

Health Recovery Diet – Blood Type A

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

Therapeutic Foods - Eat Daily

Veggies: Artichokes, Beet greens, Broccoli, Carrots, Celery, Collard Greens, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Okra, Onions, Parsley, Parsnips, Pumpkin, Spinach, Sprouts, Swiss Chard, Tofu, Turnips, Tempeh, Maitake & white mushrooms.

Fruits: Apricots, Cherries, Cranberries, Figs, Black, Blue or Boysenberries, Grapefruit, Lemons, Pineapple, Plums, Prunes, Raisins

Grains: Amaranth, Buckwheat, Kasha, Rice, Artichoke flour, Oats, Rye, Sprouted wheat

Oils: Olive Flaxseed

Cheeses: None

Nuts & Seeds: Peanuts, Pumpkin Seeds, Walnuts

Beans: Green, Aduke, Azuki, Fava, Black, Pinto, Lentils, Black-eyed peas

Meats: Chicken, Hen, Turkey

Spices & Condiments: Blackstrap Molasses, Garlic, Ginger, Miso, Soy Sauce, Tamari, Mustard, Parsley, Turmeric, Horseradish

Misc: Alfalfa, Aloe, Betaine Hydrochloride, Burdock, Chamomile, Echinacea, Fenugreek, Gentian Root, Ginger, Ginseng, Hawthorne, Horsetail, Milk Thistle, Rosehips, St. John's Wort, Slippery Elm, Valerian, Green tea, Coffee, Red wine, Vitamin A

Inflammatory Foods – Avoid

Veggies: Cabbage, Eggplant, Shiitake mushrooms, Olives, Peppers, Potatoes, Tomato, Rhubarb, Sauerkraut, Yams.

Fruit: Bananas, Mangoes, Melons, Oranges, Papaya, Plantains, Rhubarb, Tangerines

Grains: Wheat (bran & germ), Teff

Oils: Corn, Cottonseed, Peanut, Safflower, Sesame

Cheeses: American, Blue, Brie, Camembert, Cheddar, Colby, Cottage, Cream, Edam, Gouda, Gruyere, Jarlsberg, Monterey Jack, Swiss, Munster, Parmesan, Provolone, Neufchatel

Dairy: Ice cream, Butter, Milk, Buttermilk

Nuts & Seeds: Cashews, Pistachio, Brazil

Beans: Garbanzo, Kidney, Lima, Navy, Red, Coppr, Tamarind

Meat & Fish: Beef, Pork, Cornish Hens, Goose, Quail, Duck, Lamb, Veal, Venison, Anchovy, Clam, Crab, Lobster, Oysters, Shrimp, Striped Bass, Scallop, Flounder, Bluefish, Haddock, Herring, Lox, Shad, Sole, Catfish, Caviar, Halibut

Spices & Condiments: Pepper (red, black, white), Tapioca, Ketchup, Vinegar, Worcestershire sauce

Misc: Apple Cider Vinegar, Chili, Cayenne, Cornsilk, Catnip, Red Clover, Rhubarb, Yellow dock, Wintergreen, Black tea, Beer, Sucanat

Adapted from *Eat Right for Your Type*, Dr. Peter J. D'Adamo

