

## **EAT RIGHT 4 YOUR BLOOD TYPE**

### **BLOOD TYPE "A"**

Best exercise is gentle exercise like yoga or golf

Do best with a vegetarian diet

Need to watch dairy and wheat. Cut out meats

Foods that encourage weight gain: Meat, dairy, kidney beans, lima beans, wheat

Foods that encourage weight loss: Vegetable oils, soy foods, vegetables, pineapple

**The food list below will be divided into "B" for beneficial, "N" for neutral and "A" for avoid.**

#### **Meats:**

B: none

N: chicken, Cornish hens, turkey

A: bacon, beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, rabbit, veal, venison, quail

#### **Seafood:**

B: carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, silver perch, snail, whitefish, yellow perch

N: tuna, ocean perch, pike, shark, smelt, snapper, sturgeon, swordfish, white perch

A: anchovy, blue gill bass, catfish, caviar, clam, conch, crab, flounder, grog, haddock, halibut, herring, lobster, smoked salmon, mussels, octopus, oysters, scallop, shad, shrimp, sole, striped bass, turtle

#### **Dairy and eggs:**

B: soya cheese, soy milk

N: farmer, feta, goat cheese, goat milk, kefir, mozzarella (low fat) ricotta (low fat) string cheese, yogurt A:

American cheese, blue cheese, brie, butter, buttermilk, cheddar, colby, cottage, cream cheese, edam, gouda, ice cream, Monterey jack, Munster, parmesan, provolone, sherbet, skin or 2% milk, Swiss, whey, and whole milk.

Limit egg consumption to occasional organically grown eggs.

#### **Oils and fats:**

B: linseed (flaxseed), olive oil

N: canola, cod liver

A: corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil

#### **Nuts and seeds:**

B: peanuts, peanut butter, pumpkin seeds

N: almond butter, almonds, chestnuts, filberts, hickory, macadamia, poppy seeds, sesame seeds, sesame butter, sunflower seeds and butter, walnuts

#### **Beans and legumes:**

B: aduki, azuki, black, green, pinto, red soy beans, lentils, black-eyes peas

N: broad beans, snap, string, white, green peas, pea pods, snow peas

A: copper beans, garbanzo beans, kidney beans, lima beans, navy beans, red beans, tamrind beans

#### **Cereals:**

B: amaranth, buckwheat, kasha

N: barley, cornflakes, cornmeal, cream of rice, puffed millet, oat bran, oatmeal, puffed rice, rice bran, spelt

A: cream of wheat, familia, farina, granola, grape nuts, wheat gerrn, seven grain, shredded wheat

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### Type "A" cont...

#### Breads:

- B: Essene bread, Ezekiel bread, rice cakes, soya flour bread, sprouted wheat bread
- N: wheat bagels, brown rice bread, corn muffins, gluten-free bread, ideal *flat* bread, millet, oat bran muffins, rye bread , rye crisp, spelt bread, Wasa bread
- A: durum wheat, English muffins, high-protein bread, matzos (wheat), multi-grain bread, pumpernickel, wheat bran muffins, whole wheat bread

#### Grains and pasta:

- B: buckwheat kasha, oat flour, rice flour, rye flour, soba noodles, artichoke pasta
- N: couscous, barley flour, bulgur wheat flour, durum wheat flour, graham flour, spelt flour, sprouted wheat flour, spelt noodles, quinoa, all rice
- A: white flour, whole wheat flour, semolina pasta, spinach pasta

#### Vegetables:

- B: artichoke, beet leaves, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, Spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, alfalfa sprouts, Swiss chard, tempeh, turnips, tufu (extremely good for type A)
- N: asparagus, avocado, bamboo shoots, beets, bokchoy, caraway, cauliflower, celery, Chervil, coriander, white/yellow corn, cucumber, daikon radish, endive, fennel, lettuce (bibb, Boston, iceberg, mescium), mushroom, mustard greens, green olives, green onions, radicchio, radishes, rutabaga, scallion, seaweed, shallots, Brussels sprouts, mung sprouts, radish sprouts, squash (all kinds), water chestnut, watercress, zucchini
- A: cabbage (all), eggplant, lima beans, shitake mushroom, domestic mushroom, black olives, Greek olives, Spanish olives, green peppers, jalapeno, red peppers, yellow peppers, sweet potatoes, red potatoes, white potatoes, tomatoes, yams

#### Fruits: Should eat 3 times per day:

- B: apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried-fresh figs, grapefruit, lemons, pineapple, plums (dark, green, red), prunes, raisins
- N: apples, currants, dates, grapes, guava, kiwi, kumquat, limes, watermelon, nectarines, peaches, pears, pomegranates, prickly pears, raspberries, strawberries
- A: bananas, coconuts, mangoes, cantaloupe, honeydew melon, oranges, papayas, plantains, tangerines

#### Juices and fluids:

- B: apricot, carrot, celery, black cherry, grapefruit, pineapple, prune, lemon (one-half lemon in warm water first thing every day)
- N: apple, cider, cabbage, cucumber, cranberry, grape
- A: orange, papaya, tomato

#### Spices:

- B: barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari
- A: capers, plain gelatin, black pepper, cayenne pepper, red pepper, white pepper, all vinegars

#### Condiments:

- B: mustard
- A: ketchup, mayonnaise, worcestershire sauce, be careful with pickled foods

For further information on the blood type diet and lifestyle read

**EAT RIGHT FOR YOUR TYPE** by Dr. Peter J. D'Adamo with Catherine Whitney

For information on Zyto Assessments or Biological Terrain Analysis, please contact:

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