

Time to Get in That Pantry

BLOOD TYPE AB

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Snacks

The first thing we all go into the pantry for is to grab a quick bite on the run or to pack a snack to ship off to school with the kids. It is important that these treats are balanced and wholesome, especially to keep your blood sugar balanced. The best way to make that happen is to make sure your pantry is stocked with Beneficials. Here are a few staples for Blood Type AB:

- Brown rice cakes
- Dark chocolate (70 percent or higher)
- Dried fruit (apricots, cherries, cranberries, figs, pineapple, prunes, raisins)
- Fresh fruit (cherries, grapefruit, grapes, kiwi, pineapple, plums, watermelon)
- Nuts (almonds, peanuts, pecans, macadamia nuts, walnuts)
- Peanut butter
- Spelt cracker

If you want to prep ahead for those times when you are in a rush, make individual servings of combinations of nuts, dried fruit, and maybe even a little dark chocolate. Store in small, glass, sealable containers and take them in the car, on the plane, or anywhere you are headed.

Drinks

Yet another reason you are lucky to be Blood Type AB: red wine is highly Beneficial for Non-Secretors and Neutral for Secretors. Of course, it's not advisable to drink wine all day, so aside from water, when you want to add a little flavor to your beverage repertoire, dabble in these Beneficial teas or fruit juices, plain or with a touch of lemon/lime or mint. In fact, as a Type AB, it is a good idea to start the day with warm water with a squeeze of lemon. Here's a list of Beneficials and Neutrals for Blood Type AB:

- Fruit juices (cherry, cranberry, grapefruit, grape, pineapple)
- Red wine
- Teas (chamomile, echinacea, ginger, ginseng, green, licorice root, rose hip)
- White wine
- Beer

Grains/Legumes

Whole grains and legumes are Beneficial to your diet, so try to incorporate them whenever you can. Always keep these ingredients on hand so they are readily available for your use. Here's a quick list of Beneficials for Blood Type AB:

Lentils	Millet	Navy Beans	Oat Flour
Pinto Beans	Oatmeal	Red Beans	Rice
Soybeans	Rye Flour		

Seasonings

Making healthy food taste good is non-negotiable. One quick trick is to know the way around your spice cabinet. Herbs and spices are calorie-free and flavor packed. The spices listed below also happen to be terrific for Blood Type ABs. Keep a jar of homemade breadcrumbs on hand, too. Additionally, as much as you might like to repress your sweet tooth, it is an unrealistic expectation for most, so stock up on natural sweeteners like agave and maple syrup—but use sparingly. Here’s a list of Beneficials and Neutrals for the Blood Type AB pantry:

Agave nectar

Basic Bread Crumbs

Blackstrap molasses

Honey

Jam (from allowable fruits)

Jelly (from allowable fruits)

Maple syrup

Mayonnaise

Miso

Olive oil

Soy sauce

Vanilla

Spices (curry, garlic, horseradish, miso, parsley, basil, bay leaf, caraway, cardamom, carob, chili powder, chive, cinnamon, clove, coriander, cumin, dill, licorice, mustard, nutmeg, paprika, peppermint, rosemary, saffron, sage, sea salt, tamari, tamarind, tarragon, thyme)

**Editors note: This is an excerpt for the Eat Right 4 Your Type Personalized Cookbook for Type AB by Dr. Peter J. D’Adamo with Kristin O’Conner, copyright 2013*