

Blood Type 'A' food recommendations



Meats & Poultry		
Highly Beneficial	Neutral	Avoid
NONE – type A thrives on a vegetarian lifestyle. But, being realistic, just keep intake of meat as low as possible.	Chicken	Pork – bacon, ham
	Cornish hens	Beef – steak, ground
	Turkey	Duck, goose, pheasant
		Veal, venison, lamb

Seafood		
Highly Beneficial	Neutral	Avoid
Salmon	Albacore (tuna fish)	Clam
Whitefish	Mahimahi	Caviar
Rainbow trout	Snapper	Catfish
Cod	White perch	Beluga
Carp	Yellowtail	Anchovy
Yellow & Silver perch	Sea bass	Conch

Eggs, Dairy and Substitutes		
Highly Beneficial	Neutral	Avoid
Soy products – cheese, milk, yogurt	Feta	Cheese – American, Colby, cottage, cream cheese, gouda, cheddar, brie, blue cheese
	Goat cheese, milk	
	Mozzarella, low fat	
	Ricotta, low fat	Buttermilk
	String cheese	Butter
	Yogurt	Casein

Oils & Fats		
Highly Beneficial	Neutral	Avoid
Linseed (flaxseed), olive	Canola, cod liver	Corn, safflower, sesame, peanut

Nuts & Seeds		
Highly Beneficial	Neutral	Avoid
Peanuts	Almond butter	Cashews
Peanut butter	Chestnuts	Pistachios
Pumpkin seeds	Hickory, macadamia, pine, poppy	Brazil nuts
	Sesame, sunflower, walnuts	

Beans & Legumes		
Highly Beneficial	Neutral	Avoid
Beans - black, pinto, green, red soy, azuki, aduke	Beans – snap, string, white	Beans – copper, garbanzo, kidney, lima, navy, red, tamarind
Lentil – green, red, domestic	Peas – pods, snow, green	
Peas - black eyed		

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Cereals		
Highly Beneficial	Neutral	Avoid
Amaranth	Barley	Cream of wheat
Buckwheat	Cornflakes	Granola
Kasha	Oatmeal	Grape nuts
	Spelt	Wheat germ
	Rice bran	Seven grain
	Cornmeal	Shredded wheat

Breads & Muffins		
Highly Beneficial	Neutral	Avoid
Essene bread	Bagels, wheat	Wheat bran
Ezekiel bread	Corn bread	English muffin
Rice cakes	Gluten-free bread	Multi-grain bread
Soya flour bread	Spelt bread	Matzos, wheat
Sprouted wheat bread	Rye bread	Pumpernickel
	Oat bran muffins	Whole wheat bread

Grains & Pasta		
Highly Beneficial	Neutral	Avoid
Flour – oat, rice, rye	Couscous	Flour – white, whole wheat
Noodles, soba	Flour – barley, gluten, spelt	Pasta – semolina, spinach
Pasta, artichoke	Quinoa	
	Rice – brown, white, wild	

Vegetables		
Highly Beneficial	Neutral	Avoid
Artichoke	Avacado	Cabbage
Lettuce - romaine	Lettuce – bibb, boston, iceberg	Mushroom, domestic
Broccoli	Corn	Olives
Carrots	Cauliflower	Peppers – green, jalapeno
Garlic	Celery	Tomatoes
Onions	Asparagus	Yams, potatoes

Fruits		
Highly Beneficial	Neutral	Avoid
Blackberries, blueberries	Apples	Bananas
Pineapple	Grapes	Mangoes
Lemon	Guava	Cantaloupe, honeydew
Cranberries, raisins, prunes	Kiwi	Oranges, tangerines
Plums – dark, green, red	Strawberries	Papayas

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Juices & fluids		
Highly Beneficial	Neutral	Avoid
Carrot	Apple	Orange
Grapefruit, pineapple	Grape	Papaya
Prune	Cranberry	Tomato
Water with lemon juice	vegetable	

Misc. Beverages		
Highly Beneficial	Neutral	Avoid
Coffee, decaf	Wine, White	Beer, distilled liquor
Coffee, regular		Tea, black
Tea, green		Seltzer water
Wine, red		Soda – club, cola, diet

Condiments		
Highly Beneficial	Neutral	Avoid
Mustard	Jam, jelly	Ketchup
	Pickles, relish	Mayonnaise
	Salad dressing (low-fat)	Worcestershire sauce

Supplemental Nutrition Advisory (type 'A' only)		
Highly Beneficial	Your usage	Link to product – information and sales
Spark	Increase mental focus	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=A2095&id=E&flavor=M&size=C
Antioxidants	Essential	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W6410&id=D
Immuno Guard	Increasing immune health	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3311&id=D
Vitamin C	Immunity	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W3151&id=D
Multi-vitamin	Essential + iron	https://www.advocare.com/09032065/Store/ItemDetail.aspx?itemCode=W6032&id=D

Additional Options for a <i>paleo lifestyle</i>	
Customized meal planning <i>Making it easy for you and your family</i>	http://www.sevenwellness.com/Meal-Planning.html
Nutrition Coaching via Skype	http://www.sevenwellness.com/Goals.html
Test your pH at home with this kit	http://astore.amazon.com/queshealandwe-20/detail/B002ZYVU4O
The Paleo Solution - book	http://astore.amazon.com/queshealandwe-20/detail/0982565844
The GenoType Diet - book	http://astore.amazon.com/queshealandwe-20/detail/B002VJY8E2
The Paleo Diet - Cookbook	http://astore.amazon.com/queshealandwe-20/detail/0470913045
Paleo Resource Website Page <i>Complimentary info. for your review</i>	http://www.sevenwellness.com/Paleo-and-Blood-type-diet-information.html