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Eating Right for Your Blood Type

Blood Type A

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Very special thanks to Doctors Peter and James D'Adamo for their pioneer work in this important aspect of diet. Peter's book "Eat Right 4 Your Blood Type" is a must read for all who wish to deepen their understanding of how specific foods relate to your blood type and health.

Overview

This information is shared as general guidelines to help focus your food sensitivity experiments. There is, to-date, no one easy accurate way to determine which specific foods will best support your health and healing or which foods will interfere with it. With this understood, please view the following Blood Type guidelines as focus tools to direct your attention to those foods with a higher likelihood of interfering with your metabolism.

Please note, however, that there are many reasons beyond blood type predispositions which determine our individual responses to foods. When it comes to food sensitivities, the proof is still in the pudding! We encourage each of our clients to engage our more comprehensive Detoxification-Elimination-Provocation process to more accurately assess the impact of specific foods. As this process requires more time and attention, we commonly begin with a Modified Elimination Diet for starters and focus on the most common, significant and often blood type related food intolerances first.

Blood Type A

- Typically does better on a vegetarian diet but still benefits from proper blood sugar control via macronutrient balancing (see "*Choosing Health, The Food Equivalent System*").
- Has a sensitive digestive tract with relatively low stomach acid.
- **Avoid wherever possible:** meat, dairy foods, kidney beans, lima beans, wheat (in excess) these foods are often poorly digested by this blood type and can result in increased mucus production, digestive toxins, multiple associated inflammation related systems and illness and often increased body fat.
- **Foods typically well tolerated and beneficial:** Properly processed monounsaturated and omega-3 rich oils, soy foods (preferably fermented), vegetables, pineapples. These foods can aid in efficient digestion and can result in better fat burning.
- This blood type appears to be more predisposed to heart disease, cancer, type 1 diabetes, liver/gallbladder disorders.

Stress

- Stress manifests its deleterious effects most significantly on the nervous system.
- Often resulting in anxiety, irritability, hyperactivity and eventually in mental/nervous exhaustion
- The best way to counteract stress is by calming or quieting activities, e.g. meditation, yoga, tai chi, breathing exercises, nature walks, guided imagery, soft music, aromatherapy, hot bath etc.
- Vigorous or competitive exercise will only further exhaust one's nervous energy if proper attention is not given to sufficient rest and relaxation.

Proteins

When choosing from this list, look for organic or wild sources and lower fat selections.

Meats

Typically well tolerated:

- Chicken
- Cornish hens
- Turkey

Avoid wherever possible:

- Bacon
- Beef
- Ground Beef
- Buffalo
- Duck
- Goose
- Ham
- Heart
- Lamb
- Liver
- Mutton
- Partridge
- Pheasant
- Pork
- Rabbit
- Veal
- Venison
- Quail

Seafood

Typically well tolerated and often beneficial:

- Carp
- Cod
- Grouper
- Mackerel
- Monkfish
- Pickerel
- Red snapper
- Rainbow trout
- Salmon
- Sardine
- Sea trout
- Silver perch
- Snail
- Whitefish
- Yellow perch

Typically tolerated:

- Abalone
- Albacore (tuna)
- Mahimahi
- Ocean perch
- Pike
- Porgy
- Sailfish
- Sea bass
- Shark
- Smelt
- Snapper
- Sturgeon
- Swordfish
- Weakfish
- Whiter perch
- Yellowtail

Avoid wherever possible:

- Anchovy
- Barracuda
- Beluga
- Bluefish
- Bluegill bass
- Catfish
- Caviar
- Clam
- Conch
- Crab
- Crayfish
- Eel
- Flounder
- Frog
- Gray sole
- Haddock
- Hale
- Halibut
- Lobster
- Mussels
- Octopus
- Oysters
- Scallop
- Shad
- Shrimp
- Sole
- Squid (calamari)
- Striped bass
- Tilefish
- Turtle
- Herring (fresh or pickled)
- Lox (smoked salmon)

Dairy & "Milks"

Typically well tolerated and often beneficial:

- Soy cheese
- Soy milk

Typically tolerated:

- Farmer
- Feta
- Goat cheese
- Goat milk
- Kefir
- Mozzarella
- Low fat Ricotta
- Low fat String cheese
- Yogurt
- Frozen yogurt
- Yogurt with fruit

Avoid wherever possible:

- 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 2% or whole milk
- Swiss
- Whey

Beans & Legumes

Typically well tolerated and often beneficial:

- Tempeh
- Tofu
- Miso
- Beans: aduke, azuki, black, green, pinto, red soy
- Lentils: domestic, green, red peas, black-eyed

Typically tolerated:

- Beans: broad, cannellini, fava, jicama, snap, string, white
- Peas: green, pods, snow

Avoid wherever possible:

- Beans: copper, garbanzo, kidney, lima, navy, red, tamarind

Carbohydrates

Please refer to the Glycemic Index when choosing your carbohydrate selections and wherever possible balance your carbohydrate selections with suitable protein and fat selections as better blood sugar control will improve fat burning, mental function, endurance and immunity.

Grains & Pasta

Typically well tolerated and often beneficial:

- Buckwheat
- Oat flour
- Rice flour
- Rye flour
- Soba noodles
- Artichoke pasta

Typically tolerated:

- Couscous
- Barley flour
- Bulgur wheat flour
- Durum wheat flour
- Gluten flour
- Graham flour
- Spelt flour
- Spouted wheat flour
- Spelt noodles
- Quinoa
- Basmati rice
- Brown rice
- White rice
- Wild rice

Avoid wherever possible:

- White flour
- Whole wheat flour
- Semolina pasta
- Spinach pasta

Vegetables

Typically well tolerated and often beneficial:

- Artichoke (domestic and 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

Typically tolerated:

- 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)
- Mustard greens
- Mushrooms (abalone, enoki, maitake, portobello, shiitake, tree oyster)
- Radicchio
- Radishes
- Rappini
- Green olives
- Green onions
- Seaweed
- Shallots
- Rutabaga
- Scallion
- Squash (all types)
- Watercress
- Zucchini
- Sprouts (brussels, mung, radish)

Avoid wherever possible:

- Cabbage (chinese, red, white)
- Eggplant
- Lima beans
- Mushrooms (domestic)
- Olives (black, greek, spanish)
- Peppers (green, red, jalapeno, yellow, sweet)
- Potatoes (white red)
- Tomatoes
- Yams

Fruits

Typically well tolerated and often beneficial:

- Apricots
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Fig (dried, fresh)
- Grapefruit
- Lemons
- Pineapple
- Plums (dark, green, red)
- Prunes

Typically tolerated:

- Apples
- Currents (black, red)
- Dates
- Elderberries
- Gooseberries
- Grapes (black, concord, green, red)
- Guava
- Kiwi
- Kumquat
- Limes
- Loganberries
- Melons (canang, casaba, christmas, crenshaw, musk, spanish, watermelon)
- Nectarines
- Peaches
- Pears
- Persimmons
- Pomegranates
- Prickly pears
- Raisins
- Raspberries
- Starfruit (carambola)
- Strawberries

Avoid wherever possible:

- Bananas
- Coconuts
- Mangoes
- Melons (cantaloupe, honeydew)
- Oranges
- Papayas
- Plantains
- Rhubarb
- Tangerines

Fats/Oils

Oils are subject to rancidity and oxidation which create toxic waste products. Be sure to choose only those oils which have been properly protected during processing and storage. (see "Fats and Oils" video from our Diet Health Connection Series part 4 or Functional Dietetics, pages 37-43.)

Fats & Oils

Typically well tolerated and often beneficial:

- Flaxseed (linseed) oil

Typically tolerated:

- Canola oil
- Cod liver oil

Watch most closely for sensitivity/intolerance:

- Corn oil
- Cottonseed oil
- Peanut oil
- Safflower oil
- Sesame oil

Nuts & Seeds

Typically well tolerated and beneficial:

- Peanuts
- Peanut butter
- Pumpkin seeds

Typically well tolerated:

- Almond butter
- Almond nuts
- Chestnuts
- Filberts nuts
- Hickory nuts
- Litchi nuts
- Macadamia nuts
- Pignola (pine) nuts
- Poppy seeds
- Sesame seeds
- Sesame butter (tahini)
- Sunflower butter
- Sunflower seeds
- Walnut

Avoid wherever possible:

- Brazil
- Cashews
- Pistachios

Spices & Herbs

Spices

Typically well tolerated and often beneficial:

- Barley Malt
- Blackstrap molasses
- Garlic
- Soy sauce
- Tamari
- Ginger
- Miso

Avoid wherever possible:

- Capers
- Gelatin (plain)
- Pepper (black ground, cayenne, peppercorn, red flakes, white)
- Wintergreen

Herbal Tea

Typically well tolerated and often beneficial:

- Alfalfa
- Aloe
- Burdock
- Chamomile
- Echinacea
- Fenugreek
- Ginger
- Ginseng
- Green tea
- Hawthorn
- Milk thistle
- Rose hips
- Saint-John's wort
- Slippery elm
- Stoneroot
- Valerian

Avoid wherever possible:

- Catnip
- Cayenne
- Cornsilk
- Red clover
- Rhubarb
- Yellow dock

