

Blood Type A

Food	Good & healthy for your body	Neutral	Avoid
Meat & Poultry	Snails	Chicken	Bacon
		Ostrich	Beef
		Turkey	Buffalo
			Duck
			Goose
			Ground Beef
			Ham
			Horse
			Lamb
			Lamb
			Organ meats (Heart, Liver...)
			Partridge
			Pheasant
			Pork
			Quail
			Rabbit
			Rabbit
			Veal
			Wild
Fish & Seafood	Anchovies	Arctic Char	Alosa (Shad)
	Barramundi	Atlantic Umber	Alse (Sturgeon)
	Carp	Blue Bass	Anchovies
	Cod	Calico Bass	Barracuda
	Gold mackerel	Ear Fish	Bluefish
	Grouper	Fan Fish	Bream
	Grunt fish	Freshwater Drum	Butterfish
	Mackerel	Mullet	Catfish
	Monkfish	Muskie	Caviar
	Pike perch	Pike	Clam
	Rainbow trout	Pompano	Crab Meat
	Red snapper	Redfish	Crabs
	River bass, Perch	Rock Bass	Crawfish
	Saithe (Pollock)	Scrod	Eel
	Salmon	Sea Bass	Flounder
	Sardine	Sea Bream	Frog Legs
	Sea trout	Sea Snails	Haddock
	Snails (Escargot)	Shark	Halibut
	Trout (Salmon trout)	Smelt	Herring
	White fish	Snapper Bass	Lobster
	Whiting	Sour Carp	Mussels
	Yellow bass	Striped Bass	Octopus
		Sturgeon	Oysters
		Sunfish	Paddlefish
		Swordfish	Pikeperch
		Tilapia	Scallops

Blood Type A

Fish & Seafood	Tuna	Shrimp
	White Bass	Smoked Salmon
	Yellowtail	Snapper
		Sole
		Calamari
		Squid
		Striped Bass
		Sunfish
		Tilefish
		Venus Clams
		White Sturgeon
		Whiting
		Wrasse
Dairy Products	Soy cheese	Casein cheese
	Soy milk	Cottage cheese
		Farmer cheese
		Feta
		Ghee
		Goat cheese
		Goat milk
		Kefir
		Mozzarella
		Processed cheese
		Ricotta
		Sour cream
		String cheese
		Yogurt
Eggs		Chicken egg
		Duck egg
		Egg white (chicken egg)
		Egg yolk (chicken egg)
		Goose egg
		Quail egg

Blood Type A

Oils & Fats	Black currant seed oil	Almond oil	Castor oil
	Flaxseed oil	Avocado oil	Coconut oil
	Olive oil	Borage seed oil	Corn oil
	Walnut oil	Canola oil	Peanut oil
		Cod liver oil	
		Evening primrose oil	
		Safflower oil	
		Sesame oil	
		Soy oil	
		Sunflower oil	
		Wheat germ oil	
	Flaxseeds	Almond (incl. almond butter)	Cashews
Nuts & Seeds	Peanut butter	Almond milk	Coconut cream
	Peanuts	Beech nut	Coconuts
	Pumpkin seeds	Chestnuts (Marrons)	Brazil nuts
		Coconut milk	Pistachios
		Hazelnuts	
		Macadamia nuts	
		Macadamia nuts	
		Pecans	
		Pine nuts	
		Poppy seeds	
		Sesame paste	
		Sesame seeds	
Beans & Legumes		Sunflower seed butter	
		Sunflower seeds	
		Walnuts	
	Adzuki beans	Broad beans	Chickpeas
	Black beans	Cannellini beans	Copper beans
	Black-eyed beans	Fava beans	Kidney beans
	Green beans	Green peas	Lima beans
	Miso	Mung bean sprouts	Navy beans
	Mountain lentils	Snow peas	Red beans

Blood Type A

Grains, Bread & Pastries	Amaranth	Arrowroot flour	Crunchy muesli
	Artichoke pasta	Barley, Barley flour	Multigrain bread
	Buckwheat	Barley flour	Multigrain mix
	Buckwheat flour	Basmati rice	Pumpernickel
	Ezekiel bread	Brown rice	Semolina bread
	Oat bran	Bulgur	Semolina pasta
	Oat flour	Corn grits, Cornstarch	Spinach pasta
	Oatmeal	Cornflakes	Wheat bran
	Rice cakes	Cornmeal, Corn grits	Wheat flakes
	Rice flour	Couscous	Wheat germ
	Rye flour	Crispbread	Wheat germ flour
	Soba noodles	Glass noodles	Wheat grits
	Soy bread	Gluten-containing flour	Wheat starch flour
	Soy flakes	Gluten-free flour	Whole wheat bread
	Textured soy protein (TVP)	Gluten-free Pasta	Whole wheat flour
		Jerusalem artichoke	
		Kamut	
		Millet / Millet bread	
		Oat grits	
		Popcorn	
		Puffed millet	
		Puffed rice	
		Quinoa	
		Rice (white & brown)	
		Rice bran	
		Rice flakes	
		Rice noodles	
		Rye bread	
		Semolina flour	
		Sorghum	
		Spelt / Spelt flour	
		Spelt bread	
		Tapioca	
		Whole rice bread	
		Wild rice	

Blood Type A

Vegetables	Alfalfa sprouts	Abalone mushrooms	Bell peppers (all colours)
	Aloe	Arugula	Capers
	Artichokes	Asparagus	Chili peppers
	Broccoli	Avocados	Chinese cabbage
	Endive	Bamboo shoots	Corn
	Escarole (Winter endive)	Beetroot	Eggplants
	Fennel	Brussels sprouts	Jalapeño
	Yellow rutabaga	Button mushrooms	Juniper
	Kale	Cauliflower	Olives (green & black)
	Ginger	Celery stalk, root, juice	Potatoes
	Carrots	Chestnuts	Red cabbage
	Garlic	Cucumbers (incl. juice)	Sauerkraut
	Kohlrabi	Daikon (including sprouts)	Shiitake mushrooms
	Rutabaga	Daikon radish	Sweet potatoes
	Pumpkin	Endive lettuce	Tomatoes
	Leeks	Enoki mushrooms	White cabbage
	Dandelion	Fern fronds	Yam
	Swiss chard	Iceberg lettuce	Yucca root
	Horseradish	Kelp	
	Carrots	Lettuce	
	Okra	Maitake mushrooms	
	Parsnips	Melon squash	
	Romaine lettuce	Mustard greens	
	White beetroot	Oyster mushrooms	
	Beet greens	Pak Choi	
	Celery root, stalk, juice	Radicchio	
	Spinach	Radishes	
	Tempeh	Seaweed (red & green)	
	Tofu	Shallots	
	Jerusalem artichoke	Spring onions	
	Onions	Taro root	
		Water chestnuts	
		Watercress	
		Zucchini	

Blood Type A

Fruits	Apricot	Apples	Bananas
	Blackberries	Breadfruit	Bitter melons
	Blueberries	Cantaloupe melon	Coconuts
	Boysenberries	Casaba melon	Honeydew melons
	Cherries	Dates	Mandarins
	Cranberries	Dwarf oranges	Mangoes
	Dried plums	Elderberries	Oranges
	Dried plums	Gooseberries	Papaya
	Figs	Grapes	Plantains
	Grapefruits	Guavas	Rhubarb
	Lemons (incl. juice)	Kiwis	
	Pineapple (incl. juice)	Kumquats	
	Plums	Limes	
		Loganberries	
		Lychees	
		Nashi pear	
		Nectarines	
		Peaches	
		Pears	
		Persimmons	
		Pomegranates	
		Prickly pears	
		Quinces	
		Raisins	
		Raspberries	
		Red currants	
		Starfruit	
		Strawberries	
		Watermelons	
		Winter melon	

Blood Type A

Herbs, Spices	Barley malt	Agar-Agar	Arabic gum
	Ginger	Allspice	Cayenne pepper
	Garlic	Anise	Chili peppers
	Molasses	Arrowroot flour	Pickled in vinegar
	Miso	Basil	Gelatine
	Soy sauce	Bay leaves	Pepper (all varieties)
	Tamari	Brown rice syrup	Wintergreen
		Caraway	
		Cardamom	
		Carob tree	
		Chervil	
		Chives	
		Cinnamon	
		Clove pepper	
		Cloves	
		Cocoa	
		Coriander	
		Corn syrup & Cornstarch	
		Cumin	
		Curry	
		Dill	
		Guarana	
		Honey	
		Horseradish	
		Kombu	
		Liquorice root	
		Maple syrup	
		Mint	
		Mustard powder	
		Nutmeg	
		Oregano	
		Oregano	
		Paprika powder	
		Parsley	
		Pickled in brine	
		Red algae	
		Rosemary	
		Saffron	
		Sage	
		Salt	
		Savory	
		Tamarind	
		Tapioca	
		Tarragon	
		Thyme	
		Turmeric	
		Vanilla	

Blood Type A

Condiment	Soy sauce	Agar-Agar	Guar gum
	Tamari (gluten-free)	Apple pectin	Apple cider vinegar
		Mustard	Balsamic vinegar
		Pickle	Carageenan
		Sea salt	Vinegar (red & white)
		Yeast	Gelatine
			Ketchup
			Mayonnaise
			Worcestershire sauce
			Seasoning sauce
Sweeteners	Barley malt	Maple syrup	Aspartame
	Black molasses	Dextrose	Cane sugar
		Fructose	
		Honey	
		Invert sugar	
		Corn syrup	
		Maltodextrin	
		Almond extract	
		Molasses	
		Rice syrup	
Herbal Teas	Stevia		
	Sugar (white & brown)		
	Alfalfa	Chickweed	Black tea
	Aloe	Clove	Catnip
	Chamomile	Coltsfoot	Corn silk
	Echinacea	Dandelion	Curled dock
	Fenugreek	Dong quai	Red clover
	Ginger	Elderberry	Rhubarb
	Ginseng	Gentian	
	Greater burdock	Hops	
	Green tea	Liquorice root	
	Hawthorn	Linden flowers	
	Red elm bark	Mint	
	Rosehip	Mulberry	
	St. John's Wort	Mullein	
	Valerian	Parsley	
		Peppermint	
		Raspberry leaf	
		Sage	
		Sarsaparilla	
		Senna leaves	
		Shepherd's purse	
		Skullcap	
		Strawberry leaf	
		Thyme	
		Turmeric	
		Verbena	
		White birch	
		White horehound	
		White oak bark	
		Yarrow	

Blood Type A

Beverage	Coffee	White wine	Beer
	Red wine		Black tea
	Still water		Cola drinks
			Diet soda
			Mineral water
			Soft drinks
			Spirits

Generally, the following applies:

Meat	<i>...is difficult to digest, stored as fat, and increases toxins in the digestive tract.</i>
Diary Products	<i>...inhibit metabolism, promote mucus formation.</i>
Kidney & Lima beans	<i>...inhibit the effectiveness of digestive enzymes, slow down metabolism.</i>
Wheat (in large amounts)	<i>...inhibits insulin effectiveness, hinders calorie utilization.</i>
Vegetable oils	<i>...promote efficient digestion, prevent water retention in the body.</i>
Soy products	<i>...support digestion, are rapidly converted, and strengthen the immune system.</i>
Vegetables	<i>...effectively promote metabolism.</i>
Pineapple	<i>...accelerates digestion and increases calorie utilization.</i>

The A-type is the farmer

Strengths:	Adapts well to changes in diet and environment. Maintains and metabolizes nutrients efficiently with a strong immune system.
Weakness:	Meat proteins weaken metabolism and digestion, making the immune system vulnerable. Parasite infestations are more likely.
Health Risks:	Heart diseases, Type 1 & 2 diabetes, Cancer, Liver and gallbladder disorders.
Diet Profile:	Vegetables, Tofu, Seafood, Grains, Beans, Legumes, Fruits
Weight Reduction:	<u>Avoid:</u> Meat, dairy products, kidney beans, lima beans, wheat <u>Increase:</u> Olive oil, soy products, seafood, vegetables, pineapple
Nutrient Supplements:	Vitamin B12, Folate, Vitamin C & E, Hawthorn, Echinacea, Quercetin, Milk thistle
Fitness & Sports:	Calming, concentration-enhancing exercises such as Tai Chi, Qigong, Yoga, Pilates, meditation, breathing exercises, walking, light hiking, swimming, dancing, golfing