

TYPE A BLOOD/BODY FOOD LIST

MEATS AND POULTRY

HIGHLY BENEFICIAL

None! (Mostly due to the low acid secretions of the stomach, so you can't break down the proteins of meat and poultry well. If you do eat it have it ground 1st)

NEUTRAL

Chicken, Cornish Hens, Turkey

AVOID

Bacon, Beef, Buffalo, Duck, Goose, Ham, Heart, Lamb, Liver, Mutton, Partridge, Pheasant, Pork, Rabbit, Veal, Venison, Quail

SEAFOOD

HIGHLY BENEFICIAL

Carp, Cod, Grouper, Mackerel, Monkfish, Perch Silver & Yellow, Pickerel, Red Snapper, Salmon, Sardine, Trout Sea & Rainbow, Snail, Whitefish.

NEUTRAL

Abalone, Albacore (Tuna), Mahi-Mahi, Perch (Ocean, White), Pike, Porgy, Sailfish, Sea Bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Weakfish, White Perch, Yellowtail.

AVOID

Anchovy, Barracuda, Beluga, Bluefish, Bluegill Bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Graysole, Haddock, Hake, Halibut, Herring (Fresh, Pickled), Lobster, Lox (Smoked Salmon), Mussels, Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid (Calamari), Striped Bass, Tilefish, Turtle.

EGGS AND DAIRY

HIGHLY BENEFICIAL

Soy Cheese & Soymilk. Make sure the soy cheese doesn't have casein as a ingredient, this is a dairy product to AVOID.

NEUTRAL

Farmer, Feta, Goat Cheese & Milk, Kefir, Mozzarella, Ricotta, String, Yogurt. Eggs

AVOID

American, Blue, Brie, Camembert, Casein, Cheddar, Colby, Cottage, Cream, Edam Emmenthal, Gouda, Gruyere, Jarlsberg, Monterey Jack, Munster, Parmesan, Provolone, Neufachatel, Sherbet, Swiss.
Butter, Buttermilk, Ice Cream, Milk, Whey.

OILS AND FATS

HIGHLY BENEFICIAL

Olive Oil (Best one to cook with)
Flaxseed Oil (Only take in its raw form, do not cook with it, or use in salad dressing)

NEUTRAL

Canola, Cod Liver

AVOID

Corn, Cottonseed, Peanut, Safflower, Sesame

NUTS AND SEEDS

HIGHLY BENEFICIAL

Peanuts (Best raw and in shell), Pumpkin Seeds

NEUTRAL

Nuts: Almond, Chestnuts, Filberts, Hickory, Litchi, Macadamia, Pignola (Pine), Walnuts.
Seeds: Poppy, Sesame, Sunflower.

AVOID

Brazil, Cashews, Pistachios.

BEANS AND LEGUMES

HIGHLY BENEFICIAL

Beans: Aduke or Azuki, Black, Green, Lentils, Pinto, Soy (Red)
Peas: Black Eyed

NEUTRAL

Beans: Broad, Cannellini, Fava, Jicama, Snap, String, White.
Green Peas, Pea Pods, Snow Peas.

AVOID

Beans: Copper, Garbanzo, Kidney, Lima, Navy, Red, Tamarind.

CEREALS, BREADS, AND PASTA

HIGHLY BENEFICIAL

Whole Grains: Amaranth, Buckwheat, Oats, Rice, Rye.
Breads: Ezekiel, Oasis, Rice, Soy, Sprouted Wheat.
Pasta: Amaranth, Buckwheat, Rice, 100% Artichoke

NEUTRAL

Whole Grains: Barley, Corn, Kamut, Millet, Spelt.
Breads: Corn, Millet, Oat, Rye, Spelt.
Pasta: Quinoa, Spelt.

AVOID

Wheat (White, Whole, Cream Of, Seven Grain, Grape Nuts, Shredded, Matzos, Pumpnickel, Durum, Germ, Semolina)

VEGETABLES

HIGHLY BENEFICIAL

Alfalfa Sprouts, Artichoke, Beet Leaves, Broccoli, Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish,

Kale, Kohlrabi, Leek, Okra, Onions, Parsley, Parsnips, Pumpkin, Romaine Lettuce, Spinach, Swiss Chard, Tempeh, Tofu, Turnips.

NEUTRAL

Argula, Asparagus, Avocado, Bamboo Shoots, Beets, Bok Choy, Caraway, Cauliflower, Celery, Chervil, Coriander, Corn, Cucumber, Diakon Radish, Endive, Fennel, Fiddlehead Ferns Lettuce (Bibb, Boston, Iceberg, Musclun), Mushroom (Abalone, Enoki, Partobello, Tree 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

AVOID

Cabbage (Chinese, Red, White), Eggplant, Lima Beans, Mushroom (Domestic, Shiitake Due To The Mold), Olives (Black, Greek, Spanish), Peppers (Green, Jalapeno, Red, Yellow), Potatoes (Sweet, Red, White), Yams.

FRUITS

HIGHLY BENEFICIAL

Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Cranberries, Figs, Grapefruit, Lemons, Pineapple, Plums, Prunes.

NEUTRAL

Apples, Currants (Black, Red), Dated, Elderberries, Gooseberries, Grapes (Black, Concord, Green, 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.

AVOID, Bananas, Coconuts, Mangoes, Melon (Cantaloupe, Honeydew), Oranges, Papayas, Plantains, Rhubarb, Tangerines, Tomatoes

JUICES AND FLUIDS

HIGHLY BENEFICIAL

Apricot, Black Cherry, Carrot, Celery, Grapefruit, Pineapple, Prune, Water (With Lemon).

NEUTRAL

Apple, Cabbage, Cucumber, Cranberry, Grape, Vegetable Juice (Corresponding to highly beneficial and neutral vegetables)

AVOID

Orange, Papaya, Tomato

SPICES

HIGHLY BENEFICIAL

Barley Malt, Blackstrap Molasses, Garlic, Ginger, Miso, Soy Sauce, Tamari.

NEUTRAL

Agar, Allspice, Almond Extract, Anise, Arrowroot, Basil, Bay Leaf, Bergamot, Brown Rice Syrup, Cardamom, Carob, Chervil, Chives,

Chocolate, Cinnamon, Cloves, Coriander, Cornstarch, Corn Syrup, Cream Of Tartar, Cumin, Curry, Dill, Dulse, Honey, Horseradish, Kelp, Maple Syrup, Marjoram, Mint, Mustard (Dry), Nutmeg, Oregano, Paprika, Parsley, Peppermint, Pimiento, Rosemary,

Saffron, Sage, Salt, Savory, Spearmint, Sucanat, Sugar, Tamarind, Tapioca, Tarragon, Thyme, Turmeric, Vanilla.

AVOID

Capers, Gelatin, Pepper (Black, Cayenne, Peppercorn, Flakes, White), Vinegar (Apple Cider, Balsamic, Red Wine, White), Wintergreen.

CONDIMENTS

HIGHLY BENEFICIAL

Mustard

NEUTRAL

Jams And Jellies From Acceptable Fruits, Pickles (Dill, Kosher, Sweet, Sour), Relish, Salad Dressing (from acceptable ingredients).

AVOID

Ketchup, Mayonnaise, Worcestershire sauce.

MISCELLANEOUS BEVERAGES

HIGHLY BENEFICIAL

Green Tea, Water, and Herbal Teas.

AVOID

Beer, Liquor (Distilled), Seltzer Water, Soda.