

## Blood Type A : Chart

Food Group	Highly Beneficial	Neutral	Avoid
Meat & Poultry	none	chicken, Cornish hens, Turkey	bacon, beef, buffalo, duck, goose, ham, heartlamb, liver, mutton, partridge, pheasant, pork rabbit, veal, venison, quail
Seafood	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, hailbut, herring (fresh & pickled), lobster, lox (smoked salmon), mussels, octopus, oysters, scallops, shad, shrimp, sole, squid (calamari), striped bass, tilefish, turtle
Eggs & Dairy	soy cheese, soy milk	farmer, feta, goat cheese, goat milk, kefir, mozzarella, ricotta, string cheese, yogurt with fruit, frozen yogurt	American cheese, blue cheese, Brie, butter, buttermilk, Camembert, casein, cheddar, Colby, cottage cheese, cream cheese, Edam, Emmenthal, Gouda, Gruyere, ice cream, Jarlsburg, Monterey Jack, Munster, Parmesan, provolone, neufchatel, sherbet, skim or 2% milk, Swiss, whey, whole milk
Oils & Fats	linseed (flaxseed), olive oil	canola oil, cod liver oil	corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil
Nuts & Seeds	peanuts, peanut butter, pumpkin seeds	almonds, almond butter, chestnuts, filberts, hickory, litchis, macadamia, pignola (pine), poppy seeds, sesame seeds, sesame better (tahini), sunflower butter, sunflower seeds, walnuts	Brazil, cashew, pistachios
Beans & Legumes	adzuki beans, black beans, green beans, pinto beans, red soy beans, lentils domestic, green & red) black-eyed peas	broad beans, cannelloni beans, fava beans, jicama beans, snap beans, string beans, white beans green peas, pea pods, snow peas	copper beans, garbanzo beans, kidney beans, lima beans, navy beans, red beans, tamarind beans
Cereals	amaranth, kasha	barley, cornflakes, cornmeal, Cream of wheat, kamut, puffed millet, oat bran, oatmeal, puffed rice, rice bran, spelt	Cream of wheat, Familia, farina, granola, Grape Nuts, seven-grain, shredded wheat, wheat bran, wheat germ
Breads & Muffins	Essene bread, Ezekial bread, soya-flour	brown-rice bread, corn muffins, Fin crisp, gluten-free	wheat bagels, corn muffins, durum wheat, multigrain bread, 100% rye

	bread, sprouted-wheat bread, rice cakes	bread, Ideal flat bread, millet, oat bran muffins, 100% rye bread, rye crisps, Rye Vita, spelt bread, Wasa bread	bread, rye crisps, Rye Vita, wheat-bran muffins, whole-wheat bread, Fin Crisp, Wasa bread, Ideal flat bread, pumpernickel
Grains & Pastas	kasha, oat flour, rice flour, rye flour, soba noodles, artichoke pasta	couscous, barley flour, bulgur wheat flour, durum-wheat flour, gluten flour, graham flour, sprouted-wheat flour, spelt noodles, quinoa, basmati rice, brown rice, white rice, wild rice	white flour, whole-wheat flour, semolina pasta, spinach pasta
Vegetables	alfalfa sprouts, domestic artichokes, Jerusalem artichokes, beet leaves, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red Spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, Swiss chard, tempeh, tofu, turnips	arugula, asparagus, avocado, bamboo shoots, bok choy, caraway, cauliflower, celery, chervil, coriander, white & yellow corn, cucumber, daikon radish, endive, fennel, fiddlehead ferns, bibb lettuce, Boston lettuce, iceberg lettuce, mesclun lettuce, abalone mushrooms, enoki mushrooms, maitaki mushrooms, shiitake mushrooms, Portobello mushrooms, tree oysters mushrooms, mustard greens, green olives, green onions, radicchio, radishes, rappini, rutabaga, scallion, seaweed, shallots, Brussels sprouts, mung sprouts, radish sprouts, all types squash, water chestnuts, watercress, zucchini	Chinese cabbage, red cabbage, white cabbage, eggplant, lima beans, domestic mushrooms, black olives, Greek olives, Spanish olives, green peppers, jalapeno peppers, red peppers, yellow peppers, sweet potatoes, red potatoes, white potatoes, tomatoes, yams
Fruits	apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried figs, fresh figs, grapefruit, lemons, pineapples, dark plums, green plums, red plums, prunes	apples, black & red currants, dates, elderberries, gooseberries, black grapes, concord grapes, green grapes, red grapes, guava, kiwi, kumquat, limes, loganberries, canang melon, casaba melon, Crenshaw melon, Christmas melon, muskmelon, Spanish melon, watermelon, nectarines, peaches, pears, persimmons, pomegranates, prickly pear, raisins, raspberries, star fruit,	banana, coconuts, mangoes, cantaloupe, honeydew melon, oranges, papayas, plantains, rhubarb, tangerines

		strawberries	
Juices & Fluids	apricot, carrot, celery, black cherries, grapefruit, pineapple, prune, water with lemon	apple, apple cider, cabbage, cucumber, cranberry, grape, vegetable juice (based on Type A diet)	orange, papaya, tomato
Spices	barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari sauce	agar, allspice, almond extract, anise, arrowroot, basil, bay leaf, brown-rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, clove, coriander, cornstarch, corn syrup, cream of tarter, cumin, curry, dill, dulse, honey, horseradish, kelp, maple syrup, marjoram, mint, mustard (dry), nutmeg, oregano, paprika, parsley, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, white & brown sugar, tamarind, tapioca, tarragon, thyme, turmeric, vanilla extract	capers, plain gelatin, ground black pepper, peppercorn pepper, red pepper flakes, white pepper, apple cider vinegar, red wine vinegar, balsamic vinegar, white vinegar, wintergreen
Condiments	mustard	jam & jelly from acceptable fruits, salad dressing (from Type A ingredients)	ketchup, mayonnaise, pickles, pickle relish, sour pickles, relish, Worcestershire sauce
Misc. Beverages	regular & decaf coffee, green tea, red wine seltzer water	white wine	beer; distilled liquors; seltzer water, cola, diet cola & other sodas, black teas (regular & decaf)