafras
Senna
Shepherd's Purse
Skullcap
Stinging Nettle
Root

Supplement

Blue Green
Algae
Chromium
Picholinate
Colostrum
(Bovine)

Exercise

Strenuous
Exercise

Type AB Food List 3/4

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Herb/Spice

Mace
Marjoram
Mint
Mustard (Dry)
Nutmeg
Paprika
Parsley *
Peppermint
Rosemary
Saffron
Sage
Savory
Spearment
Stevia
Tamarind
Tarragon
Thyme
Turmeric
Vanilla
Wintergreen

Beverage

Beer
Coffee (Regular/Decaf) *
Seltzer Water
Soda (Club)
Tea (Green) *
Wine (Red)
Wine (White)

Condiment

Chocolate
Mayonnaise

Mustard
Salad Dressing (OK'd Ingredients)
Sea Salt
Tamari

Sweetener

Honey
Maple Syrup
Molasses
Rice Syrup
Sugar (Brown/White)

Medicinal Herb

Alfalfa Juice/Tea *
ARA-6 (larch arabinogalactan)
Black Cohosh
Burdock *
Catnip
Cayenne
Chamomile *
Chickweed
Chrysanthemum Tea
Collinsonia Canadensis
(Stone Root)
Dandelion
Dong Quai
Echinacea Root
Echinacea Tea/Extract *
Elder
Evening Primrose Oil
Gentian
Ginger *
Ginseng *
Goldenseal Gargle
Hawthorne
Horehound
Licorice *
Maitake Mushroom
Mulberry
Oregon Grape (Gargle)
Parsley
Peppermint
Quercetin
Raspberry Leaf
Rose Hips *
Sage
St. John's Wort
Sarsaparilla
Saw Palmetto
Slippery Elm
Spearment
Strawberry Leaf *
Thyme
Valerian
Vervain
White Birch
White Oak Bark
Yarrow
Yellow Dock

Supplement

Bitters
Chondroitin Sulphate
Floradix Liquid
Lacto-Albumin Protein
Pantethine (active B-5)
Pectin
Vitamin C
Vitamin E
Zinc

Exercise

Tai Chi
Walking
Yoga

(*) Food is Beneficial

(-) Food should be eaten no more than occasionally

(?) Food rating is of low confidence

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Vegetable/Veg Juice

Cucumber Juice
Daikon Radish
Dandelion *
Eggplant *
Endive
Escarole
Fennel
Fiddlehead Fern
Garlic *
Ginger
Horseradish
Jicama
Kale *
Kelp
Kohlrabi
Leek
Lettuce
(Bibb/Boston/Iceberg/Mesclun)
Lettuce (Romaine)
Mushroom (Domestic/Enoki)
Mushroom (Oyster/Portobello)
Mustard Greens *
Okra
Olive (Greek/Spanish)
Olive (Green)
Onion (Green/Red/Spanish/Yellow)
Parsnip *
Pea (Green/Pod/Snow)
Pimento
Potato (Sweet) *
Potato (White/Red/Blue/Yellow)
Pumpkin
Radicchio
Rappini
Rutabaga
Sauerkraut
Scallion
Seaweed
Shallots
Spinach/Spinach Juice
Squash (Summer/Winter)
String Bean
Swiss Chard
Tomato/Tomato Juice
Turnip
Water Chestnut
Watercress
Yam *
Zucchini

Grain

Amaranth
Barley
Couscous (Cracked Wheat)
Essene Bread (Manna Bread) *
Ezekiel Bread *
Gluten Flour
Gluten Free Bread
Graham Flour
Millet *
Oat Flour *
Oats/Oat Bran *
Oatmeal *
Quinoa
Rice (Cream of)
Rice (Puffed) *
Rice (White/Brown/Basmati) *
Rice (Wild) *
Rice Bran *
Rice Bread *
Rice Cake *
Rice Flour *
Rye Flour *
Rye/100% Rye Bread *

Spelt *
Spelt Flour/Products
Wheat (Bleached Flour Products)
Wheat (Bran)
Wheat (Bulghur)
Wheat (Durum Flour Products)
Wheat (Germ)
Wheat (Gluten Flour Products)
Wheat (Graham Flour Products)
Wheat (Semolina Flour Products)
Wheat (White Flour Products)
Wheat (Whole Wheat Products)
Wheat Bread
(Sprouted Commercial) *

Bean/Legume

Broad Bean
Cannellini Bean
Copper Bean
Green Bean
Lentil (Domestic)
Lentil (Green) *
Lentil (Red)
Navy Bean *
Northern Bean
Pinto Bean *
Red Bean *

Snap Bean

Tamarind Bean

White Bean

Nut/Seed

Almond
Almond Butter
Brazil Nut
Cashew/Cashew Butter
Chestnut *
Flax Seed
Hickory
Litchi
Macadamia
Peanut *
Peanut Butter *
Pine Nut (Pignola)
Pistachio
Walnut (English) *

Oil

Black Currant Seed Oil

Cod Liver Oil
Flax Seed (Linseed) Oil
Olive Oil *

Walnut Oil *

Herb/Spice

Arrowroot
Basil
Bay Leaf
Bergamot
Caraway
Cardamom
Carob
Chives
Cinnamon
Clove
Coriander
Cream of Tartar
Cumin
Curry *
Dill
Dulse
Licorice

Type AB Food List 1/4

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Meat

Lamb *
Liver (Calf) -
Mutton *
Pheasant -
Rabbit *
Turkey *

Fish

Abalone
Bluefish
Carp
Catfish
Caviar
Cod *
Grouper *
Herring/Kippers (fresh)
Mackerel *
Mahimahi *
Monkfish *
Mussels
Perch (Ocean) *
Perch (Silver)
Perch (White)
Perch (Yellow)
Pickerel *
Pike *
Porgy *
Red Snapper *
Sailfish *
Salmon
Sardine *
Scallop
Shad *
Shark
Smelt
Snail (Helix Pomatia/Escargot) *
Snapper
Squid
Sturgeon *
Swordfish
Tilefish
Trout (Rainbow) *
Trout (Sea) *
Tuna *
Weakfish
Whitefish

Dairy

Almond Milk
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese *
Cream Cheese

Edam Cheese
Emmenthal Cheese
Farmer Cheese *
Feta Cheese *
Ghee (Clarified Butter) -
Goat Cheese *
Gouda Cheese
Gruyere Cheese
Jarlsberg Cheese
Kefir *
Milk (Cow-Skim or 2%)
Milk (Goat) *
Monterey Jack Cheese
Mozzarella Cheese *
Munster Cheese
Neufchatel Cheese
Paneer
Rice Milk *
Ricotta Cheese *
Sour Cream (low/non-fat) *

String Cheese
Swiss Cheese
Whey
Whey Protein Supplement
Yogurt *

Egg

Egg (chicken) ?
Egg White (chicken) ? *
Egg Yolk (chicken) ?

Fruit/Fruit Juice

Apple
Apple Cider/Apple Juice
Apricot/Apricot Juice
Blackberry/Blackberry Juice
Blueberry
Boysenberry
Canang Melon
Cantaloupe
Casaba Melon
Cherry (Bing, Sweet, White, etc) *
Cherry/Juice (Black) *
Christmas Melon
Cranberry *
Cranberry Juice *
Crenshaw Melon
Currants (Black/Red)
Date
Elderberry (Dark Blue/Purple)
Fig (Fresh/Dried) *
Gooseberry *

Grape
Black/Concord/Green/Red/Juice*
Grapefruit *
Grapefruit Juice
Honeydew
Jam/Jelly (OK'd Ingrid)
Kiwi *
Kumquat
Lemon/Lemon Juice *
Lime/Lime Juice
Loganberry *
Musk Melon
Nectarine/Nectarine Juice
Papaya
Papaya Juice *
Peach
Pear/Pear Juice
Pineapple *
Pineapple Juice
Plantain
Plum (Dark/Green/Red) *
Prune/Prune Juice
Raisin
Raspberry
Spanish Melon
Strawberry
Tangerine/Tangerine Juice
Water & Lemon
Watermelon

Vegetable/Veg Juice

Agar
Alfalfa Sprouts *
Arugula
Asparagus
Bamboo Shoot
Beet *
Beet Greens *
Beet/Beet Greens Juice *
Bok Choy
Broccoli *
Brussel Sprout
Cabbage (Chinese/Red/White)
Cabbage Juice *
Carrot
Carrot Juice *
Cauliflower *
Celery *
Celery Juice *
Chervil
Chicory
Collard Greens *
Cucumber *