

# Blood Type A

Adapted from Dr. Peter J. D'Adamo *Cook Right 4 Your Type* ©1999

FOOD GROUP <i>Portion</i>	FREQUENCY BY ANCESTRAL TYPE	HIGHLY BENEFICIAL	NEUTRAL	AVOID
<b>MEAT &amp; POULTRY:</b> <i>portion:</i> men 115—170g women/ children 60—140g	<b>WEEKLY</b> <i>Lean Red Meats:</i> Caucasians: 0 X Africans: 0—1 X Asians: 0—1 X <i>Poultry:</i> Caucasians: 0—3 X Africans: 0—3 X Asians: 1—4 X	none	chicken, turkey	bacon, beef, ground beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, quail, rabbit, veal, venison
<b>SEAFOOD:</b> <i>portion:</i> 115—170g	<b>WEEKLY</b> Caucasians: 1—4 X Africans: 0—3 X Asians: 1—4 X	carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, sea trout, silver perch, snail, whitefish, white perch, yellow perch	abalone, mahi mahi, ocean perch, pike, sea bass, shark, smelt, snapper, sturgeon, swordfish, tuna, white perch, yellowtail	anchovy, barracuda, beluga, bluefish, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, hake, halibut, herring, lobster, smoked salmon, mussels, octopus, oysters, prawns, scallop, shad, sole, squid (calamari), striped bass, tilefish, turtle
<b>EGGS &amp; DAIRY:</b> <i>portion:</i> egg: 1 cheeses: 60g yogurt: 115—170g milk: 115—170g Asians:	<b>WEEKLY</b> <i>Eggs:</i> Caucasian: 1—3 X Africans: 1—3 X Asians: 1—3 X <i>Cheeses:</i> Caucasians: 2—4 X Africans: 1—3 X Asians: 0 X <i>Yogurt:</i> Caucasians: 1—3 X Africans: 0 X Asians: 0—3 X <i>Milk:</i> Caucasians: 0—4 X Africans: 0 X Asians: 0 X	soy cheese,* soy milk*  *good dairy alternative	farmer, feta, goat's milk cheese, mozzarella (low fat), ricotta (low fat), string cheese, yogurt with fruit, frozen yogurt	blue, Brie, butter, buttermilk, Camembert, casein, Cheddar, Colby, cottage, Edam, Emmenthal, Gouda, Gruyere, ice cream, Jarlsberg, neufchatel, Parmesan, Philadelphia, processed, provolone, sherbet, skim or 2% milk, Swiss, tasty, whey, whole milk

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<b>OILS &amp; FATS:</b> <i>portion:</i> 1 tablespoon (15g)	<b>WEEKLY</b> Caucasians: 2—6 X Africans: 3—8 X Asians: 2—6 X	linseed (flaxseed) oil, olive oil	canola oil, cod liver oil	corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil
<b>NUTS &amp; SEEDS:</b> <i>portion:</i> nuts & seeds: small handful nut butters: 1 tablespoon (15g)	<b>WEEKLY</b> <i>Nuts &amp; Seeds:</i> Caucasians: 2—5 X Africans: 4—6 X Asians: 4—6 X <i>Nut Butters:</i> Caucasians: 3—7 X Africans: 3—4 X Asians: 2—4 X	peanuts, peanut butter, pumpkin seeds	almond butter, almonds, chestnuts, hazelnuts, hickory nuts, litchi, macadamias, pignoli (pine), poppy seeds, sesame butter (tahini), sesame seeds, sunflower butter, sunflower seeds, walnuts	Brazil, cashew, pistachios
<b>BEANS &amp; LEGUMES:</b> <i>portion:</i> 240g dry	<b>WEEKLY</b> Caucasians: 3—6 X Africans: 4—7 X Asians: 2—5 X	adzuki beans, black beans, green beans, pinto beans, red soy beans, lentils (domestic, red, & green), black-eyed peas	broad beans, cannelloni beans, fava beans, jicama beans, snap beans, string beans, white beans, green peas, pea pods, snow peas	copper beans, chickpeas, kidney beans, lima beans, navy beans, red beans, tamarind beans
<b>CEREALS:</b> <i>portion:</i> 240g dry	<b>WEEKLY</b> <i>Whole Grains:</i> Caucasians: 5—9 X Africans: 6—10 X Asians: 4—8 X	amaranth, kasha	barley, cornflakes, cornmeal, Cream of Rice, kamut, puffed millet, oat bran, oatmeal, puffed rice, rice bran, spelt	Cream of Wheat, farina, granola, seven grain, shredded wheat, wheat bran, wheat germ
<b>BREADS &amp; MUFFINS:</b> <i>portion:</i> 1 slice bread or cracker 1 muffin	<b>DAILY</b> <i>Breads/Crackers:</i> Caucasians: 3—5 X Africans: 2—4 X Asians: 2—4 X <i>Muffins:</i> Caucasians: 1—2 X Africans: 1 X Asians: 1 X	Essene bread, Ezekial bread, soy-flour bread, sprouted-wheat bread, rice cakes	brown-rice bread, corn muffins, gluten free bread, Ideal flat bread, millet, oat bran muffins, 100% rye bread, rye crisps, Rye Vita, spelt bread, Wasa bread	durum wheat, high-protein bread, multigrain bread, English muffins, pumpernickel, wheat-bran muffins, whole-wheat bread, wheat matzo

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<p><b>GRAINS &amp; PASTA:</b> <i>portion:</i> grains: 240g dry pastas: 240g dry</p> <p><b>VEGETABLES:</b> <i>portion:</i> raw: 240g cooked: 240g cooked soy products: 170—230g</p> <p><b>FRUITS:</b> <i>portion:</i> 1 fruit or 85—140g</p>	<p><b>WEEKLY</b> <i>Grains:</i> Caucasians: 2—4 X Africans: 2—3 X Asians: 2—4 X <i>Pastas:</i> Caucasians: 2—4 X Africans: 2—3 X Asians: 2—4 X</p> <p><b>DAILY</b> <i>Raw Vegetables:</i> Caucasians: 2—5 X Africans: 3—6 X Asians: 2—5 X <i>Cooked Vegetables:</i> Caucasians: 3—6 X Africans: 1—4 X Asians: 3—6 X <b>WEEKLY</b> <i>Soy Products:</i> Caucasians: 4—6 X Africans: 4—6 X Asians: 5—7 X</p> <p><b>DAILY</b> All Ancestral Types 3—4 X</p>	<p>kasha, oat flour, rice flour, soba noodles, artichoke pasta</p> <p>alfalfa sprouts, artichokes (domestic &amp; Jerusalem), beet leaves, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, leek, okra, red Spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, Swiss chard, tempeh, tofu, turnips</p> <p>apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried figs, grapefruit, lemons, pineapple, dark plums, green plums, red plums, prunes</p>	<p>barley flour, bulgur wheat, couscous, durum-wheat flour, gluten flour, sprouted-wheat flour, spelt noodles, basmati rice, brown rice, white rice, wild rice</p> <p>asparagus, avocado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white &amp; yellow corn, cucumber, endive, fennel, bibb lettuce, iceberg lettuce, mesclun lettuce, abalone mushrooms, enoki mushrooms, maitaki mushrooms, shitake mushrooms, Portobello mushrooms, tree oyster mushrooms, mustard greens, green olives, green onions, radicchio, radishes, rappini, rocket, spring onions, seaweed, shallots, Brussels sprouts, mung sprouts, radish sprouts, all types of squash, water chestnuts, watercress, zucchini</p> <p>apples, black currants, red currants, dates, elderberries, gooseberries, grapes (black, Concord, green, &amp; red), guava, kiwi, kumquat, limes, loganberries, muskmelon, watermelon, nectarines, peaches, pears, persimmons, pomegranates, prickly pear, raspberries, star fruit, strawberries, sultanas</p>	<p>white flour, whole-wheat flour, semolina pasta, spinach pasta</p> <p>Chinese cabbage, red cabbage, white cabbage, green capsicum, red capsicum, yellow capsicum, eggplant, lima beans, domestic mushrooms, black olives, Greek olives, Spanish olives, jalapeno peppers, red potatoes, sweet potatoes, white potatoes, tomatoes, yams</p> <p>bananas, coconuts, mandarins, mangoes, honeydew melon, rock melon, oranges, papayas, plantains, rhubarb</p>

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<p><b>JUICES &amp; FLUIDS:</b> <i>portion:</i> 240ml</p> <p><b>SPICES:</b></p> <p><b>CONDIMENTS:</b></p> <p><b>HERBAL TEAS:</b></p> <p><b>MISC. BEVERAGES:</b></p>	<p><b>DAILY</b> All Ancestral Types Juices: 4—5 X <i>Lemon &amp; Water:</i> 1 X in morning Water: 1—3 X</p>	<p>apricot, carrot, celery, black cherries, grapefruit, pineapple, prune, water with lemon</p> <p>barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari sauce</p> <p>mustard</p> <p>alfalfa, aloe, burdock, chamomile, Echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rose hips, St.-John's-wort, slippery elm, stone root, valerian</p> <p>coffee (regular &amp; decaf), green tea, red wine</p>	<p>apple, apple cider, cabbage, cucumber, cranberry, grape, vegetable juice (corresponding to highlighted vegetables)</p> <p>agar, allspice, almond extract, anise, arrowroot, basil, bay leaf, bergamot, brown-rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, cloves, coriander, cornstarch, corn syrup, cream of tartar, cumin, curry, dill, dulse, honey, horseradish, kelp, maple syrup, marjoram, mint, dry mustard, nutmeg, oregano, paprika, parsley, peppermint, pimento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, brown sugar, white sugar, tamarind, tapioca, tarragon, thyme, turmeric, vanilla extract</p> <p>jam &amp; conserve (from acceptable fruits), salad dressing (low-fat from acceptable ingredients)</p> <p>chickweed, coltsfoot, dandelion, dong quai, elder, gentian, goldenseal, hops, horehound, licorice root, linden, mulberry, mullein, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, shepherd's purse, skullcap, spearmint, strawberry leaf, thyme, vervain, white birch, white oak, yarrow</p> <p>white wine</p>	<p>orange, papaya, tomato</p> <p>capers, plain gelatin, ground black pepper, cayenne pepper, peppercorn, pepper, red pepper flakes, white pepper, apple cider vinegar, red wine vinegar, balsamic vinegar, white vinegar, wintergreen</p> <p>ketchup, mayonnaise, pickles, pickle relish, Worcestershire sauce</p> <p>catnip, cayenne, corn silk, red clover, rhubarb, yellow dock</p> <p>beer, distilled liquors, carbonated mineral water, black teas (regular and decaf), cola, diet cola, &amp; other sodas</p>