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| **Blood Type A eating guide** | BENEFICIAL  \*=good for gut; ^=good for weight loss; **bold**=good for both | AVOID  *Italicized* if “really bad” |
| MEAT/POULTRY | NONE.  Neutral: chicken, chicken liver, Cornish hen, grouse, guinea hen, ostrich, squab, turkey | Bear (all), beef (meat, heart, liver, tongue), bone soup, buffalo/bison, calf liver, caribou, duck/duck liver, goat, goose/liver, *pork (all),* horse, kangaroo, lamb, quail, pheasant, partridge, marrow soup, moose, mutton, opossum, rabbit, squirrel, sweetbreads, turtle, veal, venison |
| SEAFOOD | Carp\*, cod\*, Atlantic mackerel\*, monkfish\*, perch\*, walleye pickerel\*, Atlantic pollack\*, **red snapper**, wild Atlantic salmon\*, Chinook salmon\*, sockeye salmon\*, **sardines**, snail, wild rainbow trout\*, sea trout\*, whitefish\*, whiting\* | Anchovy, barracuda, bass (bluegill, *striped*), *bluefish,* catfish, caviar, clam, conch, crab, crayfish, *eel,* flounder, frog, grouper, haddock, hake, halibut, harvest fish, herring (fresh, smoked, pickled), lobster, mussels, octopus, opaleye fish, *oysters*, lox/smoked salmon, scallop, scup, shad, shrimp, skate, gray or dover sole, squid, *tilefish* |
| DAIRY/EGGS | Pecorino\*, Romanian urda\*  Neutral: farmer cheese, feta, ghee\*, goat cheese/milk, kefir, manchego, mozzarella, paneer, quark, ricotta, sour cream, yogurt  No beneficial eggs! Neutral: goose, quail, chicken, duck | Everything else!  Cheeses: *American*, blue, brie, *camembert, cheddar, Colby, cottage, cream, edam, emmental/Swiss, gorgonzola*, gouda, *gruyere,* Jarlsberg, *Monterey jack, muenster, Neufchatel***,** parmesan, *provolone,* romano,*Roquefort, stilton, string*  Butter, buttermilk*, casein, half-and-half,*ice cream**,** *cow milk (skim/2%/whole),*sherbet,*whey protein* |
| OILS/FATS | Apricot kernel**, black currant seed,** camelina\*, **flaxseed, linseed,** olive\*, **walnut oils**. | Castor, coconut, *corn*, cottonseed, hazelnut, lard, margarine, palm, *peanut*oils |
| NUTS/SEEDS | Chinese chestnut\*, flaxseed\*, **peanuts** (butter\*, flour\*), pumpkin\*, **walnut** | Brazil, cashew/butter, pistachio |
| BEANS/LEGUMES | Adzuki, black\*, black eyed peas, fava, **great northern**, green, sprouted lentil\*, lentil (all), natto\*, pinto/sprouted pinto\*, snap, soy^ (all—granules, lecithin^, sprouted^, tempeh\*, tofu, pasta, flakes, milk, miso, cheese^), string bean | *Copper, chickpea, kidney, lima, navy*, tamarind |
| GRAINS/CEREALS | Amaranth, artichoke (flour, pasta), buckwheat/kasha/soba, Essene/manna bread, flaxseed bread with allowable grains\*, larch fiber\*, lentil flour/dahl, malaga/tannia/xanthosoma\*, oat (bran, meal, whole, flour), papadum\*, soybean flour^, bulgur, sprouted wheat | Cream of wheat, familia, farina, garbanzo bean flour, Grape Nuts, lima bean flour, 7-grain, shredded wheat, teff, wheat bran/germ, *whole wheat flour* |
| VEGETABLES | Alfalfa, aloe, artichoke, **beet greens,** broccoflower\*, **broccoli,** broccoli raab/rapini^, Chinese broccoli, canistel\*, carrot\*, **celery**, **collard**, dandelion^, escarole^, fennel, garlic, ginger, grape leaves\*, horseradish\*, Jerusalem artichokes, kale\*, kohlrabi, leek, Romaine lettuce, mushroom (maitake, white, silver dollar^), okra, onion (all), parsley, parsnip\*, **pumpkin,** sea vegetables (Irish moss, kelp, kombu, nori, bladderwrack\*), **spinach, Swiss chard**, tomatillo\*, **turnip/greens** | *Cabbage, capers*, eggplant, juniper, *shiitake mushrooms, black/Greek/Spanish olives,* cayenne, chili (green, jalapeno, red, yellow), pickles (all), *potatoes (blue, red, white, yellow),* rhubarb, *sauerkraut, sweet potatoes*, tomatoes, yam, yucca |
| FRUITS | Apricot\*, blackberry^, blueberry^, boysenberry, cherry^, cranberry\*, fig\*, grapefruit\*, jackfruit, lemons\*, limes\*, pawpaw, **pineapple**, plum^, prune^ | Banana, bitter melon, coconut, *honeydew, loquat*, mango, *orange,* papaya, *plantain, tangerine* |
| BEVERAGES | Juices: aloe, apricot, blackberry, blueberry, cherry, grapefruit\*, lime, pineapple\*, prune, vegetable juice from highly beneficial veggies  Tea/tisanes: green (**genmaicha**, kukicha, bancha); alfalfa, burdock, chamomile, echinacea, fenugreek, ginger, ginseng, hawthorn, milk thistle, rosehips, St John’s wort, slippery elm, valerian  Coffee\*, lemon in water\*, soy milk^, red wine | *Beer,* black tea (all forms), cabbage juice, catnip tea, cayenne tea, coconut milk, corn silk tea, *distilled liquor,* mango juice**,** *orange juice,* papaya juice, red clover tea, rhubarb tea, seltzer water, soda, *tangerine juice*, tomato juice, yellow dock tea |
| HERBS/SPICES | Dry mustard, fennel, garlic, ginger, horseradish, parsley\*, turmeric | Chili powder, pepper (black, cayenne, peppercorn, white), wintergreen |
| CONDIMENTS/SWEETENERS & ADDITIVES | Barley malt, miso, molasses, black strap molasses, soy bean sauce, tamari | Acacia/gum Arabic, aspartame, *carrageenan, gelatin,* guar gum, *high fructose corn syrup*, high maltose corn syrup, *maltodextrin, ketchup*, MSG, mayonnaise, *methylcellulose*, mustard with vinegar/wheat, *pickle relish, polysorbate-80, sodium carboxymethylcellulose*, tamarind, *tragacanth gum, vinegar (all types), Worcestershire sauce* |