

Foods for type 'A' Blood Group

MEATS & POULTRY

Highly Beneficial: NONE

Neutral: Chicken, Poussin, Turkey

Avoid: Bacon, Beef: minced, regular, Buffalo, Duck, Goose, Ham, Heart, Lamb, Liver, Mutton, Partridge, Pheasant, Pork, Quail, Rabbit, Sweetbreads, Tripe, Veal, Venison

SEAFOOD

Highly Beneficial: Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel, Red snapper, Rainbow trout, Salmon, Sardine, Sea trout, Silver perch, Snail, Whitefish, Yellow perch

Neutral: Abalone, Albacore, Mahi mahi, Ocean perch, Pike, Porgy, Sailfish, Sea bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Tuna, Weakfish, White perch, Yellowtail

Avoid: Anchovy, Barracuda, Beluga, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog's legs, Grey sole, Haddock, Hake, Halibut, Herring: fresh, pickled, Lobster, Mussels, Octopus, Oysters, Plaice, Prawn, Scallop, Shad, Shrimp, Smoked salmon, Sole, Squid (calamari), Striped Bass

EGGS & DAIRY

Highly Beneficial: Soya cheese*, Soya milk*, **Good dairy, alternatives*

Neutral: Eggs, Feta, Goat cheese, Goat milk, Kefir, Mozzarella: low fat, Quark, Ricotta: low fat, String cheese, Yogurt

Avoid: American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby cheese, Cottage cheese, Cream cheese, Edam, Emmenthal, Gouda, Gruyere, Ice cream, Jarlsberg, Milk, semi-skimmed, skimmed, whole, Monterey jack Munster, Neufchatel, Parmesan, Provolone, Swiss cheese, Whey

OILS & FATS

Highly Beneficial: Linseed (flaxseed) oil, Olive oil

Neutral: Canola oil, Cod liver oil

Avoid: Corn oil, Cottonseed oil, Groundnut, (peanut) oil, Safflower oil, Sesame oil

NUTS & SEEDS

Highly Beneficial: Peanuts, Peanut butter, Pumpkin seeds

Neutral: Almond butter, Nuts: almonds, chestnuts, filberts, hickory, hazels, lychee, macadamia, pecan, pignola (pine), Poppy seeds, Sesame seeds, Sesame paste, (tahini), Sunflower, margarine, Sunflower seeds, Walnuts

Avoid: Brazil nuts, Cashews, Pistachios

BEANS & LEGUMES

Highly Beneficial, Beans: aduki, black, green, pinto, red soya, Lentils: brown, green, red, Peas: black-eyed

Neutral, Beans: broad, cannellini, fava, jicama, snap, string, white, Peas: green, pods,

Avoid, Beans: baked, copper, haricot, kidney, lima, red, tamarind, Chick peas,

CEREALS

Highly Beneficial: Amaranth, Buckwheat

Neutral: Barley, Cornflakes, Cornmeal, Cream of rice, Kamut, Millet: puffed, Oat bran, Oatmeal, Rice: puffed, Rice bran, Spelt

Avoid: Cream of wheat, Familia, Farina, Granola, Grape nuts, Shredded wheat, Wheat bran, Wheat germ

BREADS & MUFFINS

Highly Beneficial: Essene bread, Ezekiel bread, Rice cakes, Soya flour bread, Sprouted wheat bread 100%

Neutral: Bagels: wheat, Brown rice bread, Cornbread, Corn muffins, Gluten-free bread, Oat bran muffins, Rye bread: 100%, Rye crisps, Ryvita, Spelt bread, Wasa bread

Avoid: Durum wheat bread, English muffins, High protein bread, Matzos: wheat, Multi-grain bread, Pumpernickel, Wheat bran muffins, Wholewheat bread

GRAINS & PASTAS

Highly Beneficial: Buckwheat, Flour: oat, rice, rye, soba, (buckwheat), Noodles: soba, (buckwheat), Pasta, artichoke

Neutral: Couscous, Flour: barley, bulgur, durum, wheat, gluten, Graham, spelt, sprouted wheat, Millet, Noodles: spelt, Polenta, Quinoa, Rice: basmati, brown, white, wild, Tapioca

Avoid: Flour: plain or self-, raising white, wholewheat, Pasta: semolina, spinach

VEGETABLES

Highly Beneficial: Artichoke: globe, Jerusalem, Beetroot leaves, Broccoli, Carrots, Collard greens, Dandelion, Endive, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce: cos, romaine, Okra, Onions: red, Spanish, yellow, Parsley, Parsnips, Pumpkin, Spinach, Sprouts: alfalfa, Swiss chard, Tempeh, Tofu, Turnips

Neutral: Arugula, Asparagus, Avocado, Bamboo shoots, Beetroot, Bok choy, Caraway, Cauliflower, Celery, Chervil, Chicory, Coriander, Courgettes, Cucumber, Daikon radish, Fennel, Fiddlehead ferns, Lettuce: Bibb, Boston, butterhead, iceberg, mesclun, Webb, Mangetout peas, Mushroom:, abalone, chanterelles, enoki, oyster, porcini, Portobello, Mustard greens, Olives: green, Onions: spring, Pak choi, Radicchio, Radish, Rappini, Rocket, Seaweeds, Shallots, Sprouts: Brussels, mung, radish, Squash: all types, Swede, Sweetcorn, Water chestnut, Watercress

Avoid: Aubergine, Cabbage: Chinese, red, white, Mushroom:, cultivated, shiitake, Olives:

black, Greek, Spanish, Peppers: chilli, green, jalapeño, red, yellow, Potatoes: red, sweet, white, Tomatoes, Yams

FRUIT

Highly Beneficial: Apricots, Blackberries, Blueberries, Boysenberries, Cherries, Cranberries, Figs: dried, fresh, Grapefruit, Lemons, Pineapple, Plums: green, purple, red, Prunes, Raisins

Neutral: Apples, Currants: black, red, Dates, Elderberries, Gooseberries, Grapes: black, green, red, Guava, Kiwi, Kumquats, Limes, Loganberries, Lychees, Melons: canang, casaba, Christmas, Crenshaw, musk, Spanish, watermelon, Nectarines, Peaches, Pears, Persimmons, Pomegranates, Prickly pears, Raspberries, Star fruit, (carambola), Strawberries

Avoid: Bananas, Coconuts, Mangoes, Melons:, cantaloupe, honeydew, Oranges, Papayas, Plantains, Rhubarb, Tangerines

JUICES & FLUIDS

Highly Beneficial: Apricot juice, Black cherry juice, Carrot juice, Celery juice, Grapefruit juice, Pineapple juice, Prune juice, Water (with lemon)

Neutral: Apple cider, Apple juice, Cabbage juice, Cucumber juice, Cranberry juice, Grape juice, Vegetable juice, (from acceptable, vegetables)

Avoid: Orange juice, Papaya juice, Tomato juice

SPICES, HERBS & FLAVOURINGS

Highly Beneficial: Barley malt, Blackstrap, molasses, Garlic, Ginger, Miso, Soy sauce, Tamari

Neutral: Agar, Allspice, Almond essence, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Caraway seeds Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Cloves, Coriander, Cornflour, Corn syrup, Cream of tartar, Cumin, Curry, Dill, Honey, Horseradish, Maple syrup, Marjoram, Mint, Mustard (dry),

Nutmeg, Oregano, Paprika, Parsley, Peppermint, Pimento, Rice syrup, Rosemary, Saffron, Sage, Salt, Savory, Seaweed: dulse, kelp, Spearmint, Sugar: brown, white, Tamarind, Tapioca, Tarragon, Thyme, Turmeric, Vanilla: essence, pod

Avoid: Capers, Gelatin: plain, Pepper: black, ground, cayenne, peppercorns, red flakes, white, Vinegar: apple, cider, balsamic, herb, malt, red or white wine, Wintergreen

CONDIMENTS

Highly Beneficial: Mustard

Neutral: Jam (from acceptable fruits), Jelly (from acceptable fruits), Pickles: dill, kosher, sour, sweet, Relish, Salad dressing, (low-fat from acceptable, ingredients)

Avoid: Ketchup, Mayonnaise, Worcester sauce

HERBAL TEAS

Highly Beneficial: Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Green tea, Hawthorn, Milk thistle, Rose hip, St. John's wort, Slippery elm, Valerian

Neutral: Chickweed, Coltsfoot, Dandelion, Dong quai, Elderflower, Gentian, Goldenseal, Hops, Horehound, Liquorice root, Linden, Mulberry, Mullein, Parsley, Peppermint, Raspberry leaf, Sage, Sarsaparilla, Senna, Shepherd's purse, Skullcap, Spearmint, Strawberry leaf, Thyme, Vervain, White birch, White oak bark, Yarrow

Avoid: Catnip, Cayenne, Corn silk, Red clover, Rhubarb, Yellow dock

MISC. BEVERAGES

Highly Beneficial: Coffee: decaff, regular, Tea: green, Wine: red

Neutral: Wine: white

Avoid: Beer, Lager, Liquor: distilled, Seltzer water, Soda: club, cola, diet, other, Tea, black: decaff, regular

Foods for type 'A' Blood Group

from EAT RIGHT FOR
YOUR TYPE by Dr. Peter
D'Adamo and other
sources

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