Blood Type A.txt

Type A

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BENEFICIAL

Carp

Cod

Mackerel

Monkfish

Perch

Pickerel

Pollack

Red Snapper

Salmon

Sardine

Snail/Escargot

Trout

Whitefish

Whiting

Adzuki Bean

Black Bean

Black-eyed Pea

Fava (Broad) Bean

Green/Snap/String Bean

Lentil (Domestic)

Lentil (Green)

Lentil (Red)

Pinto Bean

Soybean

Soy Cheese

Soy Flakes

Soy Granules (Lecithin)

Soy Milk - CARRAGEENAN IS DETRIMENTAL (added to most yogurt, cottage

cheese, soy milk, dairy products)

Tempeh (fermented soy)

Tofu (soy cake)

Flaxseed (Linseed)

Peanut/Peanut Butter

Pumpkin Seed

Walnut (Black)

Walnut (English)

Amaranth

Artichoke Flour/Pasta

Buckwheat/Kasha

Essene Bread (Manna Bread)

Ezekiel Bread

Oat Flour

Oat/Oat Bran/Oatmeal

Rye Flour (Whole Rye)

Rye/100% Rye Bread

Soba Noodles (100% Buckwheat)

Soy Flour/Bread

Alfalfa Sprouts

Aloe/Aloe Tea/Aloe Juice

Artichoke (Globe/Jerusalem)

Beet Greens

Broccoli

Carrot

Carrot Juice

Celery/Celery Juice

Chicory

Collard Greens

Dandelion

Escarole

Fennel

Garlic

Ginger

Horseradish

Kale

Kohlrabi

Leek

Lettuce (Romaine)

Mushroom (Domestic white "Button" "Silver Dollar)

Mushroom (Maitake)

Okra

Onion (Red,Yellow,White/Green/Spanish)

Parsnip

Pumpkin

Rappini

Spinach/Spinach Juice

Swiss Chard

Turnip

Apricot/Apricot Juice

Blackberry

Blueberry

Boysenberry

Cherry

Cherry Juice (Black)

Cranberries (juice is neutral)

Fig

Grapefruit

Lemon/Lemon Juice

Lime/Lime Juice

Pineapple

Plum

Prune

Water & Lemon

Black Currant Seed Oil

Flax Seed (Linseed) Oil

Olive Oil

Walnut Oil

Mustard, Dry

Parsley

Turmeric

Miso

Soy Sauce

Tamari (wheat free)

Barley Malt

Molasses (Blackstrap)

Coffee

Green Tea

Wine (Red)

Reasons BENEFICIAL:

Contains component that positively influences known disease

susceptibility;

nutrient-dense food;

contains an agglutinin that modifies disease susceptibility;

contains component that either blocks polyamine synthesis or lowers

indican levels;

healthy alternative to more common variety of foods which are classed as

avoids

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DETRIMENTAL

Bacon/Ham/Pork

Beef

Buffalo

Duck

Goat

Goose

Heart (Beef)

Horse

Lamb

Liver (calf)

Mutton

Partridge

Pheasant

Quail

Rabbit

Squirrel

Sweetbreads

Turtle

Veal

Venison

Anchovy

Barracuda

Bass (Bluegill)

Bass (Striped)

Beluga

Bluefish

Catfish

Caviar

Clam

Conch

crab

Eel/Japanese Eel

Flounder

Frog

Gray Sole

Grouper

Haddock

Hake

Halibut

Harvest Fish

Herring

Lobster

Mussels

Octopus

Opaleye Fish

Oyster

Scallop

Scup

Shad

Shrimp

Sole

Squid (Calamari)

American Cheese

Blue Cheese

Brie Cheese

Butter

Buttermilk

Camembert Cheese

Casein

Cheddar Cheese

Colby Cheese

Cottage Cheese

Cream Cheese

Edam Cheese

Emmenthal Cheese

Gouda Cheese

Gruyere Cheese

Half & Half

Ice Cream

Jarisberg Cheese

Milk (Cow: Skim or 2%)

Milk (Cow: Whole)

Milk (Goat)

Monterrey Jack Cheese

Muenster Cheese

Neufchael Cheese

Parmesan Cheese

Provolone Cheese

Whey

Copper Bean

Garbanzo Bean (Chickpea)

Kidney Bean

Lima Bean

Navy Bean

Tamarind Bean

Brazil Nut

Cashew/Cashew Butter

Pistachio

Teff

Wheat (Bran)

Wheat (Germ)

Wheat (Whole Wheat Products)

Cabbage

Caper

Chili Pepper

Eggplant

Juniper

Mushroom (Shitake)

Olive (Black)

Olive (Greek/Spanish)

Pepper (Green/Yellow/Jalapeno)

Pepper (Red/Cayenne)

Pickle (in vinegar)

Potato (Sweet)

Potato (White/Red/Blue/Yellow)

Rhubarb

Sauerkraut

Tomato/Tomato Juice

Yam

Yucca

Banana

Bitter Melon

Coconut

Coconut Milk

Honeydew

Mango

Orange/Orange Juice

Papaya

Plantain

Tangerine

Castor Oil

Coconut Oil

Corn Oil

Cottonseed Oil

Peanut Oil

Acacia (Arabic Gum)

Chili Powder

Pepper (Black/White)

Pepper (Peppercorn/Red Flakes)

Wintergreen

Carrageenan (added to most yogurt, cottage cheese, soy milk, dairy

products)

Gelatin, Plain

Guar Gum

Ketchup

Mayonnaise

MSG

Mustard (with Vinegar)

Pickle Relish

Vinegar (apple cider)

Vinegar (Balsamic/White/Red/Rice)

Worcestershire Sauce

Aspartame

Sucanat

Beer

Liquor (distilled)

Seltzer Water

Club Soda

Soda (Misc./Diet/Cola)

Tea (Black)

Reasons DETRIMENTAL:

Provokes abnormal blood reaction;

inhibits proper gastric function or blocks assimilation;

secretory insufficiency;

increased intestinal imbalance;

increases polyamine or indican levels;

contains lectin or other agglutinin;

metabolic inhibitor;

provokes reaction in blood (non-lectin);

flocculates serum or precipitates serum proteins;

interferes with cardiovascular activity;

increases lectin activity and binding;

induces intestinal imbalance.

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NEUTRAL

Rice

Chicken

Mahi-mahi

Tuna

Corn

Popcorn

Asparagus

Beet

Brussels Sprouts

Cauliflower

Cucumber

Turkey

Chocolate

Feta Cheese

Goat Cheese

Goat Milk

Mozzarella Cheese

Ricotta Cheese

Sour Cream (non/lowfat)

Yogurt - CARRAGEENAN IS DETRIMENTAL (added to most yogurt, cottage

cheese, soy milk, dairy products)

Eggs

Snap bean

Almonds

Filbert

Macadamia

Pecans

Pine Nuts

Poppy Seed

Sesame Seed

Sunflower Seed

Barley

yeast (secretor only)

gluten (secretor only)