



BLOOD TYPE A DIET

'THE CULTIVATOR'

- **PLANT BASED**
- **SENSITIVE DIGESTIVE TRACT**
- **TOLLERANT IMMUNE SYSTEM**
- **RESPONDS BEST TO STRESS WITH CALMING EXERCISES**

Thrives on a vegetarian diet as Type A's origins come from ancestors who were settled farmers. It is especially important for Type A's to eat foods in as natural a state as possible, fresh, pure, organic and mainly vegetarian. To receive the greatest benefits, Type A should eliminate all meat.

* Enhances carbohydrate metabolism, helps with weight loss

MEATS & POULTRY

HIGHLY BENEFICIAL	NEUTRAL	AVOID
	CHICKEN	BEEF
	CHICKEN LIVER	BEEF HEART
	CORNISH HEN	BEEF LIVER
	GROUSE	BEEF TONGUE
	GUINEA HEN	BONE SOUP
	OSTRICH	CALF LIVER
	SQUAB	DUCK
	TURKEY	DUCK LIVER
		GOAT
		GOOSE
		GOOSE LIVER
		HAM
		KANGAROO
		LAMB
		MARROW
		MUTTON
		PARTRIDGE



	PHEASANT
	PORK & BACON
	QUAIL
	RABBIT
	SWEETBREADS
	VEAL
	VENISON

SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CARP	ABALONE	ANCHOVY
COD	BASS (SEA & LAKE)	BARRACUDA
MACKEREL	MAHI MAHI	BASS (BLUE GILLED, STRIPED)
PERCH	MULLET	CAVIER
POLLOCK	PIKE	CLAM
RED SNAPPER	PILCHARDS	CONCH
SALMON	SALMON ROE	CRAB
SARDINE	SEA BREAM	CRAYFISH
TROUT	SHARK	EEL
WHITEFISH	STURGEON	FLOUNDER
WHITING	SWORDFISH	FROG
	TILAPIA	GROUPE
	TUNA	HADDOCK
	TURBOUT	HAKE
	YELLOWFISH	HALIBUT
		HERRING
		LOBSTER
		MUSSELS
		OCTOPUS
		OYSTER
		SALMON (SMOKED)
		SCALLOP
		SHRIMP
		SKATE
		SOLE (GRAY, DOVER)
		SQUID (CALAMARI)
		TILEFISH

DAIRY & EGGS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
PECORINO CHEESE	EGGS	BLUE CHEESE
ROMANIAN URDA	FETA CHEESE	BRIE CHEESE
	GHEE	BUTTER
	GOAT CHEESE	BUTTERMILK
	KEFIR	CAMEMBERT CHEESE
	MANCHEGO CHEESE	CASEIN
	MILK (GOAT)	CHEDDER CHEESE
	MOZZARELLA CHEESE	COTTAGE CHEESE
	PANEER CHEESE	CREAM CHEESE
	QUARK CHEESE	EDAM CHEESE
	RICOTTA CHEESE	EMMENTAL CHEESE
	SOUR CREAM	GORGONZOLA CHEESE
	YOGHURT	GOUDA CHEESE
		GRUYERE CHEESE
		MILK (COW)
		MONTEREY JACK CHEESE
		PARMESAN CHEESE
		PROVOLONE CHEESE
		ROMANO CHEESE
		ROQUEFORT CHEESE
		SHERBET
		STILTON CHEESE
		STRING CHEESE
		WHEY PROTEIN

OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
APRICOT KERNEL OIL	ALMOND OIL	CASTOR OIL
CAMELINA OIL	AVOCADO OIL	CORN OIL
FLAXSEED OIL*	BORAGE SEED OIL	COTTONSEED OIL
LINSEED OIL*	CANOLA OIL	HAZENUT OIL
OLIVE OIL	CHIA SEED OIL	LARD
WALNUT OIL	COCONUT OIL	MARGARINE
	COD LIVER OIL	PALM OIL
	EVENING PRIMROSE OIL	PEANUT OIL
	HEMP SEED OIL	



	SAFFLOWER OIL	
	SESAME OIL	
	SOYBEAN OIL	
	SUNFLOWER OIL	
	WHEAT GERM OIL	

NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
CHESTNUT	ALMOND	BRAZIL NUT
FLAXSEED	ALMOND BUTTER	CASHEW
PEANUT	ALMOND MILK	CASHEW BUTTER
PEANUT BUTTER	BUTTERNUT	PISTACHIO
PEANUT FLOUR	CAROB	
PUMPKIN SEED	CHIA SEED	
WALNUT	HAZELNUT	
	HEMP SEED	
	HICKORY	
	LYCHEE	
	MACADAMIA	
	PECAN	
	PECAN BUTTER	
	PINE NUT	
	POPPY SEED	
	SAFFLOWER SEED	
	SESAME BUTTER	
	SESAME FLOUR	
	SESAME SEED	
	SUNFLOWER SEED	
	SUNFLOWER BUTTER	
	WATERMELON SEED	

BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ADZUKI BEAN	BUTTER BEAN	COOPER BEAN
BLACK BEAN	CANNELLINI BEAN	CHICKPEAS
BLACK EYED PEA	HARICOT-VERT BEAN	KIDNEY BEAN
BROAD BEEN	MUNG BEANS	LIMA BEAN
GREEN BEAN	PEA	NAVY BEAN
LENTIL (ALL TYPES)	WHITE BEAN	TAMARIND BEAN
PINTO BEAN		
SNAP BEAN		
SOYBEAN		
STRING BEAN		

GRAINS & CEREALS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
AMARANTH	BARLEY	FAMILIA
ARTICHOKE FLOUR	CORNFLAKES	FARINA
BUCKWHEAT	CORNMEAL	GRAPE-NUTS
FLAXSEED BREAD	COUSCOUS	SEVEN GRAIN
LARCH FIBRE	MILLET	SHREDDED WHEAT
LENTIL (FLOUR, DAHL)	PUFFED WHEAT	TEFF
MALANGA	QUINOA	WHEAT (BRAN, GERM)
OAT BRAN	RICE	WHOLE WHEAT FLOUR
OATMEAL	RYE	
OAT FLOUR	SEMOLINA	
OATS	SPELT	
PAPADUM	TAPIOCA	
SOYBEAN FLOUR	WHEAT (DURUM)	
WHEAT (BULGAR)	WHEAT (WHOLEGRAIN)	
WHEAT (SPROUTED)	WHITE FLOUR	

VEGETABLES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ALFALFA SPROUTS	ARUGULA	CABBAGE
ALOE VERA	ASPARAGUS	CAPERS
ARTICHOKE	BAMBOO SHOOT	EGGPLANT
BEET GREENS*	BEET	JUNIPER
BROCCOLI*	BOK CHOI (PAK CHOI)	OLIVE (BLACK)
CARROT	BRUSSEL SPROUTS	PEPPER (CAYENNE, CHILLI)
CELERY*	CASSAVA	PICKLES
CHICORY	CAULIFLOWER	POTATOES
COLLARD GREENS*	CELERIAC	RHUBARB
DANDELION GREENS*	CHERVIL	SAUERKRAUT
ESCAROLE*	CORN	SWEET POTATO
FENNEL	CUCUMBER	TOMATO
GARLIC	ENDIVE	YAM
GINGER	FENUGREEK	YUCCA
GRAPE LEAVES	HEARTS OF PALM	
HORSERADISH	KELP	
KALE	OLIVE (GREEN)	
LEEK	OYSTER PLANT	
LETTUCE	PIMIENTO	
MUSHROOMS	QUORN	
OKRA	RADICCHIO	
ONIONS	RADISH	
PARSLEY	SPIRULINA	
PARSNIP	SEAWEED	
PUMPKIN	SHALLOT	
SEA VEGETABLES	SQUASH	
SPINACH	WATER CHESTNUT	
SWISS CHARD	WATERCRESS	
TOMATILLO	ZUCCHINI	
TURNIP		

FRUIT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
APRICOT	ACAI BERRY	BANANA
BLACKBERRY*	APPLE	BITTER MELON
BLUEBERRY*	ASIAN PEAR	HONEYDEW MELON
BOYSENBERRY	AVOCADO	LOQUAT
CHERRY*	BREADFRUIT	MANGO
CRANBERRY	CANANG MELON	ORANGE
FIG	CANTELOUPE	PLANTAIN
GRAPEFRUIT	CASABA MELON	TANGERINE
JACK FRUIT	CURRENT	
LEMON	DATE	
LIME	DEWBERRY	
PAWPAW	ELDERBERRY	
PINAPPLE*	GOJI BERRY	
PLUM*	GOOSEBERRY	
PRUNE*	GRAPE	
	GUAVA	
	HUCKLEBERRY	
	KIWI	
	KUMQUAT	
	LOGANBERRY	
	MULBERRY	
	MUSK MELON	
	NECTARINE	
	PAPAYA	
	PASSION FRUIT	
	PEACH	
	PEAR	
	PERSIAN MELON	
	PERSIMMON	
	POMEGRANITE	
	PRICKLY PEAR	
	QUINCE	
	RAISIN	
	RASPBERRY	
	SPANISH MELON	
	STARFRUIT	
	STRAWBERRY	
	WATERMELON	
	YOUNGBERRY	

BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
ALFALFA TEA	APPLE JUICE	BEER
ALOE JUICE	APPLE CIDER	BLACK TEA
APRICOT JUICE	BEET JUICE	CATNIP TEA
BLACKBERRY JUICE	CHICKWEED TEA	COCONUT MILK
BLUEBERRY JUICE	COCONUT WATER	LIQUOR (DISTILLED)
BURDOCK TEA	COLTSFOOT TEA	MANGO JUICE
CHAMOMILE TEA	CRANBERRY JUICE	ORANGE JUICE
CHERRY JUICE	DANDELION TEA	PAPAYA JUICE
COFFEE	ELDERBERRY JUICE	RED CLOVER TEA
ECHINACEA TEA	ELDER TEA	RHUBARB TEA
FENUGREEK TEA	GENTIAN TEA	SELTZER WATER
GINGER ROOT TEA	GOLDENSEAL TEA	SODA (ALL TYPES)
GINSENG TEA	GRAPE JUICE	TANGERINE JUICE
GRAPEFRUIT JUICE	GUAVA JUICE	TOMATO JUICE
GREEN TEA	HOPS TEA	YELLOWDOCK TEA
HAWTHORN TEA	LICORICE ROOT TEA	
LEMON & WATER	MILK (ALMOND)	
LIME JUICE	MILK (RICE)	
MILK THISTLE TEA	MULBERRY TEA	
PINEAPPLE JUICE	NECTARINE JUICE	
PRUNE JUICE	PEAR JUICE	
ROSEHIP TEA	PEPPERMINT TEA	
ST JOHN'S WART TEA	RASPBERRY LEAF TEA	
VALERIAN TEA	SAGE TEA	
WINE (RED)	SENNA TEA	
	SKULLCAP TEA	
	STRAWBERRY LEAF TEA	
	VERVAIN TEA	
	WINE (WHITE)	

HERBS & SPICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
DRY MUSTARD	ALLSPICE	CHILLI POWDER
FENNEL	ANISE	PEPPER, BLACK & WHITE
GARLIC	ARROWROOT	PEPPER, CAYENNE
GINGER	BASIL	PEPPERCORN
HORSERADISH	BAY LEAF	WINTERGREEN
PARSLEY	BERGAMOT	
TURMERIC	CARAWAY	
	CARDAMOM	
	CHERVIL	
	CHIVES	
	CHOCOLATE	
	CINNAMON	
	CLOVE	
	CORRIANDER	
	CORNSTARCH	
	CREAM OF TARTAR	
	CUMIIN	
	CURRY	
	DILL	
	DULSE	
	GUARANA	
	KELP	
	LICORICE ROOT	
	MACE	
	MAJORAM	
	MUSTARD	
	NUTMEG	
	OREGANO	
	PAPRIKA	
	PEPPERMINT	
	ROSEMARY	
	SAFFRON	
	SAGE	
	SALT	
	SAVORY	
	SENNA	
	SPEARMINT	
	TARRAGON	
	THYME	
	VANILLA	



CONDIMENTS, SWEETENERS & ADDITIVES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
BARLEY MALT	AGAR	ACACIA
MISO	AGAVE SYRUP	ASPARTAME
MOLASSES	ALMOND EXTRACT	GELATIN
MOLASSES (BLACKSTRAP)	BAKING SODA	GUAR GUM
SOYBEAN SAUCE	CAROB SYRUP	HIGH FRUCTOSE CORN SYRUP
	CORNSTARCH	KETCHUP
	CORN SYRUP	MSG
	DEXTROSE	MAYONNAISE
	FRUCTOSE	PICKLE RELISH
	FRUIT PECTIN	TAMARIND
	HONEY	VINEGAR
	JAM (ACCEPTABLE FRUIT)	WORCESTERSHIRE SAUCE
	LECITHIN	
	MAPLE SYRUP	
	STEVIA	
	SUGAR	
	YEAST	

This Blood type diet was developed by Dr Peter J. D'Adamo with Catherine Whitney