

# ABO BLOOD TYPE DIET

## TYPE A: BENEFICIAL FOODS

SEAFOOD	
Cod	Sardine
Mackerel	Sea trout
Snapper	Silver Perch
Rainbow trout	Whitefish
Salmon	Yellow perch

DAIRY SUBSTITUTES	
Soya cheese	Soya milk

OILS / FATS	
Linseed (flaxseed) oil	Olive oil

NUTS / SEEDS	
Peanuts	Pumpkin seeds
Peanut butter	

BEANS / LEGUMES	
Beans, aduke	Lentils, domestic
Beans, black	Lentils, green
Beans, green	Lentils, red
Beans, pinto	Peas, black-eyed

CEREALS	
Amaranth	Kasha
Buckwheat	



## TYPE A: BENEFICIAL FOODS (CONTINUED)

BREADS / CAKES	
Essene bread	Soya flour bread
Rice cakes	Sprouted wheat bread

GRAINS / PASTAS	
Buckwheat	Flour, rye
Kasha	Noodles, soba
Flour, oat	Pasta, artichoke
Flour, rice	

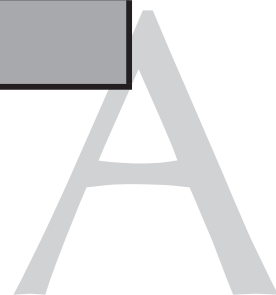
VEGETABLES	
Artichoke, domestic	Leek
Artichoke, Jerusalem	Lettuce, romaine
Beet leaves	Okra
Broccoli	Onions
Carrots	Parsley
Chicory	Parsnips
Collard greens	Pumpkin
Dandelion	Silver beet
Escarole	Spinach
Garlic	Sprouts, alfalfa
Horseradish	Tempeh
Kale	Tofu
Kohlrabi	Turnips

FRUIT	
Apricots	Grapefruit
Blackberries	Lemons
Blueberries	Pineapple
Boysenberries	Plums
Cherries	Prunes
Cranberries	Raisins
Figs	

JUICES	
Apricot	Grapefruit
Carrot	Pineapple
Celery	Prune
Cherry, black	Water (with lemon)

SPICES	
Barley malt	Miso
Blackstrap molasses	Soya sauce
Garlic	Tamari
Ginger	

CONDIMENTS	
Mustard	



## TYPE A: BENEFICIAL FOODS (CONTINUED)

HERBAL TEAS	
Alfalfa	Green Tea
Aloe	Hawthorn
Burdock	Milk Thistle
Chamomile	Rosehip
Echinacea	Saint John's Wort
Fenugreek	Slippery Elm
Ginger	Valerian
Ginseng	

MISCELLANEOUS BEVERAGES	
Coffee, decaffeinated	Tea, Green
Coffee, regular	Wine, red

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## TYPE A: FOODS TO AVOID

MEATS / POULTRY	
Bacon	Liver
Beef	Pork
Duck	Quail
Ham	Rabbit
Heart	Veal
Lamb	Venison

SEAFOOD	
Anchovy	Herring (fresh)
Bass	Herring (pickled)
Catfish	Lobster
Caviar	Mussels
Clam	Octopus
Crab	Oysters
Crayfish	Prawns
Eel	Salmon, smoked
Flounder	Scallops
Haddock	Sole
Hake	Squid (calamari)
Halibut	



## TYPE A: FOODS TO AVOID (CONTINUED)

DAIRY	
All cheese	Casein
Butter	Ice cream
Buttermilk	Whey
Camembert	Whole milk

OILS / FATS	
Corn oil	Safflower oil
Cottonseed oil	Sesame oil
Peanut oil	

NUTS / SEEDS	
Brazil	Pistachio
Cashew	

BEANS / LEGUMES	
Beans, kidney	Beans, red
Beans, lima	Chick peas
Beans, navy	

CEREALS	
Mixed grain	Wheat bran
Shredded wheat	Wheat germ



## BREADS / CAKES

Pumpernickel

Wheat

## GRAINS / PASTA

Flour, white

Pasta, semolina

Flour, whole wheat

Pasta, spinach

## VEGETABLES

Cabbage

Olives

Capsicum

Peppers, jalapeno

Eggplant

Potatoes

Lima beans

Sweet potatoes

Mushrooms, domestic

Tomatoes

Mushroom, shiitake

Yams

## FRUIT

Bananas

Pawpaw

Coconuts

Rockmelon

Mangoes

Tangerines

Melon, honeydew

## JUICES

Orange

Tomato

Pawpaw



## TYPE A: FOODS TO AVOID (CONTINUED)

SPICES	
Capers	Cayenne
Pepper	

CONDIMENTS	
Mayonnaise	Worcestershire sauce
Tomato sauce	Vinegar

HERBAL TEAS	
Cayenne	Rhubarb
Corn silk	Yellow dock
Red clover	

MISCELLANEOUS BEVERAGES	
Beer	Soft drink
Soda water	

