

## Type A Diet Recommendations

**Meats & Poultry** - To receive the greatest benefits, Type A's should eliminate all meats from their diets.  
(*Neutral*): Chicken, Cornish hens, Turkey  
(**AVOID**): Bacon, Beef, Beef (ground), Buffalo, Duck, Goose, Ham, Heart, Lamb, Liver, Mutton, Partridge, Pheasant, Pork, Rabbit, Veal, Venison, Quail

### Seafood

(*Highly Beneficial*): Carp, Cod, Grouper, Mackerel, Monkfish, Pickerei, Red Snapper, Rainbow Trout, Salmon, Sardine, Sea Trout, Silver Perch, Snail, Whitefish, Yellow Perch  
(*Neutral*): Abalone, Albacore (tuna), Mahimahi, Ocean perch, Pike, Porgy, Sailfish, Sea bass, Shark, Smelt, Snapper, Sturgeon, Swordfish, Weakfish, White perch, Yellowtail  
(**AVOID**): Anchovy, Barracuda, Beluga, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Haddock, Hake, Halibut, Herring (fresh), Herring (pickled), Lobster, Lox (smoked salmon), Mussels, Octopus, Oysters, Scallops, Shad, Shrimp, Sole, Squid (calamari), Striped bass, Tilefish, Turtle

**Eggs & Dairy** - A's can tolerate small amounts of fermented, but avoid products from whole milk

(*Highly Beneficial*): Soya Cheese, Soy Milk

(*Neutral*): Farmer, Feta, Goat cheese, Goat milk, Kefir, Mozzarella (low fat), Ricotta (low fat), String cheese, Yogurt, Yogurt (with cheese), Yogurt (frozen)

(**AVOID**): American cheese, Blue cheese, Brie, Butter, Buttermilk, Camembert, Casein, Cheddar, Colby, Cottage, Cream cheese, Edam, Emmenthal, Gouda, Gruyere, Ice cream, Jarlsberg, Monterey jack, Munster, Parmesan, Provolone, Neufchatel, Sherbet, Skim (or 2% milk), Swiss, Whey, Whole milk

### Oils & Fats

(*Highly Beneficial*): Linseed (flaxseed) Oil, Olive Oil

(*Neutral*): Canola oil, Cod liver oil

(**AVOID**): Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil

### Nuts & Seeds

(*Highly Beneficial*): Peanuts, Peanut Butter, Pumpkin Seeds

(*Neutral*): Almond butter, Nuts (almonds, chestnuts, filberts, hickory, litchi, macadamia, pine), Poppy seeds, Sesame seeds, Sesame butter (tahini), Sunflower (butter, seeds), Walnuts

(**AVOID**): Brazil nuts, Cashews, Pistachios

**Beans & Legumes** - Type A's thrive on the vegetable proteins found in beans and legumes

(*Highly Beneficial*): Beans (adzuki, azuki, black, green, pinto, red soy), Lentils (domestic, green, red), Peas (black-eyed)

(*Neutral*): Beans (broad, cannellini, fava, jicama, snap, string, white), Peas (green, pods, snow)

(**AVOID**): Beans (copper, garbanzo, kidney, lima, navy, red, tamarind)

**Cereals** - Type A's generally do well on cereals and grains.

(*Highly Beneficial*): Amaranth, Buckwheat, Kasha

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

(**AVOID**): Cream of wheat, Familia, Farina, Granola, Grape nuts, Wheat germ, Seven grain, Shredded wheat, Wheat bran

### Breads & Muffins

*(Highly Beneficial):* Bread (Eszene & Ezetiel), Rice Cakes, Soya Flour Bread, Sprouted Wheat Bread  
*(Neutral):* ~~Whole wheat bread~~, Brown rice bread, Corn muffins, Fin Crisp, Gluten free-bread, Ideal Flat Bread, Millet, Oat bran muffins, Rye bread (100%, crisps, Vita), Spelt & Wasa bread  
**(AVOID):** Durum (wheat), English muffins, High-protein bread, Matzos (wheat), Multi-grain bread, Pumpernickel, Wheat bran muffins, Whole wheat bread

### Grains & Pasta

*(Highly Beneficial):* Buckwheat Kasha, Flour (Oat, Rice, Rye), Noodles (Soba), Pasta (artichoke)  
*(Neutral):* Couscous, Flour (barley, bulgur wheat, ~~whole wheat~~, gluten, graham, spelt, sprouted wheat), Noodles (spelt), Quinoa, Rice (basmati, brown, white, wild)  
**(AVOID):** Flour (white, whole wheat), Pasta (semolina, spinach)

### Vegetables - VEGETABLES ARE VITAL TO THE TYPE A DIET

*(Highly Beneficial):* Artichoke (Domestic, Jerusalem), Beet Leaves, Broccoli, Carrots, Chicory, Collard, Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Lettuce (Romaine), Okra  
Onions (Red, Spanish, Yellow), Parsley, Parsnips, Pumpkin, Spinach, Sprouts (Alfalfa)  
Swiss Chard, Tempeh, Tofu, Turnips

*(Neutral):* Arugula, Asparagus, Avocado, Bamboo shoots, Beets, Bok choy, Caraway, Cauliflower, Celery, Chervil, Coriander, Corn (white, yellow), Cucumber, Daikon radish, Endive, Fennel, Fiddlehead, Ferns, Lettuce (bibb, Boston, iceberg, mesclun), Mushroom (abalone, enoki, portobello, oyster), Mustard greens, Olives (green), Onions (green), Radicchio, Radishes, Rappini, Rutabaga, Scallion, Seaweed, Shallots, Sprouts, (brussels, mung, radish), Squash (all types), Water chestnut, Watercress, Zucchini

**(AVOID):** Cabbage (Chinese, red, white), Eggplant, Lima beans, Mushrooms (domestic, shitake), Olives (black, Greek, Spanish), Peppers (green, jalapeno, red, yellow), Potatoes (sweet, red, white), Tomatoes, Yams

**Fruits** - Type A's should eat fruits 3 times a day

*(Highly Beneficial):* Apricots, Berries (Black, Blue, Boysenberries), Cherries, Cranberries, Figs (dried, fresh), Grapefruit, Lemons, Pineapple, Plums (dark, green, red), Prunes, Raisins

*(Neutral):* Apples, Currants (black, red), Dates, Elderberries, Gooseberries, Grapes (black, Concord, red), Guava, Kiwi, Kumquat, Limes, Loganberries, Melon (cantaloupe, casaba, Christmas, Crenshaw, musk), Spanish watermelon), Nectarines, Peaches, Pears, Persimmons, Pomegranates, Prickly pears, Raspberries, Star fruit (carambola), Strawberries

**(AVOID):** Bananas, Coconut, Mangoes, Melon (cantaloupe, honeydew), Oranges, Papayas, Plantains, Rhubarb

**Juices & Fluids** - Type A's should start every day with a warm glass of fresh squeezed lemon water.

*(Highly Beneficial):* Apricot, Carrot, Celery, Cherry (black), Grapefruit, Pineapple, Prune  
*(Neutral):* Apple, Apple cider, Cabbage, Cucumber, Cranberry, Grape, Vegetable juice (list of highlighted vegetables)  
**(AVOID):** Orange, Papaya, Tomato

### Spices

*(Highly Beneficial):* Barley Malt, Blackstrap Molasses, Ginger, Garlic, Miso, Soy Sauce, Tamari

*(Neutral):* Agar, Allspice, Almond extract, Anise, Arrowroot, Basil, Bay leaf, Bergamot, Brown rice syrup, Vanilla, Cardamom, Carob, Chervil, Chives, Chocolate, Cinnamon, Cloves, Coriander, Cornstarch, Cream of tartar, Cream of tartar, cumin, Curry, Dill, Dulce, Honey, Horseradish, Kelp, Maple syrup, Marjoram, Mint, Mustard (dry), nutmeg, Oregano, Paprika, Parsley, Peppermint, Pimiento, Rice Syrup, Rosemary, Saffron, Sage, Salt, Savory, Spearmint, Sugar (brown, white), Tamarind, Tapioca, Tarragon, Thyme, Turmeric

**(AVOID):** Capers, Gelatin (plain), Pepper (black ground, cayenne, peppercorn, red flakes, white), Vinegar (apple cider, balsamic, red wine, white), Wintergreen

### Condiments

*(Highly Beneficial):* Mustard

*(Neutral):* Jam & Jelly (acceptable fruits), Pickles (dill, kosher, sweet, sour), Relish  
**(AVOID):** Ketchup, Mayonnaise, Worcestershire sauce