

EAT RIGHT FOR YOUR BLOOD TYPE - TYPE A NON-SECRETOR

Alkaline or neutral foods in bold type

Super foods underscored

*Good for lowering blood pressure and cholesterol

Contains lectin or other agglutinin (avoid)

HIGHLY BENEFICIAL

NEUTRAL

AVOID

Meats and Poultry

<u>turkey</u>	<u>chicken skinless</u>	mutton	bacon	liver
	cornish hens	partridge	beef	pork
	duck	pheasant	ground beef	squirrel
	goat	quail	buffalo	sweetbreads
	goose	rabbit	ham	veal
	grouse	turtle	heart	venison
	guinea hen		horse	
	ostrich		lamb	
	squab			

Seafood

carp	<u>salmon</u>	abalone	perch (ocean)	barracuda#
cod	<u>sardine*</u>	anchovy	perch (white)	bluegill bass#
cusk	sea trout	beluga#	pike	catfish
drum	snail	bluefish#	pompano	clam
halfmoon fish	sucker	bullhead	porgy	conch
harvest fish	swordfish	<u>butterfish</u>	sailfish	crab
mackerel*	trout (brook)	caviar	salmon roe	crayfish
monkfish	whitefish	chub	scallop	eel
mullet	whiting	croaker	scrod	lobster
<u>muskellunge</u>		flounder#	scup#	lox
perch silver		frog	shad#	oysters
perch yellow		gray sole#	<u>sea bass</u>	shrimp#
pickerel		grouper#	shark	sole#
pollack		haddock#	smelt	squid(calamari)#
red snapper		hake#	snapper	striped bass#
rainbow trout		halibut#	sturgeon	turtle
rose fish		herring (fresh)	<u>sunfish</u>	
		herring (pickled)	tilapia	
		mahimahi	tilefish#	
		mussels#	<u>tuna (albacore)</u>	
		octopus	<u>tuna (yellowtail)</u>	
		opaleye fish	weakfish	
		orange roughy		
		parrot fish		

Eggs and dairy

soya cheese*

soy milk*

cottage cheese	paneer	American cheese	half and half
eggs, chicken	quark cheese	blue cheese	ice cream
eggs, duck	rice milk	brie	jarlsberg
eggs, goose	ricotta, low fat	butter	monterey jack
eggs, quail	whey	buttermilk	munster
farmer cheese	<u>yogurt*</u>	camembert	neufchatel cheese
feta cheese	yogurt with fruit*	casein	parmesan
ghee (clarified butter)	yogurt, frozen*	cheddar	provolone
goat cheese		colby	neufchatel
		cream cheese	sherbet
		edam	skim or 2% milk
kefir			

mozzarella, lowfat

emmental
goat milk
gouda
gruyere

sour cream-lowfat
string cheese
swiss
whole milk

Oils and fats

black currant seed oil
cod liver oil
linseed oil (flaxseed)*
olive oil*
sesame oil
walnut oil

almond oil
borage seed oil
canola oil*
evening primrose oil
peanut oil

soy oil
sunflower oil
wheat germ oil

castor oil
coconut oil
corn oil
cottonseed oil
safflower oil

Nuts and seeds

flaxseed
peanuts*
peanut butter*
pumpkin seeds*
walnuts (black)*
walnuts (English)*

almond butter*
almonds*
almond cheese
almond milk
beechnuts
butternuts
chestnuts*
filberts*
hickory*
litchi*

macadamia*
pecans*
nuts, pine*
poppy seeds*
sesame seeds*
sesame butter
(tahini)*

Brazil nuts
cashews
pistachios
safflower seeds
sunflower butter*
sunflower seeds*

Beans and legumes

beans, green*
beans, pinto*
beans, snap*
beans, string*
lentils, domestic*
lentils, green*
lentils, red*

beans, adzuki*
beans, black*
black-eyed peas
beans, broad*
beans, cannellini*
beans, copper#
beans, fava*
beans, jicama*
beans, kidney#
beans, navy#
beans, northern

beans, white*
mung beans/
sprouts
soy beans
soy cheese
soy flakes
soy granules
soy milk
tempeh
tofu (soy cake)

beans, garbanzo#
beans, lima#
beans, red
beans, tamarind#

Grains

amaranth
artichoke flour/pasta
rye flour (whole rye)
rye(100% rye bread)

barley
buckwheat/kasha
bulgur wheat
Essene bread
Ezekiel bread
gluten-free bread
graham flour
kamut
millet
oat flour*
oat/oat bran/oatmeal*
rice (white/brown
quinoa
rice (cream of)
rice (puffed)
rice (white/brown/
basmati) bread

rice bran
rice cake/flour
rice milk
soba noodles
(100%buckwheat)
soy flour/bread
sorghum
spelt (whole)
spelt flour/products
tapioca
teff
wheat bread
(sprouted comm
except Essene
& Ezekiel)

corn (all)
cornmeal
couscous (cracked
 wheat
gluten flour
popcorn
wheat (bran)#
wheat (germ)#
wheat (gluten flour products)
wheat (refined unbleached)
wheat (semolina flour products)
wheat (white flour products)
wheat (whole wheat products)

rice (wild)

Vegetables

artichoke, dom*
beet greens
broccoli*
chicory
collard greens*
dandelion
escarole
ginger
kale*
kohlrabi
leek
lettuce, Romaine
mushroom (Maitake)*
okra
onion, red*
onions, Spanish*
onions, green

onions, white*
onions, yellow*
parsley*
parsnips
pumpkin
spinach*
sprouts, alfalfa
swiss chard
tempeh
tofu
turnips

alfalfa sprouts
aloe/aloe tea/juice
arugula
asparagus
avocado*
bamboo shoots
beets
bok choy
Brussels sprouts
caraway
carrots
cauliflower
celeriac
celery
chervil
chili peppers
coriander
corn, white
corn, yellow
cucumber
daikon radish
eggplant#
endive
fennel
fiddlehead ferns
garlic*
horseradish
kelp
lettuce, bibb
lettuce, Boston
lettuce, iceberg
lettuce, mesclun

abalone mushroom*
enoki mushroom*
portobello mushroom*
tree oyster mushroom*
mustard greens

onions, green
peas, green*
peas, pods*
peas, snow*
peppers, green
peppers, jalapeno
peppers, yellow
pimento
poi
radicchio
radishes
rappini
rutabaga
scallion
seaweed
shallots
sprouts, Brussels
sprouts, mung
sprouts, radish
squash, all types
taro
tomatoes#
water chestnuts
watercress
zucchini

agar

Chinese cabbage
cabbage, red
cabbage, white
capers
juniper
lima beans
shiitake mushroom
mushroom (domestic*)
olives, black
olives, Greek
olives (green)
olives, Spanish
pickles (in vinegar)
pickles (in brine)

pepper, cayenne
peppers, red
potatoes, sweet
potatoes, red#
potatoes, white#
rhubarb
sauerkraut
yams
yucca

Fruits

apricots*
blackberries
blueberries
boysenberries
cherries
cranberries
elderberries
figs, dried*
figs, fresh*

grapefruit
lemons*
pineapple
plums, dark
plums, green
plums, red
prunes*
raisins
watermelon*

apples*
avocados*
bananas#
breadfruit
coconuts
currants, black
currants, red
dates
dewberry
gooseberries
grapes, black
grapes, Concord
grapes, green
grapes, red
guava
kiwi
kumquat
limes
loganberries
mangoes
melon, canang

melon, Crenshaw
melon, musk
melon, Persian
melon, Spanish
mulberry
muskmelon
nectarines
peaches
pears
persimmons
pomegranates
prickly pears
quince
raisin
raspberries
sago palm
star fruit,
 carambola
strawberries
tangerines
youngberry

bitter melon
cantaloupe
casaba melon
honeydew melon
oranges
papayas
plantains

melon, Christmas

Liquids and juices

aloe	cranberry	apple*#	lime	orange
apricot	<u>grapefruit</u>	apple cider#	mango	papaya
blackberry	pineapple	cabbage	nectarine	tomato#
carrot	prune	cucumber	vegetable juice	
celery	spinach	grape		
black cherry	<u>water with lemon</u>	guava		

Spices

barley malt	agar	licorice root	acacia (Arabic gum)#
blackstrap molasses	allspice	mace	cornstarch
cilantro	almond extract	maple syrup	gelatin, plain
garlic	anise	marjoram	pepper, black
ginger	arrowroot	mint	ground
<u>miso</u>	basil	nutmeg	pepper, cayenne
mustard, dry	bay leaf	oregano	peppercorn
soy sauce	bergamot	paprika	pepper, red flakes
tamari	brown rice syrup	parsley	pepper, white
	cardamom	peppermint	senna
	caraway	pimiento	vinegar, apple cider
	carob	rice syrup	vinegar, balsamic
	chervil	rosemary*	vinegar, red wine
	chili powder	saffron	vinegar, white
	chives	sage	
	chocolate*	salt	
	cinnamon	savory	
	cloves	spearmint	
	coriander	sugar, brown	
	corn syrup	sugar, white	
	cream of tartar	tamarind	
	cumin	tapioca	
	curry	tarragon	
	dill	thyme	
	dulse	turmeric	
	guarana	vanilla	
	honey	wintergreen	
	horseradish		
	kelp		

Condiments

mustard (wheat-, vinegar-free)	apple pectin	pickles, sweet	gelatin, plain#	carrageenan#
mustard (wheat-free,vinegar-free)	jam (from	pickles, sour	guar gum#	
miso	acceptable fruit)	salad dressing	ketchup#	
Yeast (Brewer's)	jelly (from	(low-fat from	mayonnaise	
	acceptable fruit)	acceptable ingred)	MSG	
	mustard (with vinegar	sea salt	mustard (with vinegar & wheat)	
	wheat-free)	soy sauce	pickle relish	
	pickles, dill	tamari (wheat-free)	vinegar , all	
	pickles, kosher	Yeast (baker's)	Worcestershire sauce	

Herbal teas

alfalfa	green tea*	chickweed	peppermint	catnip
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aloe	hawthorn	coltsfoot	raspberry leaf	cayenne
burdock	milk thistle	dandelion	sage	corn silk
chamomile	rose hips	dong quai	sarsaparilla	red clover
echinacea	Saint John's wort	elder	senna	rhubarb
fenugreek	slippery elm	gentian	shepherd's purse	yellow dock
ginger	valerian	goldenseal	skullcap	
ginseng		hops	spearmint	
		horehound	strawberry leaf	
		licorice root	thyme	
		linden	vervain	
		mulberry	white birch	
		mullein	white oak bark	
		parsley	yarrow	

Miscellaneous beverages

coffee, decaf	wine, white	beer	soda, club
coffee, regular		seltzer water	soda, cola
tea, green		tea, black decaf	soda, diet
wine, red		tea, black regular	liquor, distilled

Sweeteners

almond extract	molasses (blackstrap)	aspartame
barley malt	rice syrup	corn syrup
fructose	stevia	dextrose
honey	sugar (brown)_	invert sugar
maple syrup	sugar (white)	maltodextrin
molasses		sucanat

FOODS THAT ENCOURAGE WEIGHT GAIN

meat	poorly digested stored as fat increases digestive toxins
dairy foods	inhibit nutrient metabolism
kidney beans	interfere with digestive enzymes slow metabolic rate
lima beans	interfere with digestive enzymes slow metabolic rate
wheat (in overabundance)	inhibits insulin efficiency impairs calorie utilization

FOODS THAT ENCOURAGE WEIGHT LOSS

vegetable oils	aid efficient digestion prevent fluid retention
soy foods	aid efficient digestion metabolize quickly
vegetables	aid efficient metabolism increase intestinal mobility
pineapple	increases calorie utilization increases intestinal mobility