

BENEFICIAL BENEFICIAL NEUTRAL NEUTRAL AVOID AVOID

BLOOD TYPE A

THE CULTIVATOR

- The first vegetarian
- Reaps what he sows
- Sensitive digestive tract
- Tolerant Immune system
- Adapts well to settled dietary and environmental conditions
- Requires agrarian diet to stay lean and productive

FOODS THAT ENCOURAGE WEIGHT GAIN

- Meat Poorly digested, stored as fat, increases digestive toxins
- Dairy inhibits nutrient metabolism
- Kidney beans interfere with digestive enzymes; slow metabolic rate
- Lima Beans interfere with digestive enzymes; slow metabolic rate
- Wheat (a lot) impairs insulin efficiency; impairs caloric utilization

FOODS THAT ENCOURAGE WEIGHT LOSS

- Vegetable Oils Aids efficient digestion; prevent fluid retention; metabolize quickly
- Soy foods Aids efficient digestion; metabolize quickly
- Vegetables Aids efficient digestion; increase intestinal mobility

EXTRAS

- Type A's generally produce more mucous than other types
- Supplement focus is on supercharging the immune system, supplying cancer-fighting antioxidants, preventing infections and strengthening the heart
- Useful supplements like Hawthorn for the heart, immune stimulating herbs like Echinacea and Astragalus, calming herbs like valerian and chamomile, Milk Thistle and probiotic supplements
- Exercises like Tai Chi, Yoga and walking are best.

Adapted from the book "Eat Right for your Blood Type" Peter D'Adamo

BENEFICIAL BENEFICIAL NEUTRAL NEUTRAL AVOID AVOID

FOOD TABLES FOR TYPE A

BENEFICIAL BENEFICIAL NEUTRAL NEUTRAL AVOID AVOID

		Chicken Turkey		Bacon Ham Beef Duck Heart Veal	Goose Pork Pheasant Rabbit Venison
Carp Cod Grouper Mackerel Monkfish Red Snapper Rainbow trout Salmon	Sardine Sea Trout Silver perch Snail Whitefish Yellow Perch	Abalone Albacore tuna Ocean perch Pike Porgy Sea Bass Shark Smelt Snapper	Swordfish White perch yellowtail	Anchovy Barracuda Beluga Bluefish Catfish Caviar Clam Crab Crayfish Eel Flounder	Gray sole Haddock Halibut Herring Lobster Mussels Oysters Scallops Shrimp Sole Squid
Soy Cheese	Soy milk	Feta Goat cheese Goat milk Kefir Mozzarella	Ricotta Yogurt Yogurt with fruit Yogurt, frozen	American Blue Brie Butter Buttermilk Camembert Cheddar Colby Cottage Cream cheese Edam	Gonda Gruyere Ice cream Monterey Jack Parmesan Sherbet Skim or 2% Swiss Whey Whole milk
Flaxseed Oil	Olive Oil	Canola Oil	Cod liver Oil	Corn oil Cottonseed oil Sesame Oil	Peanut oil Safflower Oil
Pumpkin seeds Peanut butter	Peanuts	Almonds Chestnuts Macadamia Pine Sunflower seeds Tahini	Almond butter Filberts Pecans Sesame seeds Poppy seeds Walnuts	Brazil Pistachio	Cashew
Aduke beans Pinto beans Black Green beans	Azuki beans Black eyed peas Pinto beans Lentils (gr/red)	Broad beans Fava beans Snap beans String beans	Cannelini beans Green peas Pea Pods White beans Snow peas	Copper beans Navy beans Garbanzo beans Lima beans	Kidney beans Tamarind beans Red beans

BENEFICIAL BENEFICIAL NEUTRAL NEUTRAL AVOID AVOID

Amaranth Buckwheat Kasha		Barley Cornflakes Cornmeal Cream of rice Kamut	Millet, puffed Oat bran Oatmeal Rice, puffed. Rice bran Spelt	Cream of wheat Granola Grape nuts Seven grain Wheat bran	Shredded wheat Wheat germ
Essene bread Ezekiel bread Rice cakes Soya flour bread	Sprouted wheat bread	Bagels, wheat Brown rice bread Millet 100% rye Rye vita Spelt bread Corn muffins	Gluten free bread Rice cakes Rye crisps Soy flour bread Wasa bread Oatbran muffins	Durum wheat English muffins Multigrain bread Pumpnickel; Wheat bran muffins	High protein bread Matzos Whole wheat bread
Buckwheat Oat flour Rice flour Rye Flour	Soba Noodles Artichoke pasta	Cous Cous Barley flour Bulgar flour Rice, brown Rice, wild Rice, white	Gluten flour Spelt flour Quinoa Rice, basmati Rice flour	Pasta semolina White flour	Spinach pasta Whole wheat flour
Artichoke Beet leaves Broccoli Carrots Chicory Collard greens Dandeloin Garlic Horseradish Kale Kohlrabi Leek	Lettuce Okra Onions,red Onions, radish Onions, yellow Parley Parsnips Pumpkin Spinach Sprouts, alfalfa Swiss chard Tempeh Tofu turnips	Asparagus Avocado Bamboo shoots Beets Bok Choy Carraway Cauliflower Celery Chevril Corriander Corn Cucumber Daikon Endive	Fennel Lettuce Mushroom (all) Olives, green Onions, green Raddichio Rutabaga Scallion Seaweed Sprouts, Brussels Sprouts, mung Squash Water chestnut Watercress Zucchini	Chinese Cabbage Cabbage, red, white Eggplant Olives, black, greek Spanish Peppers, green	Peppers, red Peppers, yellow Peppers, sweet Potatoes, red Potatoes, sweet Potatoes, white Tomatoes Yams
Apricots Blackberries Blueberries Boysenberries Cherries Cranberries Figs, fresh or dried	Grapefruit Lemons Pineapple Plums, all Prunes raisons	Apples Currents,red Currents,black Dates Grapes Guava Kiwi Limes Loganberries watermelon	Nectarines Peaches Pears Pomegranates Prickly pears Raspberries Star fruit Other melon strawberries	Banana Papaya Oranges Rhubarb Tangerines mangoes	Coconuts Honeydew Rock melon
Juices-	Grapefruit	Apple	Cucumber	Orange	tomato

BENEFICIAL BENEFICIAL NEUTRAL NEUTRAL AVOID AVOID

Apricot Carrot Celery Black cherry prune	Pineapple Prune Water with lemon	Apple cider Cabbage cranberry	Grape Veggie juices	papaya	
Barley malt Blackstrap mol. Garlic Ginger mustard	Soy sauce	Agar Almond extract Arrowroot Basil Bergamont Cardamon cinnamon Clove Cream of tarter Dill Honey Apple butter jelly	Allspice Anise Carob Bay leaf Brown rice syrup Chevril Chocolate Coriander Cumin Horseradish Marjoram Miso Mustard (dry) Pimiento Jam Salad dressing	Capers Gelatin, plain Pepper, white Apple cider vin. Ketchup Worcestershire mayonnaise	Red wine vinegar Balsalmic vinegar White vinegar Wintergreen Pickles, dill and sweet radish
Herbs- Alfalfa Aloe Burdock Chamomile Echinacea Fenugreek Ginger Ginseng Green tea	Hawthorn Milk thistle Rosehips St. johns wort Slippery elm valerian	Chickweed Dandelion Dong quai Elder Gentian Goldenseal Hops Licorice root Mullein Parsley peppermint	Raspberry leaf Sage Senna Sarsparilla Shepherds purse Skullcap Spearmint Thyme Vervain White birch White oak bark yarrow	Catnip Cayenne Cornsilk Red clover	Rhubarb Yellow dock
Coffee decaf Coffee regular	Tea, green Red wine	White wine		Beer Distilled liquor Seltzer water	Club soda Cola Black tea