

Blood Type A

Adapted from Dr. Peter J. D'Adamo Cook Right 4 Your Type ©1999

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
MEAT & POULTRY: <i>portion:</i> men 115—170g women/ children 60—140g	WEEKLY <i>Lean Red Meats:</i> Caucasians: 0 X Africans: 0—1 X Asians: 0—1 X <i>Poultry:</i> Caucasians: 0—3 X Africans: 0—3 X Asians: 1—4 X	none	chicken, turkey	bacon, beef, ground beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, quail, rabbit, veal, venison
SEAFOOD: <i>portion:</i> 115—170g	WEEKLY Caucasians: 1—4 X Africans: 0—3 X Asians: 1—4 X	carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, sea trout, silver perch, snail, whitefish, white perch, yellow perch	abalone, mahi mahi, ocean perch, pike, sea bass, shark, smelt, snapper, sturgeon, swordfish, tuna, white perch, yellowtail	anchovy, barracuda, beluga, bluefish, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, hake, halibut, herring, lobster, smoked salmon, mussels, octopus, oysters, prawns, scallop, shad, sole, squid (calamari), striped bass, tilefish, turtle
EGGS & DAIRY: <i>portion:</i> egg: 1 cheeses: 60g yogurt: 115—170g milk: 115—170g Asians:	WEEKLY <i>Eggs:</i> Caucasian: 1—3 X Africans: 1—3 X Asians: 1—3 X <i>Cheeses:</i> Caucasians: 2—4 X Africans: 1—3 X Asians: 0 X <i>Yogurt:</i> Caucasians: 1—3 X Africans: 0 X Asians: 0—3 X <i>Milk:</i> Caucasians: 0—4 X Africans: 0 X Asians: 0 X	soy cheese,* soy milk* *good dairy alternative	farmer, feta, goat's milk cheese, mozzarella (low fat), ricotta (low fat), string cheese, yogurt with fruit, frozen yogurt	blue, Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cottage, Edam, Emmenthal, Gouda, Gruyere, ice cream, Jarlsberg, neufchatel, Parmesan, Philadelphia, processed, provolone, sherbet, skim or 2% milk, Swiss, tasty, whey, whole milk

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OILS & FATS: <i>portion:</i> 1 tablespoon (15g)	WEEKLY Caucasians: 2—6 X Africans: 3—8 X Asians: 2—6 X	linseed (flaxseed) oil, olive oil	canola oil, cod liver oil	corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil
NUTS & SEEDS: <i>portion:</i> nuts & seeds: small handful nut butters: 1 tablespoon (15g)	WEEKLY <i>Nuts & Seeds:</i> Caucasians: 2—5 X Africans: 4—6 X Asians: 4—6 X <i>Nut Butters:</i> Caucasians: 3—7 X Africans: 3—4 X Asians: 2—4 X	peanuts, peanut butter, pumpkin seeds	almond butter, almonds, chestnuts, hazelnuts, hickory nuts, litchi, macadamias, pignoli (pine), poppy seeds, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds, walnuts	Brazil, cashew, pistachios
BEANS & LEGUMES: <i>portion:</i> 240g dry	WEEKLY Caucasians: 3—6 X Africans: 4—7 X Asians: 2—5 X	adzuki beans, black beans, green beans, pinto beans, red soy beans, lentils (domestic, red, & green), 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, chickpeas, kidney beans, lima beans, navy beans, red beans, tamarind beans
CEREALS: <i>portion:</i> 240g dry	WEEKLY <i>Whole Grains:</i> Caucasians: 5—9 X Africans: 6—10 X Asians: 4—8 X	amaranth, kasha	barley, cornflakes, cornmeal, Cream of Rice, kamut, puffed millet, oat bran, oatmeal, puffed rice, rice bran, spelt	Cream of Wheat, farina, granola, seven grain, shredded wheat, wheat bran, wheat germ
BREADS & MUFFINS: <i>portion:</i> 1 slice bread or cracker 1 muffin	DAILY <i>Breads/Crackers:</i> Caucasians: 3—5 X Africans: 2—4 X Asians: 2—4 X <i>Muffins:</i> Caucasians: 1—2 X Africans: 1 X Asians: 1 X	Essene bread, Ezekial bread, soy-flour bread, sprouted-wheat bread, rice cakes	brown-rice bread, corn muffins, gluten free bread, Ideal flat bread, millet, oat bran muffins, 100% rye bread, rye crisps, Rye Vita, spelt bread, Wasa bread	durum wheat, high-protein bread, multigrain bread, English muffins, pumpernickel, wheat-bran muffins, whole-wheat bread, wheat matzo

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GRAINS & PASTA: <i>portion:</i> grains: 240g dry pastas: 240g dry	WEEKLY <i>Grains:</i> Caucasians: 2—4 X Africans: 2—3 X Asians: 2—4 X <i>Pastas:</i> Caucasians: 2—4 X Africans: 2—3 X Asians: 2—4 X	kasha, oat flour, rice flour, soba noodles, artichoke pasta	barley flour, bulgur wheat, couscous, durum-wheat flour, gluten flour, sprouted-wheat flour, spelt noodles, basmati rice, brown rice, white rice, wild rice	white flour, whole-wheat flour, semolina pasta, spinach pasta
VEGETABLES: <i>portion:</i> raw: 240g cooked: 240g cooked soy products: 170—230g	DAILY <i>Raw Vegetables:</i> Caucasians: 2—5 X Africans: 3—6 X Asians: 2—5 X <i>Cooked Vegetables:</i> Caucasians: 3—6 X Africans: 1—4 X Asians: 3—6 X WEEKLY <i>Soy Products:</i> Caucasians: 4—6 X Africans: 4—6 X Asians: 5—7 X	alfalfa sprouts, artichokes (domestic & Jerusalem), beet leaves, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, leek, okra, red Spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, Swiss chard, tempeh, tofu, turnips	asparagus, avocado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white & yellow corn, cucumber, endive, fennel, bibb lettuce, iceberg lettuce, mesclun lettuce, abalone mushrooms, enoki mushrooms, maitaki mushrooms, shitake mushrooms, Portobello mushrooms, tree oyster mushrooms, mustard greens, green olives, green onions, radicchio, radishes, rappini, rocket, spring onions, seaweed, shallots, Brussels sprouts, mung sprouts, radish sprouts, all types of squash, water chestnuts, watercress, zucchini	Chinese cabbage, red cabbage, white cabbage, green capsicum, red capsicum, yellow capsicum, eggplant, lima beans, domestic mushrooms, black olives, Greek olives, Spanish olives, jalapeno peppers, red potatoes, sweet potatoes, white potatoes, tomatoes, yams
FRUITS: <i>portion:</i> 1 fruit or 85—140g	DAILY All Ancestral Types 3—4 X	apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried figs, grapefruit, lemons, pineapple, dark plums, green plums, red plums, prunes	apples, black currants, red currants, dates, elderberries, gooseberries, grapes (black, Concord, green, & red), guava, kiwi, kumquat, limes, loganberries, muskmelon, watermelon, nectarines, peaches, pears, persimmons, pomegranates, prickly pear, raspberries, star fruit, strawberries, sultanas	bananas, coconuts, mandarins, mangoes, honeydew melon, rock melon, oranges, papayas, plantains, rhubarb

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JUICES & FLUIDS: <i>portion:</i> 240ml	DAILY All Ancestral Types Juices: 4—5 X <i>Lemon & Water:</i> 1 X in morning Water: 1—3 X	apricot, carrot, celery, black cherries, grapefruit, pineapple, prune, water with lemon	apple, apple cider, cabbage, cucumber, cranberry, grape, vegetable juice (corresponding to highlighted vegetables)	orange, papaya, tomato
SPICES:		barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari sauce	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, dry mustard, nutmeg, oregano, paprika, parsley, peppermint, pimento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, brown sugar, white sugar, tamarind, tapioca, tarragon, thyme, turmeric, vanilla extract	capers, plain gelatin, ground black pepper, cayenne pepper, peppercorn, pepper, red pepper flakes, white pepper, apple cider vinegar, red wine vinegar, balsamic vinegar, white vinegar, wintergreen
CONDIMENTS:		mustard	jam & conserve (from acceptable fruits), salad dressing (low-fat from acceptable ingredients)	ketchup, mayonnaise, pickles, pickle relish, Worcestershire sauce
HERBAL TEAS:		alfalfa, aloe, burdock, chamomile, Echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rose hips, St.-John's-wort, slippery elm, stone root, valerian	chickweed, coltsfoot, dandelion, dong quai, elder, gentian, goldenseal, hops, horehound, licorice root, linden, mulberry, mullein, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, shepherd's purse, skullcap, spearmint, strawberry leaf, thyme, vervain, white birch, white oak, yarrow	catnip, cayenne, corn silk, red clover, rhubarb, yellow dock
MISC. BEVERAGES:		coffee (regular & decaf), green tea, red wine	white wine	beer, distilled liquors, carbonated mineral water, black teas (regular and decaf), cola, diet cola, & other sodas