

Blood Type A Diet

BLOOD TYPE A	Beneficial	Avoid
Meats		All meat except chicken and turkey which should be eaten infrequently.
Fish	Carp, cod, grouper, mackarel, monkfish, snapper, trout, salmon, sardine, snail, whitefish	All shellfish, Anchovy, bluefish, catfish, caviar, eel, flounder, frog, haddock, halibut, sole, herring, octopus, squid
Dairy		All dairy products except goat and sheep's milk products which should be consumed infrequently.
Eggs		
Oils	Olive, flax	Corn, cottonseed, safflower, sesame
Nuts & Seeds	Peanuts and pumpkin	Brazil, cashew, pistachio
Beans	Aduke, azuki, black, green, pinto, soy, lentils	Garbanzo, kidney, lima, navy, tamarind, red
Grains	Amaranth, buckwheat, brown rice, essene, ezeziel	wheat
Vegetables	Artichoke, beet, broccoli, carrot, chicory, collard green, dandelion, escarole, garlic, kale, kohlrabi, leek, romaine lettuce, okra, onions, parsley, parsnip, pumpkin, spinach, alfalfa sprouts, swiss chard, turnips	Cabbage, eggplant, mushroom, olives, peppers, potato, sweet potato, tomato, yams
Fruit	Apricot, blackberries, blueberries, boysenberries, cherries, cranberries, figs, grapefruit, lemon, pineapple, plums, prunes	Banana, coconut, mango, cantaloupe, honeydew, oranges, papayas, plantain, rhubarb, tangerine
Fruit Juice	Apricot, carrot, celery, cherry, grapefruit, pineapple, prune	Orange, tomato, papaya
Spices	Garlic, ginger, molasses, soy sauce	Capers, black pepper, cayenne pepper, red pepper, white pepper, vinegar