



COMPLETE A - B - AB - O FOOD GUIDE

Blood Type Diet Food Chart

A Shabbazz Organics themed reference chart separating foods into Beneficial, Neutral, and Avoid categories for each ABO blood type.

BENEFICIAL

NEUTRAL

AVOID

How to use: Locate the section for Type A, B, AB, or O. The same chart applies to positive and negative Rh status (for example, A+ and A- use the Type A pages). Food classifications follow the Blood Type Diet framework. Individual allergies, medical conditions, and clinician-directed diets take priority.

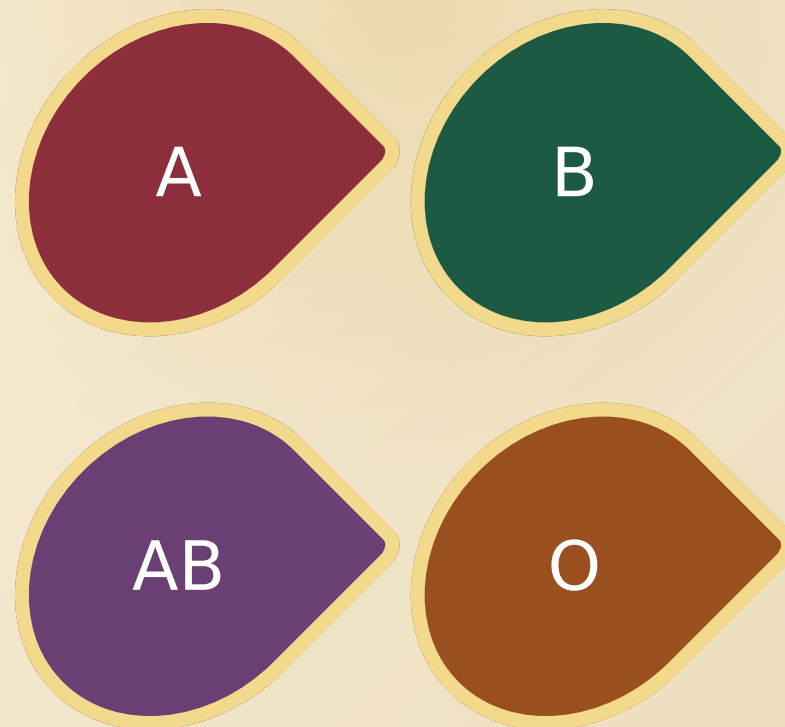
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MEATS & POULTRY
● BENEFICIAL

None listed.

● NEUTRAL

Chicken, Cornish hen, Turkey

● AVOID

Bacon, Beef (regular or ground), Buffalo, Duck, Goose, Ham, Heart, Lamb, Liver, Mutton, Partridge, Pheasant, Pork, Quail, Rabbit, Veal, Venison

SEAFOOD
● BENEFICIAL

Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel, Red snapper, Rainbow trout, Salmon, Sardine, Sea trout, Silver perch, Snail, Whitefish, Yellow perch

● NEUTRAL

Abalone, Albacore tuna, Mahi-mahi, Ocean perch, Pike, Porgy, Sailfish, Sea bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Weakfish, White perch, Yellowtail

● AVOID

Anchovy, Barracuda, Beluga, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Haddock, Hake, Halibut, Herring (fresh or pickled), Lobster, Lox or smoked salmon, Mussels, Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid or calamari, Striped bass, Tilefish, Turtle

EGGS & DAIRY
● BENEFICIAL

Soy cheese, Soy milk

● NEUTRAL

Eggs, Farmer cheese, Feta, Goat cheese, Goat milk, Kefir, Mozzarella (low fat), Ricotta (low fat), String cheese, Yogurt (regular, fruit, or frozen)

● AVOID

American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby, Cottage cheese, Cream cheese, Edam, Emmental, Gouda, Gruyere, Ice cream, Jarlsberg, Monterey Jack, Munster, Neufchatel, Parmesan, Provolone, Sherbet, Skim or 2% milk, Swiss, Whey, Whole milk

OILS & FATS

● BENEFICIAL

Flaxseed oil, Olive oil

● NEUTRAL

Canola oil, Cod liver oil

● AVOID

Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil

NUTS & SEEDS

● BENEFICIAL

Peanuts, Peanut butter, Pumpkin seeds

● NEUTRAL

Almond butter, Almonds, Chestnuts, Filberts or hazelnuts, Hickory nuts, Litchi nuts, Macadamia nuts, Pine nuts, Poppy seeds, Sesame seeds, Tahini, Sunflower butter, Sunflower seeds, Walnuts

● AVOID

Brazil nuts, Cashews, Pistachios

BEANS & LEGUMES

● BENEFICIAL

Adzuki or azuki beans, Black beans, Green beans, Pinto beans, Red soy beans, Lentils (domestic, green, or red), Black-eyed peas

● NEUTRAL

Cannellini beans, Broad or fava beans, Jicama, Snap beans, String beans, White beans, Green peas, Pea pods, Snow peas

● AVOID

Copper beans, Garbanzo beans, Kidney beans, Lima beans, Navy beans, Red beans, Tamarind beans

CEREALS

● BENEFICIAL

Amaranth, Buckwheat, Kasha

● NEUTRAL

Barley, Cornflakes, Cornmeal, Cream of rice, Kamut, Puffed millet, Oat bran, Oatmeal, Puffed rice, Rice bran, Spelt

● AVOID

Cream of wheat, Familia cereal, Farina, Granola, Grape-Nuts, Seven-grain cereal, Shredded wheat, Wheat bran, Wheat germ

BREADS & MUFFINS

● BENEFICIAL

Essene bread, Ezekiel bread, Rice cakes, Soy flour bread, Sprouted wheat bread

● NEUTRAL

Wheat bagels, Brown rice bread, Corn muffins, Fin Crisp, Gluten-free bread, Ideal flatbread, Millet bread, Oat bran muffins, 100% rye bread, Rye crisps, Rye Vita, Spelt bread, Wasa bread

● AVOID

Durum wheat bread, English muffins, High-protein bread, Wheat matzos, Multigrain bread, Pumpernickel, Wheat bran muffins, Whole wheat bread

GRAINS & PASTAS

● BENEFICIAL

Buckwheat, Kasha, Oat flour, Rice flour, Rye flour, Soba flour or noodles, Artichoke pasta

● NEUTRAL

Couscous, Barley flour, Bulgur wheat flour, Durum wheat flour, Gluten flour, Graham flour, Spelt flour, Sprouted wheat flour, Spelt noodles, Quinoa, Basmati rice, Brown rice, White rice, Wild rice

● AVOID

White flour, Whole wheat flour, Semolina pasta, Spinach pasta

VEGETABLES

● BENEFICIAL

Artichoke (domestic or Jerusalem), Beet leaves, Broccoli, Carrots, Chicory, Collard greens, Dandelion greens, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Romaine lettuce, Okra, Red onion, Spanish onion, Yellow onion, Parsley, Parsnips, Pumpkin, Spinach, Alfalfa sprouts, Swiss chard, Tempeh, Tofu, Turnips

● NEUTRAL

Arugula, Asparagus, Avocado, Bamboo shoots, Beets, Bok choy, Caraway, Cauliflower, Celery, Chervil, Coriander, White corn, Yellow corn, Cucumber, Daikon radish, Endive, Fennel, Fiddlehead ferns, Bibb lettuce, Boston lettuce, Iceberg lettuce, Mesclun, Abalone mushroom, Enoki mushroom, Portobello mushroom, Oyster mushroom, Mustard greens, Green olives, Green onions, Radicchio, Radishes, Rapini, Rutabaga, Scallions, Seaweed, Shallots, Brussels sprouts, Mung sprouts, Radish sprouts, Squash (all types), Water chestnuts, Watercress, Zucchini

● AVOID

Chinese cabbage, Red cabbage, White cabbage, Eggplant, Lima beans, Domestic mushrooms, Shiitake mushrooms, Black olives, Greek olives, Spanish olives, Green peppers, Red peppers, Jalapeno peppers, Yellow peppers, Red potatoes, White potatoes, Sweet potatoes, Tomatoes, Yams

FRUITS

● BENEFICIAL

Apricots, Blackberries, Blueberries, Cherries, Cranberries, Dried figs, Fresh figs, Grapefruit, Lemons, Pineapple, Dark plums, Green plums, Red plums, Prunes, Raisins

● NEUTRAL

Apples, Black currants, Red currants, Dates, Elderberries, Gooseberries, Red grapes, Concord grapes, Green grapes, Black grapes, Guava, Kiwi, Kumquat, Limes, Loganberries, Canary melon, Casaba melon, Christmas melon, Crenshaw melon, Musk melon, Spanish melon, Watermelon, Nectarines, Peaches, Pears, Persimmons, Pomegranates, Prickly pears, Raspberries, Star fruit, Strawberries

● AVOID

Bananas, Coconuts, Mangoes, Cantaloupe, Honeydew melon, Oranges, Papayas, Plantains, Rhubarb, Tangerines

JUICES & FLUIDS

● BENEFICIAL

Apricot juice, Carrot juice, Celery juice, Black cherry juice, Grapefruit juice, Pineapple juice, Prune juice, Water with lemon

● NEUTRAL

Apple juice, Apple cider, Cabbage juice, Cucumber juice, Cranberry juice, Vegetable juice made from neutral or beneficial vegetables

● AVOID

Orange juice, Papaya juice, Tomato juice

CONDIMENTS

● BENEFICIAL

Mustard

● NEUTRAL

Jam from acceptable fruits, Jelly from acceptable fruits, Dill pickles, Sour pickles, Kosher pickles, Sweet pickles, Relish, Low-fat salad dressing made from acceptable ingredients

● AVOID

Ketchup, Mayonnaise, Worcestershire sauce

SPICES

● BENEFICIAL

Barley malt, Blackstrap molasses, Garlic, Ginger, Miso, Soy sauce, Tamari

● NEUTRAL

Agar, Allspice, Almond extract, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Clove, Coriander, Cornstarch, Corn syrup, Cream of tartar, Cumin, Curry, Dill, Dulce, Honey, Horseradish, Kelp, Maple syrup, Marjoram, Mint, Dry mustard, Nutmeg, Oregano, Paprika, Parsley, Peppermint, Pimiento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Spearmint, Brown sugar, White sugar, Tamarind, Tapioca, Tarragon, Thyme, Turmeric, Vanilla, Wintergreen

● AVOID

Capers, Plain gelatin, Black pepper, Cayenne pepper, Peppercorns, Red pepper flakes, White pepper, Apple cider vinegar, Balsamic vinegar, Red wine vinegar, White vinegar

HERBAL TEAS

● BENEFICIAL

Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Green tea, Hawthorn, Milk thistle, Rose hips, St. John's wort, Slippery elm, Valerian

● NEUTRAL

Chickweed, Coltsfoot, Dandelion, Dong quai, Elder, Gentian, Goldenseal, Hops, Horehound, Licorice root, Linden, Mulberry, Mullein, Parsley, Peppermint, Raspberry leaf, Sage, Sarsaparilla, Senna, Shepherd's purse, Skullcap, Spearmint, Strawberry leaf, Thyme, Vervain, White birch, White oak bark, Yarrow

● AVOID

Catnip, Cayenne, Corn silk, Red clover, Rhubarb

MISC. BEVERAGES

● BENEFICIAL

Coffee (regular or decaf), Green tea, Red wine

● NEUTRAL

White wine

● AVOID

Beer, Distilled liquor, Seltzer water, Club soda, Cola, Diet soda, Other soda, Black tea (regular or decaf)

MEATS & POULTRY
● BENEFICIAL

Lamb, Mutton, Rabbit, Venison

● NEUTRAL

Beef (regular or ground), Buffalo, Liver, Pheasant, Turkey, Veal

● AVOID

Bacon, Chicken, Cornish hen, Duck, Goose, Ham, Heart, Partridge, Pork, Quail

SEAFOOD
● BENEFICIAL

Cod, Flounder, Grouper, Haddock, Hake, Halibut, Mackerel, Mahi-mahi, Monkfish, Ocean perch, Pickerel, Pike, Porgy, Salmon, Sardine, Sea trout, Shad, Sole, Sturgeon, Sturgeon roe or caviar, Shark, Silver perch, Smelt, Snapper, Squid or calamari, Swordfish, Tilefish, Weakfish, White perch, Whitefish, Yellow perch

● NEUTRAL

Abalone, Albacore tuna, Bluefish, Carp, Catfish, Herring (fresh or pickled), Rainbow trout, Red snapper, Sailfish, Scallop

● AVOID

Anchovy, Barracuda, Beluga, Bluegill bass, Clam, Conch, Crab, Crayfish, Eel, Frog, Lobster, Lox or smoked salmon, Mussels, Octopus, Oysters, Sea bass, Shrimp, Snail, Striped bass, Turtle, Yellowtail

EGGS & DAIRY
● BENEFICIAL

Cottage cheese, Farmer cheese, Feta, Goat cheese, Goat milk, Kefir, Mozzarella, Ricotta, Skim or 2% milk, Yogurt (regular, fruit, or frozen)

● NEUTRAL

Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby, Cream cheese, Edam, Emmental, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Parmesan, Provolone, Sherbet, Swiss, Whey, Whole milk

● AVOID

American cheese, Blue cheese, Ice cream, String cheese

OILS & FATS
● BENEFICIAL

Olive oil

● NEUTRAL

Cod liver oil, Flaxseed oil

● AVOID

 Canola oil, Corn oil, Cottonseed oil,
 Peanut oil, Safflower oil, Sesame oil,
 Sunflower oil

NUTS & SEEDS
● BENEFICIAL

None listed.

● NEUTRAL

 Almond butter, Almonds, Brazil nuts,
 Chestnuts, Hickory nuts, Litchi nuts,
 Macadamia nuts, Pecans, Walnuts

● AVOID

 Cashews, Filberts or hazelnuts, Pine nuts,
 Pistachios, Peanuts, Peanut butter, Poppy
 seeds, Pumpkin seeds, Tahini, Sesame seeds,
 Sunflower butter, Sunflower seeds

BEANS & LEGUMES
● BENEFICIAL

Kidney beans, Lima beans, Navy beans

● NEUTRAL

 Broad beans, Cannellini beans, Copper beans, Green
 beans, Jicama, Northern beans, Red beans, Snap beans,
 String beans, Tamarind beans, White beans, Green peas,
 Pea pods

● AVOID

 Adzuki or azuki beans, Black beans, Garbanzo beans,
 Pinto beans, Lentils (domestic, green, or red), Black-
 eyed peas

CEREALS
● BENEFICIAL

 Millet, Oat bran, Oatmeal, Puffed rice,
 Rice bran, Spelt

● NEUTRAL

 Cream of rice, Familia cereal, Farina,
 Granola, Grape-Nuts

● AVOID

 Amaranth, Barley, Buckwheat,
 Cornflakes, Cornmeal, Cream of wheat,
 Kamut, Kasha, Rye, Seven-grain cereal,
 Shredded wheat, Wheat bran, Wheat
 germ

BREADS & MUFFINS
● BENEFICIAL

Brown rice bread, Essene bread, Ezekiel bread, Fin Crisp, Millet bread, Rice cakes, Wasa bread

● NEUTRAL

Gluten-free bread, High-protein no-wheat bread, Ideal flatbread, Oat bran muffins, Pumpnickel, Spelt bread, Soy flour bread

● AVOID

Wheat bagels, Corn muffins, Durum wheat bread, Multigrain bread, 100% rye crisp, Rye crisps, Rye Vita, Wheat bran muffins, Whole wheat bread

GRAINS & PASTAS
● BENEFICIAL

Oat flour, Rice flour

● NEUTRAL

Graham flour, Spelt flour, White flour, Semolina pasta, Spinach pasta, Quinoa, Basmati rice, Brown rice, White rice

● AVOID

Buckwheat, Kasha, Couscous, Barley flour, Rye flour, Bulgur wheat flour, Durum wheat flour, Whole wheat flour, Gluten flour, Artichoke pasta, Soba noodles, Wild rice

VEGETABLES
● BENEFICIAL

Beets, Beet leaves, Broccoli, Chinese cabbage, Red cabbage, White cabbage, Carrots, Cauliflower, Collard greens, Eggplant, Kale, Lima beans, Shiitake mushrooms, Mustard greens, Parsley, Parsnips, Green peppers, Red peppers, Jalapeno peppers, Yellow peppers, Sweet potatoes, Brussels sprouts, Yams

● NEUTRAL

Arugula, Asparagus, Bamboo shoots, Bok choy, Celery, Chervil, Chicory, Cucumber, Daikon radish, Dandelion greens, Dill, Endive, Escarole, Fennel, Fiddlehead ferns, Garlic, Ginger, Horseradish, Kohlrabi, Leek, Bibb lettuce, Boston lettuce, Iceberg lettuce, Romaine lettuce, Mesclun, Abalone mushroom, Domestic mushroom, Enoki mushroom, Portobello mushroom, Oyster mushroom, Okra, Green onions, Red onions, Spanish onions, Yellow onions, Red potatoes, White potatoes, Radicchio, Rapini, Rutabaga, Scallion, Seaweed, Shallots, Snow peas, Spinach, Alfalfa sprouts, Squash (all types), Swiss chard, Turnips, Water chestnuts, Watercress, Zucchini

● AVOID

Artichoke (domestic or Jerusalem), Avocado, White corn, Yellow corn, Black olives, Greek olives, Green olives, Spanish olives, Pumpkin, Radishes, Mung sprouts, Radish sprouts, Tempeh, Tofu, Tomato

FRUITS

● BENEFICIAL

Bananas, Cranberries, Black grapes, Red grapes, Concord grapes, Green grapes, Papaya, Pineapple, Dark plums, Red plums, Green plums

● NEUTRAL

Apples, Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Black currants, Red currants, Dates, Elderberries, Dried figs, Fresh figs, Gooseberries, Grapefruit, Guava, Kiwi, Kumquat, Lemons, Limes, Loganberries, Mangoes, Cantaloupe, Canary melon, Crenshaw melon, Christmas melon, Casaba melon, Honeydew melon, Musk melon, Spanish melon, Watermelon, Nectarines, Oranges, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines

● AVOID

Coconuts, Persimmons, Pomegranates, Prickly pear, Rhubarb, Star fruit

JUICES & FLUIDS

● BENEFICIAL

Cabbage juice, Cranberry juice, Grape juice, Papaya juice, Pineapple juice

● NEUTRAL

Apple juice, Apple cider, Apricot juice, Carrot juice, Celery juice, Black cherry juice, Cucumber juice, Grapefruit juice, Orange juice, Prune juice, Water with lemon, Vegetable juice made from neutral or beneficial vegetables

● AVOID

Tomato juice

CONDIMENTS

● BENEFICIAL

None listed.

● NEUTRAL

Apple butter, Jam from acceptable fruits, Jelly from acceptable fruits, Mayonnaise, Mustard, Sour pickles, Dill pickles, Kosher pickles, Sweet pickles, Relish, Low-fat salad dressing made from acceptable ingredients, Worcestershire sauce

● AVOID

Ketchup

SPICES

● BENEFICIAL

Cayenne pepper, Curry, Ginger, Horseradish, Parsley

● NEUTRAL

Agar, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Capers, Caraway, Cardamom, Carob, Chervil, Chives, Chocolate, Clove, Coriander, Cream of tartar, Cumin, Dill, Dulce, Garlic, Honey, Kelp, Maple syrup, Marjoram, Mint, Miso, Molasses, Dry mustard, Nutmeg, Oregano, Paprika, Peppercorns, Red pepper flakes, Peppermint, Pimiento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Brown sugar, White sugar, Tamarind, Tarragon, Thyme, Turmeric, Vanilla, Apple cider vinegar, Balsamic vinegar, Red wine vinegar, White vinegar, Wintergreen

● AVOID

Allspice, Almond extract, Barley malt, Cinnamon, Cornstarch, Corn syrup, Plain gelatin, Black pepper, White pepper, Tapioca

HERBAL TEAS

● BENEFICIAL

Ginger, Ginseng, Licorice root, Parsley, Peppermint, Raspberry leaf, Rose hips, Sage

● NEUTRAL

Alfalfa, Burdock, Catnip, Cayenne, Chamomile, Chickweed, Dandelion, Dong quai, Echinacea, Elder, Goldenseal, Green tea, Hawthorn, Horehound, Mulberry, St. John's wort, Sarsaparilla, Slippery elm, Spearmint, Strawberry leaf, Thyme, Valerian, Vervain, White birch, White oak bark, Yarrow, Yellow dock

● AVOID

Aloe, Coltsfoot, Corn silk, Fenugreek, Gentian, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Shepherd's purse

MISC. BEVERAGES

● BENEFICIAL

Green tea

● NEUTRAL

Beer, Coffee (regular or decaf), Black tea (regular or decaf), Red wine, White wine

● AVOID

Distilled liquor, Seltzer water, Club soda, Cola, Diet soda, Other soda

MEATS & POULTRY
● BENEFICIAL

Lamb, Mutton, Rabbit, Turkey

● NEUTRAL

Liver, Pheasant

● AVOID

Bacon, Beef (regular or ground), Buffalo, Chicken, Cornish hen, Duck, Goose, Ham, Heart, Partridge, Pork, Quail, Veal, Venison

SEAFOOD
● BENEFICIAL

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

● NEUTRAL

Abalone, Bluefish, Carp, Catfish, Caviar, Herring (fresh), Mussels, Scallop, Shark, Silver perch, Smelt, Snapper, Sole, Squid or calamari, Swordfish, Tilefish, Weakfish, Whitefish, White perch, Yellow perch

● AVOID

Anchovy, Barracuda, Beluga, Bluegill bass, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Haddock, Halibut, Herring (pickled), Lobster, Lox or smoked salmon, Octopus, Oysters, Sea bass, Shrimp, Striped bass, Turtle, Yellowtail

EGGS & DAIRY
● BENEFICIAL

Cottage cheese, Farmer cheese, Feta, Goat cheese, Goat milk, Kefir, Mozzarella, Ricotta, Nonfat sour cream, Yogurt

● NEUTRAL

Casein, Cheddar, Colby, Cream cheese, Edam, Emmental, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Neufchatel, Skim or 2% milk, Soy cheese, Soy milk, String cheese, Swiss, Whey

● AVOID

American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Ice cream, Parmesan, Provolone, Sherbet, Whole milk

OILS & FATS

● BENEFICIAL

Olive oil

● NEUTRAL

Canola oil, Cod liver oil, Flaxseed oil, Peanut oil

● AVOID

Corn oil, Cottonseed oil, Safflower oil, Sesame oil, Sunflower oil

NUTS & SEEDS

● BENEFICIAL

Chestnuts, Peanuts, Peanut butter, Walnuts

● NEUTRAL

Almond butter, Almonds, Brazil nuts, Cashews, Hickory nuts, Litchi nuts, Macadamia nuts, Pine nuts, Pistachios

● AVOID

Filberts or hazelnuts, Poppy seeds, Pumpkin seeds, Tahini, Sesame seeds, Sunflower butter, Sunflower seeds

BEANS & LEGUMES

● BENEFICIAL

Navy beans, Pinto beans, Red beans, Red soy beans, Green lentils

● NEUTRAL

Broad beans, Cannellini beans, Copper beans, Green beans, Jicama, Northern beans, Snap beans, String beans, Tamarind beans, White beans, Domestic lentils, Red lentils, Green peas, Pea pods

● AVOID

Adzuki or azuki beans, Black beans, Fava beans, Kidney beans, Garbanzo beans, Lima beans, Black-eyed peas

CEREALS

● BENEFICIAL

Millet, Oat bran, Oatmeal, Rice bran, Puffed rice, Spelt

● NEUTRAL

Amaranth, Barley, Cream of rice, Cream of wheat, Familia cereal, Farina, Granola, Grape-Nuts, Seven-grain cereal, Shredded wheat, Soy flakes, Soy granules, Wheat bran, Wheat germ

● AVOID

Buckwheat, Cornflakes, Cornmeal, Kamut, Kasha

BREADS & MUFFINS

● BENEFICIAL

Brown rice bread, Essene bread, Ezekiel bread, Fin Crisp, Millet bread, Rice cakes, 100% rye bread, Rye crisps, Rye Vita, Soy flour bread, Sprouted wheat bread, Wasa bread

● NEUTRAL

Wheat bagels, Durum wheat bread, Gluten-free bread, High-protein bread, Ideal flatbread, Wheat matzos, Multigrain bread, Oat bran muffins, Pumpernickel, Spelt bread, Wheat bran muffins, Whole wheat bread

● AVOID

Corn muffins

GRAINS & PASTAS

● BENEFICIAL

Oat flour, Rice flour, Rye flour, Sprouted wheat flour, Basmati rice, Brown rice, White rice, Wild rice

● NEUTRAL

Couscous, Barley flour, Bulgur wheat flour, Durum wheat flour, Gluten flour, Graham flour, Spelt flour, White flour, Whole wheat flour, Semolina pasta, Spinach pasta, Quinoa

● AVOID

Buckwheat, Kasha, Artichoke pasta, Soba noodles

VEGETABLES

● BENEFICIAL

Beet leaves, Beets, Broccoli, Cauliflower, Celery, Collard greens, Cucumber, Dandelion greens, Eggplant, Garlic, Kale, Mustard greens, Parsley, Parsnips, Sweet potatoes, Alfalfa sprouts, Tempeh, Tofu, Yams

● NEUTRAL

Arugula, Asparagus, Bamboo shoots, Bok choy, Chinese cabbage, Red cabbage, White cabbage, Caraway, Carrots, Chervil, Chicory, Coriander, Daikon radish, Endive, Escarole, Fennel, Fiddlehead ferns, Ginger, Horseradish, Kohlrabi, Leek, Bibb lettuce, Boston lettuce, Iceberg lettuce, Mesclun, Romaine lettuce, Domestic mushroom, Enoki mushroom, Portobello mushroom, Oyster mushroom, Okra, Green olives, Greek olives, Spanish olives, Green onions, Red onions, Spanish onions, Yellow onions, Red potatoes, White potatoes, Pumpkin, Radicchio, Rapini, Rutabaga, Scallion, Seaweed, Shallots, Snow peas, Spinach, Brussels sprouts, Squash (all types), Swiss chard, Tomato, Turnips, Water chestnuts, Watercress, Zucchini

● AVOID

Artichoke (domestic or Jerusalem), Avocado, White corn, Yellow corn, Lima beans, Abalone mushroom, Shiitake mushroom, Black olives, Green peppers, Red peppers, Jalapeno peppers, Yellow peppers, Radishes, Mung sprouts, Radish sprouts

FRUITS

● BENEFICIAL

Cherries, Cranberries, Dried figs, Fresh figs, Gooseberries, Black grapes, Concord grapes, Green grapes, Red grapes, Grapefruit, Kiwi, Lemons, Loganberries, Pineapple, Dark plums, Green plums, Red plums

● NEUTRAL

Apples, Apricots, Blackberries, Blueberries, Boysenberries, Black currants, Red currants, Dates, Elderberries, Kumquat, Limes, Cantaloupe, Canary melon, Crenshaw melon, Christmas melon, Casaba melon, Honeydew melon, Musk melon, Spanish melon, Watermelon, Nectarines, Papayas, Peaches, Pears, Plantains, Prunes, Raisins, Raspberries, Strawberries, Tangerines

● AVOID

Bananas, Coconuts, Guava, Mangoes, Oranges, Persimmons, Pomegranates, Prickly pear, Rhubarb, Star fruit

JUICES & FLUIDS

● BENEFICIAL

Cabbage juice, Carrot juice, Celery juice, Black cherry juice, Cranberry juice, Grape juice, Papaya juice

● NEUTRAL

Apple juice, Apple cider, Apricot juice, Cucumber juice, Grapefruit juice, Pineapple juice, Prune juice, Water with lemon, Vegetable juice made from neutral or beneficial vegetables

● AVOID

Orange juice

CONDIMENTS

● BENEFICIAL

None listed.

● NEUTRAL

Jam from acceptable fruits, Jelly from acceptable fruits, Mayonnaise, Mustard, Low-fat salad dressing made from acceptable ingredients

● AVOID

Ketchup, Dill pickles, Kosher pickles, Sweet pickles, Sour pickles, Relish, Worcestershire sauce

SPICES

● BENEFICIAL

Curry, Garlic, Horseradish, Miso, Parsley

● NEUTRAL

Agar, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Clove, Coriander, Cream of tartar, Cumin, Dill, Dulse, 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, Turmeric, Vanilla, Wintergreen

● AVOID

Allspice, Almond extract, Anise, Barley malt, Capers, Cornstarch, Corn syrup, Plain gelatin, Black pepper, Cayenne pepper, Peppercorns, Red pepper flakes, White pepper, Tapioca, Apple cider vinegar, Balsamic vinegar, Red wine vinegar, White vinegar

HERBAL TEAS

● BENEFICIAL

Alfalfa, Burdock, Chamomile, Echinacea, Ginger, Ginseng, Green tea, Hawthorn, Licorice root, Rose hips, Strawberry leaf

● NEUTRAL

Catnip, Cayenne, Chickweed, Dandelion, Dong quai, Elder, Goldenseal, Horehound, Mulberry, Parsley, Peppermint, Raspberry leaf, Sage, St. John's wort, Sarsaparilla, Slippery elm, Spearmint, Thyme, Valerian, Vervain, White birch, White oak bark, Yarrow, Yellow dock

● AVOID

Aloe, Coltsfoot, Corn silk, Fenugreek, Gentian, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Shepherd's purse, Skullcap

MISC. BEVERAGES

● BENEFICIAL

Coffee (regular or decaf), Green tea

● NEUTRAL

Beer, Seltzer water, Club soda, Red wine, White wine

● AVOID

Distilled liquor, Cola, Diet soda, Other soda, Black tea (regular or decaf)

MEATS & POULTRY
● BENEFICIAL

Beef (regular or ground), Buffalo, Heart, Lamb, Liver, Mutton, Veal, Venison

● NEUTRAL

Chicken, Cornish hen, Duck, Partridge, Pheasant, Quail, Rabbit, Turkey

● AVOID

Bacon, Goose, Ham, Pork

SEAFOOD
● BENEFICIAL

Bluefish, Cod, Hake, Halibut, Herring (fresh), Mackerel, Pike, Rainbow trout, Red snapper, Salmon, Sardine, Shad, Snapper, Sole, Striped bass, Sturgeon, Swordfish, Tilefish, White perch, Whitefish, Yellow perch, Yellowtail

● NEUTRAL

Abalone, Albacore tuna, Anchovy, Beluga, Bluegill bass, Carp, Clam, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Grouper, Haddock, Lobster, Mahi-mahi, Monkfish, Mussels, Ocean perch, Oysters, Pickerel, Porgy, Sailfish, Scallop, Sea bass, Sea trout, Shark, Shrimp, Silver perch, Smelt, Snail, Squid or calamari, Turtle, Weakfish

● AVOID

Barracuda, Catfish, Caviar, Conch, Herring (pickled), Lox or smoked salmon, Octopus

EGGS & DAIRY
● BENEFICIAL

None listed.

● NEUTRAL

Butter, Farmer cheese, Feta, Goat cheese, Mozzarella, Soy cheese, Soy milk

● AVOID

American cheese, Blue cheese, Brie, Buttermilk, Camembert, Casein, Cheddar, Colby, Cottage cheese, Cream cheese, Edam, Emmental, Goat milk, Gouda, Gruyere, Ice cream, Jarlsberg, Kefir, Monterey Jack, Munster, Neufchatel, Parmesan, Provolone, Ricotta, Skim or 2% milk, String cheese, Swiss, Whey, Whole milk, Yogurt (all varieties)

OILS & FATS

● BENEFICIAL

Flaxseed oil, Olive oil

● NEUTRAL

Canola oil, Cod liver oil, Sesame oil

● AVOID

Corn oil, Cottonseed oil, Peanut oil, Safflower oil

NUTS & SEEDS

● BENEFICIAL

Pumpkin seeds, Walnuts

● NEUTRAL

Almonds, Almond butter, Chestnuts, Filberts or hazelnuts, Hickory nuts, Macadamia nuts, Pecans, Pine nuts, Tahini, Sesame seeds, Sunflower butter, Sunflower seeds

● AVOID

Brazil nuts, Cashews, Litchi nuts, Peanuts, Peanut butter, Pistachios, Poppy seeds

BEANS & LEGUMES

● BENEFICIAL

Adzuki or azuki beans, Pinto beans, Black-eyed peas

● NEUTRAL

Black beans, Broad beans, Cannellini beans, Fava beans, Garbanzo beans, Green beans, Jicama, Lima beans, Northern beans, Red beans, Red soy beans, Snap beans, String beans, White beans, Green peas, Pea pods

● AVOID

Copper beans, Kidney beans, Navy beans, Tamarind beans, Lentils (domestic, green, or red)

CEREALS

● BENEFICIAL

None listed.

● NEUTRAL

Amaranth, Barley, Buckwheat, Cream of rice, Kamut, Kasha, Puffed millet, Rice bran, Puffed rice, Spelt

● AVOID

Cornflakes, Cornmeal, Cream of wheat, Familia cereal, Farina, Grape-Nuts, Oat bran, Oatmeal, Seven-grain cereal, Shredded wheat, Wheat bran, Wheat germ

BREADS & MUFFINS

● BENEFICIAL

Essene bread, Ezekiel bread

● NEUTRAL

Brown rice bread, Fin Crisp, Gluten-free bread, Ideal flatbread, Millet bread, Rice cakes, 100% rye bread, Rye crisps, Rye Vita, Soy flour bread, Spelt bread, Wasa bread

● AVOID

Wheat bagels, Corn muffins, Durum wheat bread, English muffins, High-protein bread, Wheat matzos, Multigrain bread, Oat bran muffins, Pumpnickel, Sprouted wheat bread, Whole wheat bread

GRAINS & PASTAS

● BENEFICIAL

None listed.

● NEUTRAL

Barley flour, Buckwheat, Kasha, Artichoke pasta, Quinoa, Basmati rice, Wild rice, Brown rice, White rice, Rice flour, Rye flour, Spelt flour

● AVOID

Bulgur wheat flour, Couscous flour, Durum wheat flour, Gluten flour, Graham flour, Oat flour, Soba noodles, Semolina pasta, Spinach pasta, Sprouted wheat flour, White flour, Whole wheat flour

VEGETABLES

● BENEFICIAL

Artichoke (domestic or Jerusalem), Beet leaves, Broccoli, Chicory, Collard greens, Dandelion greens, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Romaine lettuce, Okra, Red onion, Spanish onion, Yellow onion, Parsley, Parsnips, Red peppers, Sweet potatoes, Pumpkin, Seaweed, Spinach, Swiss chard, Turnips

● NEUTRAL

Arugula, Asparagus, Bamboo shoots, Beets, Bok choy, Caraway, Carrots, Celery, Chervil, Coriander, Cucumber, Daikon radish, Dill, Endive, Fennel, Fiddlehead ferns, Ginger, Bibb lettuce, Boston lettuce, Iceberg lettuce, Mesclun, Lima beans, Abalone mushroom, Enoki mushroom, Portobello mushroom, Oyster mushroom, Green olives, Green onions, Green peppers, Yellow peppers, Jalapeno peppers, Radicchio, Radishes, Rapini, Rutabaga, Scallion, Shallots, Snow peas, Mung sprouts, Radish sprouts, Squash (all types), Tempeh, Tofu, Tomato, Water chestnuts, Watercress, Yams, Zucchini

● AVOID

Avocado, Chinese cabbage, Red cabbage, White cabbage, Cauliflower, White corn, Yellow corn, Eggplant, Domestic mushroom, Shiitake mushroom, Mustard greens, Black olives, Greek olives, Spanish olives, Red potatoes, White potatoes, Alfalfa sprouts, Brussels sprouts

FRUITS

● BENEFICIAL

Dried figs, Fresh figs, Dark plums, Green plums, Red plums, Prunes

● NEUTRAL

Apples, Apricots, Bananas, Blueberries, Boysenberries, Cherries, Cranberries, Black currants, Red currants, Red dates, Elderberries, Gooseberries, Grapefruit, Red grapes, Concord grapes, Black grapes, Green grapes, Guava, Kiwi, Kumquat, Lemons, Limes, Loganberries, Mangoes, Canary melon, Casaba melon, Crenshaw melon, Christmas melon, Musk melon, Spanish melon, Watermelon, Nectarines, Papayas, Peaches, Pears, Persimmons, Pineapple, Pomegranates, Prickly pear, Raisins, Raspberries, Star fruit

● AVOID

Blackberries, Coconuts, Cantaloupe, Honeydew melon, Oranges, Plantains, Rhubarb, Strawberries, Tangerines

JUICES & FLUIDS

● BENEFICIAL

Black cherry juice, Pineapple juice, Prune juice

● NEUTRAL

Apricot juice, Carrot juice, Celery juice, Cranberry juice, Cucumber juice, Grape juice, Grapefruit juice, Papaya juice, Tomato juice, Water with lemon, Vegetable juice made from neutral or beneficial vegetables

● AVOID

Apple juice, Apple cider, Cabbage juice, Orange juice

CONDIMENTS

● BENEFICIAL

None listed.

● NEUTRAL

Apple butter, Jam from acceptable fruits, Jelly from acceptable fruits, Mayonnaise, Mustard, Low-fat salad dressing made from acceptable ingredients, Worcestershire sauce

● AVOID

Ketchup, Dill pickles, Kosher pickles, Sweet pickles, Sour pickles, Relish

SPICES

● BENEFICIAL

Carob, Curry, Dulse, Kelp or bladderwrack, Parsley, Cayenne pepper, Turmeric

● NEUTRAL

Agar, Allspice, Almond extract, Anise, Arrowroot, Barley malt, Basil, Bay leaf, Bergamot, Brown rice syrup, Cardamom, Chervil, Chives, Chocolate, Clove, Coriander, Cream of tartar, Cumin, Dill, Garlic, Plain gelatin, Honey, Horseradish, Maple syrup, Marjoram, Mint, Miso, Molasses, Dry mustard, Paprika, Peppercorns, Red pepper flakes, Peppermint, Pimiento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Soy sauce, Spearmint, Sucanat, Brown sugar, White sugar, Tamari, Tamarind, Tapioca, Tarragon, Thyme, Wintergreen

● AVOID

Capers, Cinnamon, Cornstarch, Corn syrup, Nutmeg, Black pepper, White pepper, Vanilla, Apple cider vinegar, Balsamic vinegar, Red wine vinegar, White vinegar

HERBAL TEAS

● BENEFICIAL

Cayenne, Chickweed, Dandelion, Fenugreek, Ginger, Hops, Linden, Mulberry, Parsley, Peppermint, Rose hips, Sarsaparilla, Slippery elm

● NEUTRAL

Catnip, Chamomile, Dong quai, Elder, Ginseng, Green tea, Hawthorn, Horehound, Licorice root, Mullein, Raspberry leaf, Sage, Skullcap, Spearmint, Thyme, Valerian, Vervain, White birch, White oak bark, Yarrow

● AVOID

Alfalfa, Aloe, Burdock, Coltsfoot, Corn silk, Echinacea, Gentian, Goldenseal, Red clover, Rhubarb, St. John's wort, Senna, Shepherd's purse, Strawberry leaf, Yellow dock

MISC. BEVERAGES

● BENEFICIAL

Club soda, Seltzer water

● NEUTRAL

Beer, Green tea, Red wine, White wine

● AVOID

Coffee (regular or decaf), Distilled liquor, Cola, Diet soda, Other soda, Black tea (regular or decaf)

How To Use This Chart

- Find your ABO blood category: Type A, Type B, Type AB, or Type O.
- Use the food groups on each page to compare what is listed as **Beneficial**, **Neutral**, and **Avoid**.
- Positive and negative Rh factors use the same ABO category in this layout.
- Use this as a simple wellness reference and meal-planning aid.

Legend

Beneficial = foods emphasized more often within this chart style.

Neutral = foods generally acceptable within this chart style.

Avoid = foods to limit or leave out within this chart style.

Personal Notes

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Custom Herbal Supplements • Capsules • Tinctures • Teas • Tonics • Topicals

Shabbazz Organics Notes

This branded food chart is designed for shelf display, client education, and quick-reference use in the wellness space. The Shabbazz Organics layout keeps the major food categories separated clearly so clients can compare their blood-type pages more easily.

For custom herbal products, wellness consultations, and nutrition-adjacent educational materials, contact Shabbazz Organics directly using the information provided above.

Display Tip

Print the PDF for store display, or update the editable version to add your own business notes, promotions, or category highlights.