

Blood Type A Beneficial Foods

Beneficial Vegetables

Alfalfa Sprouts
Beet Greens
Broccoflower
Broccoli
Broccoli Rabe, Rapini
Broccoli, Chinese
Carrots
Celery
Chicory
Chicory Root
Collard Greens
Dandelion Greens
Escarole
Fennel
Garlic
Grape Leaves
Jerusalem Artichoke
Kale
Kohlrabi
Leeks
Lettuce, Romaine
Malanga, Tannier, Xanthosoma
Mushroom, White, Silver Dollar
Okra
Onion, all types
Parsnips
Pumpkin
Sea Vegetables, Irish Moss
Spinach
Swiss Chard
Tomatillo

Turnip Greens

Turnip

Beneficial Seafood

Carp
Cod
Mackerel, Atlantic
Monkfish
Perch
Pickerel, Walleye
Pollock, Atlantic
Red Snapper
Salmon, Atlantic, Wild
Salmon, Chinook
Salmon, Sockeye
Sardine
Snail, Escargot
Trout, Rainbow, Wild
Trout, Sea
Whitefish
Whiting

Beneficial Oils & Fats

Apricot Kernel Oil
Black Currant Seed Oil
Flax Seed, Linseed Oil
Olive Oil
Walnut Oil

Beneficial Meats & Poultry

None

Beneficial Nuts & Seeds

Chestnuts, Chinese
Flax Seeds
Peanut Butter
Peanut Flour
Peanuts
Pumpkin Seeds
Walnuts

Beneficial Grains & Cereals

Amaranth
Artichoke Flour, Pasta
Buckwheat, Kasha, Soba
Essene, Manna Bread
Flaxseed Bread
Larch Fiber
Lentil Flour, Dahl
Oat Bran
Oatmeal, Oat Flour, Oats
Papadam
Soybean Flour
Wheat, Sprouted

Beneficial Herbs & Spices

Fennel (spice)
Ginger
Horseradish
Parsley
Turmeric

Beneficial: Fruits

Apricots
Blackberries
Blueberries
Boysenberries
Canistel
Cherries
Cranberries
Figs
Grapefruit
Jack Fruit
Lemon
Lime
Paw Paw
Pineapple
Plums
Prunes

Beneficial Dairy & Eggs

Pecorino Cheese
Romanian Urda

Blood Type A Beneficial Foods

Beneficial Beans & Legumes

Adzuki Beans
Beans, Green / String / Snap
Black Beans
Black Eyed Peas
Broad Beans, Fava
Great Northern Beans
Green Beans
Lentils, Sprouted
Lentils, all types
Natto
Pinto Beans
Pinto Beans, Sprouted
Soy Flakes
Soy Beans
Soy Granuals
Soy Lecithin
Soybean Meal
Soybean Pasta
Soybean Cheese
Soybeans, Sprouted
Soybean, Temph
Soybean, Tofu

Beneficial Beverages

Alfalfa Tea
Aloe Juice
Apricot Juice
Blackberry
Blueberry Juice
Burdock Tea
Carrot Juice
Celery Juice
Chamomile Tea
Cherry Juice
Coffee
Cranberry Juice
Echniacea Tea
Fenugreek Tea
Ginger Root Tea
Ginseng Tea
Grapefruit Juice
Green Tea, Bancha, Kukicha
Hawthorn Tea
Lemon / Water
Lime Juice
Milk Thistle Tea
Milk, Soy
Pineapple Juice
Prune Juice
Rosehip Tea
Saint Johns Wart Tea
Slippery Elm Tea
Valerian Tea
Vegetable Juices-beneficial
Wine, red

Beneficial Condiments / Sweeteners

Aloe Vera
Barely Malt
Molasses
Blackstrap
Soy, Miso
Soybean Sauce, Tamari,
(Wheat-Free)

Blood Type A Neutral Foods

Neutral Vegetables

Arugula
Asparagus
Asparagus Peas
Bamboo Shoot
Beets
Bok Choy, Pak Choi
Broccoli Leaves
Brussel Sprout
Cassava
Cauliflower
Celeriac
Chayote, Pipinella, Vegetable Pear
Chinese Kale, Kai-lan
Corn
Corn, Popcorn
Cucumber
Daikon Radish
Endive
Fiddlehead Fern
Hearts of Palm
Jicama
Lettuce, Green Leaf, Iceberg
Mushroom, Abalone (tree)
Mushroom, Black Trumpet
Mushroom, Enoki
Mushroom, Oyster
Mushroom, Portobella
Mushroom, Straw
Mustard Greens
Olives, Green
Oyster Plant, Salsify

Pimento
Quorn
Radicchio
Radish Sprouts
Radishes
Rutabaga
Scallion
Sea Vegetables, Kelp,
Kombu, Nori, Bladderwrack
Sea Vegetables, Wakame
Shallots
Spirulina
Squash
Tapioca, Manioc, Cassava, Yuca
Taro Leaves, Shoots
Taro, Tahitan, Poi, Dansheen
Water Chestnut, Matai
Watercress
Zucchini

Neutral Seafood

Bass, Sea, Lake
Bullhead
Butterfish
Chub
Croaker
Cusk
Drum
Halfmoon Fish
Herring
Mackerel, Spanish

Mahi-Mahi
Mullet
Muskellunge
Ocean Pout
Orange Roughy
Parrotfish
Perch Ocean
Pike
Pilchards
Pompano
Rosefish
Sailfish
Sailfish Roe
Salmon Roe
Scrod
Sea Bream
Shark
Smelt
Sturgeon
Sucker
Sunfish, Pumpkinseed
Swordfish
Tilapia
Trout, Steelhead, Wild
Tuna, Bluefin
Tuna, Skipjack
Tuna, Yellowfin
Turbot, European
Weakfish
Yellow Tail

Neutral Nuts & Seeds

Almond Butter
Almond Cheese
Almonds
Beechnuts
Butternuts
Chestnuts, European
Chia Seeds, Pinole
Filberts, Hazlenuts
Hemp Seeds
Hickory Nuts
Macadamia Nuts
Pecan Butter
Pecans
Pine Nuts, Pignola
Poppy Seeds
Safflower Seeds
Sesame Butter,
Tahini
Sesame Flour
Sesame Seed
Sunflower Butter
Sunflower Seeds
Watermelon Seeds

Blood Type A Neutral Foods

Neutral Oils & Fats

Evening Primrose Oil
Grape Seed Oil
Hemp Seed Oil
Macadamia Oil
Perilla Seed Oil
Pumpkin Seed Oil
Rice Bran Oil
Safflower Oil
Sesame Oil
Soybean Oil
Sunflower Oil
Wheat Germ Oil

Neutral Meats & Poultry

Bone Soup (allowable meats)
Chicken
Cornish Hen
Grouse
Guinea Hen
Liver, Chicken
Ostrich
Squab
Squirrel
Turkey

Neutral Herbs & Spices

Allspice
Almond Extract
Arise
Arrowroot
Basil
Bay Leaf
Bergamot
Caraway
Cardamom
Chervil
Chives
Chocolate
Cilantro
Cinnamon
Clove
Coriander
Cream of Tartar
Cumin
Curry
Dill
Dulse
Fenugreek
Guarana
Licorice Root
Mace
Marjoram
Mustard, Dry
Nutmeg
Oregano
Paprika
Peppermint

Rosemary
Saffron
Sage
Savory
Sea Salt
Senna
Spearmint
Tarragon
Thyme
Vanilla

Neutral: Dairy & Eggs

Cheese, Goat
Egg White, Chicken
Egg Whole, Chicken
Egg Whole, Duck
Egg Yolk, Chicken
Farmer Cheese
Feta Cheese
Ghee, Clarified Butter
Goose Egg
Kefir
Manchego Cheese
Milk, Goat
Mozzarella Cheese
Paneer Cheese
Quail Egg
Quark Cheese
Ricotta Cheese
Sour Cream
Yogurt

Neutral Grains & Cereals

Barley
Barley Flour
Bulgur Wheat Flour
Corn, Grits
Cornflakes
Cornmeal, Hominy, Polenta
Cream of Rice
Fonio
Graham Flour
Job's Tears, Coix spp.
Mastic Gum
Millet
Quinoa
Rice Bran
Rice Flour, Brown
Rice Flour, White
Rice Basmati
Rice, Brown
Rice, Puffed or Rice Cakes
Rice, White
Rice, Wild
Rye
Sorghum
Spelt Flour, Noodles
Wheat, Bulgur
Wheat, Durum, Semolina, Couscous
Wheat, Puffed
Wheat, Whole Grain Emmer
Wheat, Whole Grain Flour, White Flour
Wheat, Whole Grain Kamut
Wheat, Whole Grain Spelt

Blood Type A Neutral Foods

Neutral: Fruits

Acai berries
Apple
Asian Pear
Avocado
Breadfruit
Cantaloupe Melon
Casaba Melon
Christmas Melon
Crenshaw Melon
Currants
Dates
Dewberries
Durian
Elderberries
Goji, Wolfberry
Gooseberry
Grapes
Guava
Huckleberries
Kiwi
Kumquat
Lingonberries
Litchi Nuts
Loganberries
Mamey Sapote, Mammy Apple
Mangosteen
Mulberries
Musk Melon
Nectarine
Noni
Passion Fruit

Peach
Quince
Raisins
Raspberries
Sago Palm
Spanish Melon
Starfruit, Carambola
Strawberries
Watermelon
Youngberries

Neutral Condiments / Sweeteners

Agave Syrup
Apple Butte
Baking Soda
Brown Rice Syrup
Carob
Corn Syrup
Cornstarch
Dextrose
Fructose
Fruit Pectin
Honey
Invert Sugar
Jam / Jelly - allowable
Lecithin
Maple Syrup
Mayo - Soy- Tofo
Mustard, Wheat Free
Pectin, Apple
Rice Syrup
Salad Dressing

Stevia
Sugar, Brown
Sugar, White
Umeboshi Plum, Vinegar
Vegetanle Glycerine
Yeast, Bakers
Yeast, Nutritional

Neutral Beverages

Apple Juice
Apple Cider
Beet Juice
Cabbage Juice
Chickweed Tea
Coconut Water
Colsfoot Tea
Cucumber Juice
Dandelion Tea
Dong Quai Tea
Elder Tea
Elderberry Tea
Gentian Tea
Goji Berry Tea
Goldenseal Tea
Grape Juice
Guave Juice
Hops Tea
Horehound Tea
Licorce Tea
Linden Tea
Milk, Almond
Milk, Rice

Mulberry Tea
Mullein Tea
Nectarine Tea
Noni Juice
Parsley Tea
Pear Juice
Peppermint Tea
Pomegranate Juice
Raspberry Leaf Tea
Sage Tea
Sarsaparilla Tea
Senna Tea
Shepherd's Purse
Skull Cap Tea
Spearming Tea
Thyme Tea
Vervain Tea
Watermelon Juice
White Birch Tea
White Oak Bark Tea
White Wine
Yarrow Tea
Yerba Mate Tea

Neutral Beans & Legumes

Black Bean Flour
Butter Beans
Cannelini Beans
Haricot Beans
Mung Beans, Sprouts
Peas
White Beans

Blood Type A Avoid Foods

Avoid Beans & Legumes

Copper Beans
Garbanzo Beans
Chick Peas
Gabanzo Bean Flour
Kidney Beans
Lima Bean Flour
Lima Beans
Navy Beans
Tamarind Beans

Avoid Beverages

Beer
Black Tea
Catnip Tea
Cayenne Tea
Coconut Milk
Corn Silk Tea
Liquor, Distilled
Mango Juice
Orange Juice
Papaya Juice
Red Clover Tea
Rhubarb Tea
Seltzer Water
Sodas - all
Tangerine Juice
Tomato Juice
Yellow Dock Tea

Avoid Condiments / Sweeteners

Acacia or Arabic Gum
Agar
Aspartame
Carrageenan
Irish Moss
Gelatin, Plain
Guar Gum
High Fructose Corn Syrup
High Maltose Corn Syrup
Maltodextrin
Ketchup
MSG
Mayo
Methyl Cellulose
Mustard, w/ vinegar or wheat
Pickle Relish
Polysorbate 80
Sodium Carb. I Cellulose
Sucrose
Tragacanth Gum
Vinegar, Apple Cider
Vinegar
Worcestershire Sauce

Avoid: Dairy & Eggs

American Cheese
Blue Cheese
Brie Cheese
Butter
Camembert
Casein
Cheddar Cheese
Colby Cheese
Cottage Cheese
Cream Cheese
Edam Cheese
Emmenthal, Swiss Cheese
Gorgonzola Cheese
Gouda Cheese
Gruyere Cheese
Half and Half
Ice Cream
Jarlsberg Cheese
Milk, Buttermilk
Milk, Cow-Skim or 2%
Milk, Cow-Whole
Monterey Jack Cheese
Muenster Cheese
Neufchatel Cheese
Parmesan Cheese
Provolone Cheese
Romano Cheese
Roquefort Cheese
Stilton Cheese
String Cheese
Whey Protein Powder

Avoid: Fruits

Banana
Bitter Melon
Coconut Meat
Honeydew Melon
Loquat
Mango
Orange
Papaya
Plantain
Tangerine

Avoid Grains & Cereals

Cream of Wheat
Familia
Farina
Grape Nuts
Seven Grain (non-sprouted)
Shredded Wheat
Teff
Wheat, Bran, Germ

Avoid Herbs & Spices

Chili Powder
Pepper, Black
Pepper, Cayenne
Wintergreen

Blood Type A Avoid Foods

Avoid Meats & Poultry

Bear
Beef
Bison
Caribou
Duck
Duck, Liver
Goat
Goose
Ham
Heart, Beef
Horse
Kangaroo
Lamb
Liver, Beef
Liver, Calf
Liver, Goose
Marrow Soup
Moose
Mutton
Opossum
Partridge
Pheasant
Pork, Bacon
Quail
Rabbit
Sweetbreads
Tongue, Beef
Turtle
Veal
Venison

Avoid Nuts & Seeds

Brazil Nuts
Cashew Butter
Cashews
Pistachio Nuts

Avoid Oils & Fats

Coconut Oil
Corn Oil
Cottonseed Oil
Hazelnut Nut Oil
Lard
Palm Oil
Peanut Oil

Avoid Seafood

Abalone, Sea-Ears
Anchovy
Barracuda
Bass, Striped
Bluefish
Catfish
Caviar
Clam
Conch
Crab
Crayfish
Eel
Flounder
Frog

Avoid Seafood

Gray Sole
Grouper
Haddock
Hake
Harvest Fish
Lobster
Mussels
Octopus
Opaleye Fish
Oyster
Salmon, Smoked, Lox
Scallops
Scup
Shad
Shrimp
Skate
Sole
Squid, Calamari
Sunfish, Bluegill
Tilefish

Avoid Vegetables

Cabbage
Caper
Eggplant
Junniper
Mushroom, Shiitake
Olives, Black
Peppers, Bell
Peppers, Chili, Jalapeno
Pickle, Brine
Pickle, Vinegar
Potato, White with Skin
Rhubarb
Sauerkraut
Sweet Potato
Tomato
Yam