

This Sheet POOR ZONE Choices	Coconut 2tsp	Roll, bulky 1/4	Miscellaneous Avoid List Type AB
For Blood Type AB	Cranberries 3/4c	Roll, dinner 1/2 small	Allspice
Yellow EAT - Purple AVOID	Cranberry sauce 1oz	Roll, hamburger 1/4	Almond Extract
for you BLOOD TYPE AB	Dates 2	Taco shell 1	Aloe
Poor Protein Choices 7gm/blk	Figs 1	Tortilla, corn 6" 1	Anise
Meat/Poultry (Protein)	Guava, Starfruit, Prickly Pear 1/2c	Tortilla, flour 8" 1/2	Barley Malt
Bacon 3 strips	Kumquat 3	Waffle 1/2	Capers
Beef, Buffalo, Venison, Ham 1oz	Mango, sliced 1/3c	Unfavorable Choices-Other 9gm/blk	Cornstarch, Corn Syrup
Chicken, Cornish Hens, Duck, Goose 1oz	Papaya, cubed 3/4c	Barbecue sauce 2 Tbsp	Gelatin, plain
Quail, Partridge 1oz	Pomegranate 1/4	Beer 1 bottle	Hops
Hot dog--Pork, Beef, Chicken 1 link	Prunes, dried 2	Cake, small slice 1/3	Mullien
Hot Dog--Turkey 1 link	Raisins 1 Tbsp	Candy bar 1/4	Pepper, All
Kielbasa 2oz	Rhubarb 1/2c	Catsup 2 Tbsp	Red Clover
Liver, beef 1oz	Grains/Breads (Carbohydrates)	Cocktail sauce 2 Tbsp	Senna
Pepperoni 1oz	Bagel, small 1/4	Honey 1/2Tbsp	Sodas-All
Pork Sausage 2 links	Biscuit 1/2	Ice cream, premium 1/6c	Tapioca
Salami 1oz	Bread crumbs 1/2oz	Ice cream, Sherbet 1/4c	Tea, black decaf or regular
Fish/Seafood (Protein)	Bread, whole grain 1/2 slice	Jam or Jelly 2tsp	Vinegar
Anchovy, Caviar, Frog 1.5oz	Bread, white 1/2 slice	Liquor, distilled 1 1/2 oz	Blood Type AB Diseases:
Fish--Halibut, Crawfish, Sole, Lox 1.5oz	Breadstick, small 1 (check label)	Milk--Whole or Buttermilk 1c	Asthma (too much wheat)
Fish--Herring, Octopus, Sea Bass 1.5oz	Buckwheat, dry 1/2oz	Molasses 2 tsp	Cancer-Breast
Fish--Oysters, Turtle 1.5oz	Bulgur wheat, dry 1/2oz	Plum sauce 1 1/2Tbsp	Cancer-Stomach
Dairy (Protein)	Cereal--Kamut, Kasha, Soba, dry 1/2oz	Potato chips 1/2oz	Diabetes/Hypoglycemia
Cheese--American, Blue, Brie, 1oz	Cornbread 1 square	Pretzels 1/2oz	Ear Infections
Cheese--Camembert, Parmesan 1oz	Cornstarch 4 tea	Relish, pickle 4 tsp	Excess Mucous (too much dairy)
Cheese--Provolone 1oz	Couscous 1/2oz	Sodas, Colas, Black Tea	Fluid Retention
Poor Carbohydrate Choices 9gm/blk	Cracker, graham 1	Sugar, brown 1 1/2tsp	Gallbladder Problems
Cooked Vegetables (Carbohydrates)	Cracker, saltine 4	Sugar, confectionery 1Tbsp	Heart Disease
Squash--Acorn, Butternut 1/2c	Cracker, Triskett 3	Sugar, granulated white 2 tsp	Meat Stores as Fat
Beans--Aduki, Azuki, Black, Fava 1/4c	Croissant, small plain 1/4	Syrup, maple 2tsp	Poor Digestion
Beans--Garbanzo, Black-eyed peas 1/4c	Crouton 1/2oz	Syrup, pancake 2tsp	Sinus Problems
Beans--Lima 1/4c	Donut, small plain 1/4	Teriyaki sauce 1/2oz	Weak Immune System (eat more veg.)
Beets, sliced 1/2c	English muffin 1/4 (check label)	Tortilla chips 1/2oz	Top 6 Foods to Avoid for Type AB
Butternut squash 1/2c	Granola 1/2oz	Vinegar	Garbanzo Beans
Carrots--raw 1, sliced 1c, shredded 1c	Grits, cooked 1/3c	Wine, red 4oz	Avocado
Corn 1/4c	Juice, Orange 2oz	Wine, white 4oz	Milk
French Fries 5	Melba toast 1/2oz	Worcestershire sauce	Bananas
Mushrooms--Abalone, Shitake 4c	Millet 1/2oz	Poor Fat Choices 3gm/block	Cornstarch
Parsnip 1/3c	Muffin, blueberry 1/4	Bacon bits, imitation 2tsp	Diet Sodas
Peas 1/4c	Noodles, egg (cooked) 1/5c	Butter 1/3tsp	3 Block Balanced Meals Eating Out
Pinto beans 1/4c	Pancake, 4" 1	Cream 1/2Tbsp	Wendy's 12 oz. Chili
Potato, baked 1/3c	Pasta--Semolina, Spinach cooked 1/4c	Cream Cheese 1tsp, Lite 2tsp	McDonald's Grilled McChicken
Potato, boiled 1/4c	Pita bread 1/4 pocket	Lard 1/3tsp	(Throw away 1/4 of the bun)
Potato, mashed 1/4c	Pita bread, mini 1/2 pocket	Nuts--Filbert 3	Burger King BK Broiler w/o
Sprouts, Radish 7c	Popcorn, popped 2c	Seeds--Poppy, Sunflower, Sesame 2tsp	mayo & throw away 1/4 of the bun
Sweet Potato, baked 1/3, mashed 1/5c	Rice, brown (cooked) 1/5c	Sour cream 1/2Tbsp	Taco Bell Chicken Tacos-2
Fruits (Carbohydrates)	Rice, white (cooked) 1/5c	Sour cream, light 1Tbsp	
Banana 1/3, Plantains 3/4	Rice cake 1	Vegetable shortening 1/3tsp	© wms 2003
WEIGHT MANAGEMENT SYSTEMS	Featuring the Zone and Blood Type Diets	POOR ZONE CHOICES	BLOOD TYPE AB
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