



## Blood Type A

	Beneficial Foods	Foods to Avoid
Meats/Poultry		Bacon, Beef, Chicken, Duck, Ham, Heart, Lamb, Liver, Pork, Rabbit, Quail, Veal, Venison.
Seafood	Cod, Mackerel, Silver & Yellow Perch, Rainbow trout, Snapper, Salmon, Sardines, Sea trout, Tuna, White fish.	Anchovy, Bass, Catfish, Caviar, Clam, Crab, Crayfish, Eel, Flounder, Haddock, Halibut, Herring, Prawn, Lobster, Mussels, Octopus, Oyster, Smoked Salmon, Scallops, Sole, Squid.
Dairy Substitutes	Soya cheese, Soya milk.	All Cheese, butter, Buttermilk, Camembert, Casein, Ice cream, Whey, Whole milk.
Oils/Fats	Olive oil, Linseed (flaxseed) oil.	Corn, Cottonseed, Safflower, Sesame, Peanut.
Nuts/Seeds	Pumpkin seeds, Peanuts, Peanut butter.	Brazil, Cashew, Pistachio.
Beans/Legumes	Aduki, Black, Green, Black-eyed beans, Pinto, Red, Green & Domestic Lentils, Tempeh, Tofu.	Kidney, Lima, Navy, Red, Chickpeas.
Cereals	Amaranth, Buckwheat, Kasha.	Mixed grain, Shredded wheat, Wheat bran, Wheat germ.
Bread/Cakes	Essene bread, Rice cakes, Soya flour bread, Sprouted wheat bread.	Pumpernickel, Wheat.
Grains/Pastas	Buckwheat, Kasha flour, Oat flour, Rice flour, Rye flour, Soba noodles.	White Flour, Whole Wheat Flour, Semolina Pasta, Spinach Pasta.
Vegetables	Artichoke, Jerusalem, Beet leaves, broccoli, Carrots, Chicory, Collard greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce, Romaine, Okra, Onions, Parsley, Parsnip, Pumpkin, Silver beet, Spinach, Sprouts, Alfalfa, Turnips.	Cabbage, Capsicum, Eggplant, Lima Beans, Mushrooms (domestic & shiitake), Olives, Jalapeno Peppers, Potatoes, Sweet Potatoes, Tomatoes, Yams.
Fruit	Apricots, Blackberries, Blueberries, Raisins, Boysenberries, Cherries, Cranberries, Figs, Grapefruit, Lemon, Pineapple, Plums, Prunes.	Banana, Coconut, Mango, Melon, Honeydew, Pawpaw, Rock melon, Tangerines.



## Blood Type A - continued

	Beneficial Foods	Foods to Avoid
Juices	Apricot, Carrot, Celery, Cherry (black), Prune, Grapefruit, Pineapple, Water (with lemon).	Orange, Pawpaw, Tomato.
Spices	Barley Malt, Blackstrap molasses, Garlic, Ginger, Miso, Soya sauce, Tamari.	Capers, Pepper, Cayenne.
Condiments	Mustard.	Mayonnaise, Tomato sauce, Worcestershire sauce, Vinegar.
Herbal Teas	Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Green tea, Hawthorn, Milk Thistle, Rosehip, St John's Wort, Slippery Elm, Strawberry.	Cayenne, Corn Silk, Red Clover, Rhubarb, Yellow dock.
Miscellaneous Beverages	Coffee, Decaffeinated Coffee, Green Tea, Tea, Red Wine.	Beer, Soda water, Soft drink.