

Beneficial Foods (**bold print**) possess components that enhance your metabolic, immune or structural health.

Neutral Foods (standard print) have no direct benefit or harm, but supply nutrients necessary for good health.

Avoid Foods (*separate area*) contain components that are harmful for your blood type.

(Not in Alphabetical Order & Please ignore any errors)

BLOOD TYPE A:

MEAT: Chicken, Cornish hen, Grouse, Guinea hen, Ostrich, Squab, Turkey **FISH:** (Mackerel, Pickerel, Pollack, Red Snapper, Salmon, Sardine, Snail, Whitefish, Whiting, Carp, Cod, Monkfish, Silver and Yellow Perch, Rainbow and Sea Trout), Abalone, Sea Bass, Bullhead, Butterfish, Croaker, Cusk, Drum, Halfmoon fish, Mahimahi, Mullet, Muskellunge, Orange Roughy, Parrot Fish, Ocean and White Perch, Pike Pampano, Porgy, Rosefish, Sailfish, Scrod, Shark, Smelt, Sturgeon, Sucker, Sunfish, Swordfish, Tilapia, Brook Trout, Tuna Weakfish, Yellowtail. **DAIRY & EGGS:** Duck-Chicken-Goose and Quail Eggs, Salmon Roe, Farmer-Feta-Goat- Mozzarella and Ricotta Cheeses, Ghee (clarified butter), Kefir, Goat Milk, Paneer, Sour Cream(low-fat), Yogurt. **BEANS:** Adzuki-Black and Fava Beans, Black-eyed Pea, Lentils, Miso, Pinto Bean, Soy Bean, Soy Flakes and Granules, Tempeh, Tofu, Green Bean, Soy Cheese and Milk, Broad – Cannellini – Mung – Northern - Snap & White Beans, Jicama. **NUTS & SEEDS:** Flaxseed, Walnuts, Peanut, Peanut Butter, Almond(butter, cheese and milk), Beechnut, Butternut, Chestnut, Filbert, Hazelnut, Hickory, Litchi, Macadamia, Pecan, Pecan Butter, Pignola, Pine nut, Poppy Seed, Safflower, Sesame(butter, tahini and seed), Sunflower(butter and seed). **GRAINS & STARCHES:** Amaranth, Buckwheat, Kasha, Essene and Manna Bread, Oat - Rice and Rye Flours, Rice Cakes, Soba Noodles(100% buckwheat), Soy Flour Bread, Sprouted Commercial Wheat Bread, Artichoke Pasta, Whole Wheat Products, Barley, Corn, Cormeal, Couscous(cracked wheat), Ezekiel Bread, Gluten Flour, Gluten-free Bread, Kamut, Millet, Oat Products, Popcorn, Quinoa, Rice products, Rye, Sorghum, Spelt Products, Tapioca, Wheat products. **VEGETABLES:** Artichoke, Beet Greens, Broccoli, Carrot, Celery, Chicory, Collard Greens, Dandelion, Fennel, Garlic, Ginger, Horseradish, Kale, Kohlrabi, Leek, Romaine Lettuce, Silver-Dollar Mushroom, Okra, Green Onion, Parsnip, Pumpkin, Rappini, Spinach, Swiss Chard, Turnip, Alfalfa Sprouts, Aloe, Escarole, Maitake Mushroom, Onion, Agar, Arugula, Asparagus, Bamboo Shoot, Beet, Bok Choy, Brussel Sprout, Cabbage Juice, Cauliflower, Celeriac, Chervil, Cilantro, Cucumber, Daikon radish, Endive, Fiddlehead Fern, Kelp, Bibb – Boston – Iceberg and Mesclun Lettuces, Abalone – Oyster – Enoki – Portabello and Straw Mushrooms, Mustard Green, Green Olive, Oyster Plant, Peas, Pickle in Brine ,Pimento, Poi, Radicchio, Radish + Sprouts Rutabaga, Scallion, Seaweed, Senna, Shallots, Squash, String Bean, Taro, Water Chestnut ,Watercress, Zucchini. **FRUITS:** Black & Blueberry, Cherry, Cranberry, Fig, Grapefruit, Lemon, Pineapple, Plum, Prune, Water & Lemon, Apricot, Boysenberry, Lime, Apple, Asian Pear, Avocado, Breadfruit, Canang–Christmas–Crenshaw and Casaba Melons, Cantaloupe, Currants, Date, Dew - Elder and Gooseberry, Grape, Guava, Kiwi, Kumquat, Loganberry, Mulberry, Musk Melon, Nectarine, Peach Pear, Persian Melon, Persimmon, Pomegranate, Prickly Pear, Quince, Raisin, Raspberry, Sago Palm, Spanish Melon, Star Fruit, Strawberry, Watermelon, Youngberry. **OILS:** Flax and Linseed, Olive, Walnut, Black Currant Seed Oil, Almond, Borage Seed, Canola, Cod Liver, Evening Primrose, Safflower, Sesame, Soy, Sunflower, Wheat Germ Oil. **HERBS/SPICES/CONDIMENTS:** Barley Malt, Molasses, Parsley, Soy Sauce, Tamari, Turmeric, Prepared Mustard, Allspice, Almond Extract, Anise, Apple Pectin, Arrowroot, Basil, Bay Leaf, Bergamot, Caraway, Cardamom, Carob, Chives, Chocolate, Cinnamon, Clove, Coriander, Corn syrup and starch, Cream of Tartar, Cumin, Curry, Dextrose, Dill, Dulse, Fructose, Guarana, Honey, Licorice Root, Mace, Maltodextrin, Maple Syrup, Marjoram, Mustard (prepared with vinegar and dry), Nutmeg, Oregano, Paprika, Peppermint, Rice Syrup, Rosemary, Saffron, Sage, Salad Dressing(OK'd Ingred.), Savory, Sea Salt, Spearmint, Stevia, Sugar, Tamarind, Tarragon, Thyme, Vanilla, Baker and Brewer Yeast. **BEVERAGES:** Green Tea, Red Wine, Reg./Decaf. Coffee, White Wine.

AVOID **MEAT:** Pork, Beef, Buffalo, Duck, Goat, Goose, Heart, Horse, Lamb, Calf Liver, Mutton, Rabbit, Squirrel, Turtle, Veal, Venison, Partridge, Pheasant, Quail. **FISH:** Crab, Flounder, Gray Sole, Haddock, Hake, Halibut, Lox, Lobster, Mussels, Octopus, Scallop, Shad, Shrimp, Sole, Tilefish, Anchovy, Barracuda, Striped and Bluegill Bass, Beluga, Bluefish, Catfish, Caviar, Clam, Conch, Horseshoe Crab, Eel, Frog, Harvest Fish, Fresh and Pickled Herring, Kippers, Mollusks, Opaleye Fish, Oyster, Scup, Squid. **DAIRY AND EGGS:** American, Blue, Cheddar, Colby, Cream, Edam & Emmenthal Cheeses, Brie, Butter, Buttermilk, Camembert, Casein, Gouda, Gruyere, Half & Half, Ice Cream, Cow Milk, Monterey Jack – Muenster – Neufchatel – Parmesan – Provolone and Swiss Cheeses, Cottage Cheese, Sherbet, String Cheese, Whey. **BEANS** Copper, Garbanzo, Kidney, Lima, Navy, Red & Tamarind Beans. **NUTS/SEEDS:** Brazil Nut, Cashew, Pistachio. **GRAINS & STARCHES:** Teff, Wheat Bran / Germ. **VEGETABLES:** Acacia, Potatoes, Yucca, Cabbage, Caper, Chili Pepper, Eggplant, Juniper, Shiitake Mushroom, Olives, Peppers, Pickle in Vinegar, Sweet Potato, Rhubarb, Sauerkraut, **Tomatoes**, Yam. **FRUITS:** Banana, Honeydew, Orange, Plantain, Coconut, Mango, Papaya, Tangerine **OILS:** Castor, Coconut, Corn, Cottonseed & Peanut Oils. **HERBS, SPICES & CONDIMENTS:** Aspartime, Carrageenan, Gelatin plain, Guar Gum, Ketchup, Mayonnaise, MSG, Vinegars, Worcestershire Sauce, Chili Powder, Pepper Products, Pickle Relish, Sucanat, Wintergreen. **BEVERAGES** Liquor, Seltzer Water, Club Soda, All Sodas, Black Reg. Tea, Beer.

Lifestyle Due to a low hydrochloric acid content of the stomach blood type A's should avoid meat consumption and should focus on soy products and fresh seafood. Dairy products should be avoided due to excessive mucus production. Grains, especially wheat can cause the over production of mucus and weight problems. Liberally consume lots of beneficial and neutral fruits, vegetables, nuts and seeds. Drink green tea for extra immune system benefits. Routinely consume cultured foods. Limit sugar, caffeine and alcohol. Don't under eat or skip meals. Eat smaller, more frequent meals. Begin each day with a balanced breakfast, with more protein-containing foods. Due to heightened Cortisol levels (stress hormone) in Blood Type A, focus on exercise that provide focus and calming effects. (Yoga, Tai Chi, Meditation and Deep Breathing). Reduce exposure to violence and negativity, have quiet time everyday, keep to a firm schedule, be decisive and speak up when you feel anxious or overwhelmed! **Supplements:** Vitamin B12 – (whole grains, soy sauce, miso, tempeh, fish & eggs. Vitamin C – berries, grapefruit, pineapple, cherries, lemon & broccoli. Vitamin E – vegetable oil, whole grains, peanuts, leafy greens. Calcium – (not an antacid) yogurt, soy & goat milks, eggs, broccoli, spinach.