

# BLOOD TYPE "A" DIET RECOMMENDATIONS

	Highly Beneficial	Neutral	Avoid
<p><b>Meats &amp; Poultry</b> <i>To receive the greatest benefits, Type A's <b>should eliminate all meats</b> from their diet.</i></p>		Chicken, Cornish hens, Turkey	Bacon, Beef, Beef (ground), Buffalo, Duck, Goose, Ham, Heart, Lamb, Liver, Mutton, Partridge, Pheasant, Pork, Rabbit, Veal, Venison, Quail
<p><b>Seafood</b></p>	Carp, cod, Grouper, Mackerel, Monkfish, Pickerel, Red Snapper, Rainbow Trout, Salmon, Sardine, Sea Trout, Silver Perch, Snail, Whitefish, Yellow Perch	Abalone, albacore (tuna), Mahimahi, Ocean Perch, Pike, Porgy, Sailfish, Sea bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Weakfish, White Perch, Yellowtail	Anchovy, Barracuda, Beluga, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Haddock, Hake, Halibut, Herring (fresh), Herring (pickled), Lobster, Lox (smoked Salmon), Mussels, Octopus, Oysters, Scallops, Shad, Shrimp, Sole, Squid (calamari), Striped bass, Tilefish, Turtle
<p><b>Eggs &amp; Dairy</b> <i>Type A's can tolerate small amounts of fermented, but avoid products from whole milk.</i></p>	Soya Cheese, Soy Milk	Farmer, Feta, Goat cheese, Goat milk, Kefir, Mozzarella (low fat), Ricotta (low fat), String cheese, Yogurt, Yogurt (with cheese), Yogurt (frozen)	American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby, Cottage, Cream cheese, Edam, Emmenthal, Gouda, Gruyere, Ice cream, Jarlsberg, Monterey Jack, Munster, Parmesan, Provolone, Neufchatel, Sherbet, Skin 9or 2% milk), Swiss, Whey, Whole milk
<p><b>Oils &amp; Fats</b></p>	Linseed (flaxseed) Oil, Olive Oil	Canola oil, Cod liver oil	Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil
<p><b>Nuts &amp; Seeds</b></p>	Peanuts, Peanut Butter, Pumpkin Seeds	Almond butter, Nuts (almonds, chestnuts, filberts, hickory, litchi, macadamia, pine), Poppy seeds, Sesame seeds, Sesame butter (tahini), Sunflower (butter seeds), Walnuts	Brazil nuts, Cashews, Pistachios
<p><b>Beans &amp; Legumes</b> <i>Type A's thrive on the vegetable proteins found in beans and legumes.</i></p>	Beans (aduke, azuki, black, green, pinto, red soy), Lentils (domestic, green, red), Peas (black-eyed)	Beans (broad, cannellini, fava, jicama, snap, string, white), Peas (green, pods, snow)	Beans (copper, garbanzo, kidney, lima, navy, red, tamarind)
<p><b>Cereals</b> <i>Type A's generally do well on cereals and grains.</i></p>	Amaranth, Buckwheat, Kasha	Barley, Cornflakes, Cornmeal, Cream of Rice, Kamut, Millet (puffed), Oat Bran, Oatmeal, Rice (puffed, bran), Spelt	Cream of Wheat, Familia, Farina, Granola, Grape Nuts, Wheat Germ, Seven Grain, Shredded Wheat, Wheat Bran
<p><b>Breads &amp; Muffins</b></p>	Bread (Essene & Ezekiel), Rice Cakes, Soya Flour Bread, Sprouted Wheat Bread	Bagels (wheat), Brown rice bread, Corn muffins, Fin Crisp, Gluten free bread, Ideal Flat Bread, Millet, Oat bran muffins, rye bread (100%, crisps, Vita), Spelt & Wasa bread	Durum (wheat), English muffins, High-protein bread, Matzos (wheat), Multi-grain bread, Pumpernickel, Wheat bran muffins, Whole wheat bread
<p><b>Grains &amp; Pastas</b></p>	Buckwheat Kasha, Flour (Oat, Bran, Rye), Noodles (Soba), Pasta (artichoke)	Couscous, Flour (barley, bulgur wheat, durum wheat, gluten, graham, spelt, sprouted wheat), Noodles (spelt), Quinoa, rice (basmati, brown, white, wild)	Flour (white, whole wheat), Pasta (semolina, spinach)

	<b>Highly Beneficial</b>	<b>Neutral</b>	<b>Avoid</b>
<p><b><u>Vegetables</u></b> <i>Vegetables are vital to the Type A diet.</i></p>	<p>Artichoke (Domestic, Jerusalem), Beet Leaves, Broccoli, Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce (Romaine), Okra, Onions (Red, Spanish, Yellow), Parsley, Parsnips, Pumpkin, Spinach, Sprouts (Alfalfa), Swiss Chard, Tempeh, Tofu, Turnips</p>	<p>Arugula, Asparagus, Avocado, Bamboo shoots, Beets, Bok choy, Caraway, Cauliflower, Celery, Chervil, Coriander, Corn (white, yellow), Cucumber, Daikon radish, Endive, Fennel, Fiddlehead Ferns, Lettuce (bibb, Boston, iceberg, mesclun), Mushroom (abalone, enoki, portobello, oyster), Mustard greens, Olives (green), Onions (green), Radicchio, Radishes, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Sprouts (brussels, mung, radish), Squash (all types), Water chestnut, Watercress, Zucchini</p>	<p>Cabbage (Chinese, red, white), Eggplant, Lima beans, Mushrooms (domestic, shiitake), Olives (black, Greek, Spanish), Peppers (green, jalapeno, red, yellow), Potatoes (sweet, red, white), Tomatoes, Yams</p>
<p><b><u>Fruits</u></b> <i>Type A's should eat fruits 3 times a day.</i></p>	<p>Apricots, Berries (Black, Blue, Boysenberries), Cherries, Cranberries, Figs (dried, fresh), Grapefruit, Lemons, Pineapple, Plums (dark, green, red), Prunes, Raisins</p>	<p>Apples, Currants (black, red), Dates, Elderberries, Gooseberries, Grapes (black, Concord, red), Guava, Kiwi, Kumquat, Limes, Loganberries, Melon (canang, casaba, Christmas, Crenshaw, musk, Spanish, watermelon), Nectarines, Peaches, Pears, Persimmons, Pomegranates, Prickly pears, Raspberries, Star fruit (carambola), Strawberries</p>	<p>Bananas, Coconut, Mangoes, Melon (cantaloupe, honeydew), Oranges, Papayas, Plantains, Rhubarb</p>
<p><b><u>Juices &amp; Fruits</u></b> <i>Type A's should start every day with a warm glass of fresh squeezed lemon water.</i></p>	<p>Apricot, Carrot, Celery, Cherry (black), Grapefruit, Pineapple, Prune</p>	<p>Apple, Apple cider, Cabbage, Cucumber, Cranberry, Grape, Vegetable juice (list of highlighted vegetables)</p>	<p>Orange, Papaya, Tomato</p>
<p><b><u>Spices</u></b></p>	<p>Barley malt, Balckstrap Molasses, Ginger, Garlic, Miso, Soy Sauce, Tamari</p>	<p>Agar, Allspice, Almond extract, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Vanilla, Cardamom, Carbo, Chervil, Chives, Chocolate, Cinnamon, Cloves, Coriander, Cornstarch, Cream of tartar, Cumin, Curry, Dill, Dulse, Honey, Horseradish, Kelp, Maple syrup, Marjoram, Mint, Mustard 9dry), Nutmeg, Oregano, Paprika, Parsley, Peppermint, Pimiento, Rice Syrup, rosemary, Saffron, Sage, Salt, Savory, Spearmint, Sugar (brown, white), Tamarind, Tapioca, Tarragon, Thyme, Turmeric</p>	<p>Capers, Gelatin (plain), Pepper (black ground, cayenne, peppercorn, red flakes, white), Vinegar (apple cider, balsamic, red wine, white), Wintergreen</p>
<p><b><u>Condiments</u></b></p>	<p>Mustard</p>	<p>Jam &amp; Jelly (acceptable fruits), Pickles (dill, kosher, sweet, sour), Relish</p>	<p>Ketchup, Mayonnaise, Worcestershire sauce</p>