

<b>This Sheet Best Zone Choices</b>	Tofu, soft 4oz.	Cucumber 1 1/2 med.	<b>Spices</b>
<b>For Blood Type AB</b>	<b>Mixed (1block protein, 1 block carb)</b>	Fennel 3/4c	Sea Salt (pink or gray)
<b>Yellow EAT- Purple AVOID for your BLOOD TYPE AB</b>	Milk, 1% or Skim 1c	Lettuce-Romaine,Arugala,Buttrhd 10c	Kelp,Curry,Garlic,Miso
<b>Best Protein Choices (7grams/block)</b>	Soy Milk 1c (read labels carefully)	Onions, chopped 1 1/2c	Horseradish, Parsley
<b>Meat/Poultry (Protein)</b>	Soybeans, cooked 1/3c	Radishes 4c	<b>Herbal Teas</b>
Beef 1oz.	Tempeh 1 1/2oz	Tomato 1 1/2c chopped	Alfalfa,Burdock
Chicken 1oz.	Yogurt, plain skim 8oz	Tomato, Cherry 2c	Chamomile,Echinacea
Lamb, Mutton, Rabbit 1oz	<b>Best Carbohydrate Choices (9gm/block)</b>	<b>Fresh Fruits (Carbohydrates)</b>	Ginger,Ginseng
Liver 1oz	<b>Cooked Veggies (Carbohydrate)</b>	Apple, 1/2	Green Tea,Hawthorn
Pork 1oz	Artichokes, 4 lg or 1c hearts	Apricots 3	Licorice Root
Turkey, Emu, Pheasant 1oz	Asparagus 12 spears or 1c	Blackberries 3/4c	Rose Hips
<b>Fish/Seafood (Protein)</b>	Black Beans 1/4c	Blueberries 1/2c	Strawberry Leaf
Bass 1.5oz	Green Beans 1 1/2c	Cherries 8	<b>Misc. Beverages</b>
Cod, Grouper,Perch,Snapper 1.5oz	Kidney Beans 1/4c	Grapefruit 1/2	Coffee--Regular/Decaf.
Crab 1.5oz	Navy Beans 1/4c	Grapes 1/2c	Green Tea
Haddock 1.5oz.	Bok Choy 3c	Kiwi 1	<b>Blood Type AB</b>
Lobster 1.5oz	Broccoli 3c	Nectarine 1/2	<b>Top 11 Best Foods</b>
Mackerel, Mahimahi,Pickerel,Pike 1.5oz	Brussels Sprouts 1 1/2 c	Orange 1/2	Broccoli
Salmon,Sailfish,Shad,Sturgeon 1.5oz	Cabbage 3c	Peach 1	Cod
Sardines, Snail 1.5oz	Cauliflower 4c	Pear 1/2 or 1/2c	Cottage Cheese
Scallops 1.5oz	Garbanzo beans 1/4c	Plum 1	Garlic
Shrimp 1.5oz	Eggplant 1 1/2c	Raspberries 1c	Green Tea
Trout 1.5oz	Kale 2c	Strawberries 1c	Molasses
Tuna 1.5oz	Kohlrabi 1c	Tangerine 1	Oatmeal
Tuna Steak 1oz	Leeks 1c	<b>Grains/Alcohol (Carbohydrate)</b>	Sprouted Wheat Bread
<b>Eggs/Dairy (Protein)</b>	Lentils, cooked 1/4c	Barley, dry 1/2 Tbsp.	Watermelon
Egg Whites 2	Mushrooms 2c	Oatmeal, cooked 1/3c	Yogurt
Egg Subst. 1/4c.	Mustard Greens 4c	<b>Best Fat Choices (3gm/block)</b>	Zucchini
Cottage Cheese 2% 1/4c.	Okra, sliced 1c	Almonds 3	<b>Eat SOME of the above EVERY day</b>
<b>Vegetarian (Protein)</b>	Onions, boiled 1/2c	Avocado 1 Tbsp	<b>Exercises for Type AB:</b>
Protein Pdr. 1/3c.	Spinach 3 1/2c	Canola Oil 2/3tea	Aerobics, Low Impact
Soy Burger 2/3 patty	Swiss Chard 2 1/2c	Cashews 3	Aikido
Soy Burger Crumbles 1/3c.	Turnip Greens 4c	Macademia 1, Hickory 2, Lichi nuts 5	Cycling
Soy Sausage 1	Yellow Squash 2c	Oils, Olive 2/3 tea	Dance
Tofu, extra firm 2oz.	Zucchini 2c	Oils, Sesame,Corn,Safflower,Sunflower	Golf
Tofu, firm 3oz.	<b>Raw Veggies (Carbohydrate)</b>	Peanuts 6 Chestnuts 1 Walnuts halves 3	Hatha Yoga, Tai Chi
	Peppers, Green/Red/Yellow/Black	Pistachios 3, Brazil 1, Pine 2 tsp,	Hiking
	Celery 2c		Stretching
<b>One Balanced Snack equals:</b>	<b>A Balanced Meal is 3-4 Blocks</b>	<b>If a meal is too large you can Graze:</b>	Swimming
One Block of Protein	3-4 Blocks of Protein	Two Blocks of Protein	<b>Walking-Brisk</b>
One Block of Carbohydrate	3-4 Blocks of Carbohydrates	Two Blocks of Carbohydrates	Avoid Heavy Exercise
One Block of Fat	3-4 Blocks of Fat	Two Blocks of Fat	© wms 2003
	(3 Blocks for a woman/4 for a man)		
<b>WEIGHT MANAGEMENT SYSTEMS</b>	<b>Featuring the Zone and Blood Type Diets</b>	<b>BEST ZONE CHOICES</b>	<b>BLOOD TYPE AB</b>
<b>Dr. Denice Moffat Medical Intuitive Phone Consultation Services www.NaturalHealthTechniques.com</b>			