

Type A Blood Foods
Highly Beneficial - Neutral - Avoid - Inflammatory –
High Fructose

Inflammatory & Fructose foods are new to this list.

MEATS & POULTRY

Highly Beneficial
 NONE

Neutral
 Chicken
 Cornish hens
 Turkey

Avoid:
 Bacon

Beef: regular & ground
 Buffalo
 Duck
 Goose
 Ham
 Heart
 Lamb
 Liver
 Mutton
 Partridge
 Pheasant
 Pork

Quail
 Rabbit
 Veal
 Venison
Inflammatory Foods
 Sausage
 Frankfurters
 Canned processed meats

SEAFOOD

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

Neutral
 Abalone
 Albacore (Tuna)
 Mahi-mahi
 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, pickled
 Lobster
 Lox (smoked salmon)
 Mussels
 Octopus
 Oysters
 Scallop
 Shad
 Shrimp
 Sole
 Squid (calamari)
 Striped bass
 Tilefish
 Turtle

EGGS & DAIRY

Highly Beneficial

Soya Cheese*

Soy Milk*

**Good*

dairy alternatives

(See Chart below)

Neutral

Farmer

Feta

Goat cheese

Goat milk

Kefir

Mozzarella: low fat

Ricotta: low fat

String cheese

Yogurt: regular,

w/ fruit, 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

Eggs

Non-dairy creamer

OILS AND FATS

Highly Beneficial

Linseed (flaxseed) oil

Olive oil

Neutral

Canola oil

Cod liver oil

Avoid

Corn oil

Cottonseed oil

Safflower oil

Sesame oil

NUTS & SEEDS

Highly Beneficial

Peanuts

Peanut butter

Pumpkin seeds

Neutral

Almond butter

Nuts: almonds,

chestnuts, filberts,

hickory, litchi,

macadamia,

pignola (pine)

Poppy seeds

Sesame seeds

Sesame butter (tahini)

Sunflower butter

Sunflower seeds

Walnuts

Avoid

Brazil nuts

Cashews

Pistachios

BEANS & LEGUMES

Highly Beneficial

Beans:
Adzuki
Azuki
Black
Green
Pinto
Red soy
Lentils:
Domestic
Green
Red
Peas:
Black-eyed

Neutral

Beans:
Cannelloni
Broad
Fava
Jacana
Snap
String
White
Peas:
Green
Pods
Snow

Avoid

Beans:
Copper
Garbanzo
Kidney
Lima
Navy
Red
Tamarind

Soy
Tofu
All soy foods

CEREALS

Highly Beneficial

Amaranth
Buckwheat
Kasha

Neutral

Barley
Cornflakes
Cornmeal

Cream of rice
Gamut
Millet: puffed
Oat bran
Oatmeal
Rice: puffed
Rice bran
Spelt

Avoid

Cream of wheat
Familia
Farina
Granola
Grape nuts
Wheat germ
Seven grain
Shredded wheat
Wheat bran

BREADS & MUFFINS

Highly Beneficial

Essence bread
Ezekiel bread
Rice cakes
Soya flour bread
Sprouted wheat bread

Neutral

Bagels: wheat
Brown rice bread

Corn muffins
Fin Crisp
Gluten-free bread
Ideal Flat Bread
Millet
Oat bran muffins
Rye bread: 100%
Rye Crisps
Rye Vita
Spelt bread
Wasa bread

Avoid

Durum wheat
English muffins
High-protein bread
Matzos: wheat
Multi-grain bread
Pumpernickel
Wheat bran muffins
Whole wheat bread

GRAINS & PASTAS

Highly Beneficial

Buckwheat Kasha
Flour:
Oat

Rice
Rye
Soba
Pasta
Artichoke

Neutral

Couscous
Flour:
Barley

Bulgur wheat
Durum wheat
Gluten
Graham
Spelt
Sprouted wheat
Noodles:

Spelt
Quinoa
Rice:
basmati
brown
white
wild

Avoid
Flour:
White
Whole wheat
Pasta:
Semolina
Spinach

Vegetables

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, tree
oyster
Mustard greens
Olives: green
Onions: green, sweet
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
Mushroom: domestic,
shiitake
Olives: black, Greek,
Spanish
Peppers: green, red,
jalapeno, yellow
Potatoes: sweet, red,
white
Tomatoes
Yams

Creamed vegetables

Fruits

Highly Beneficial

Apricots
Blackberries

Blueberries
Boysenberries
Cherries
Cranberries

Figs: dried, fresh
Grapefruit
Lemons
Pineapple

Plums: dark, green, red
Prunes
Raisins

Neutral

Apples
Currants: black, red
Dates
Elderberries
Gooseberries
Grapes: red, Concord,
green, black
Guava
Kiwi
Kumquat

Limes
Loganberries
Melons:
Canang
Casaba
Christmas
Crenshaw
Musk
Spanish
Watermelon
Nectarines
Peaches
Pears
Persimmons
Pomegranates
Prickly pears

Raspberries
Star Fruit, carambola
Strawberries

Avoid

Bananas
Coconuts
Mangoes
Melons: cantaloupe,
honeydew
Oranges
Papayas
Plantains
Rhubarb
Tangerines

JUICES & FLUIDS

Highly Beneficial

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

Neutral

Apple

Apple cider

Cabbage
Cucumber
Cranberry
Grape
Vegetable juice

Avoid

Orange
Papaya
Tomato

CONDIMENTS

Highly Beneficial

Mustard

Neutral

Jam (from acceptable fruits)
Jelly (from acceptable fruits)
Pickles: dill, sour, kosher, sweet
Relish

Salad dressing

(low-fat, from acceptable ingredients)

Avoid

Ketchup
Mayonnaise
Worcestershire sauce

Spices

Highly Beneficial

Barley malt
Blackstrap molasses
Garlic
Ginger
Miso
Soy sauce
Tamari

Neutral

Agar
Allspice
Almond extract
Anise
Arrowroot
Basil
Bay leaf
Bergamot
Brown rice syrup
Cardamom
Carob
Chervil
Chives

Chocolate
Cinnamon
Cloves
Coriander
Cornstarch
Corn syrup
Cream of tartar
Cumin
Curry
Dill
Dulse
Honey
Horseradish
Kelp
Maple syrup
High fructose 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
Vanilla

Avoid

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

HERBAL TEAS

Highly Beneficial

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

Neutral

Chickweed
Coltsfoot
Dandelion
Dong quai
Elder
Gentian
Goldenseal
Hops
Horehound
Licorice root
Linden
Mulberry
Mullein
Parsley
Peppermint
Raspberry leaf
Sage
Sarsaparilla

Senna
Shepherd's purse
Skullcap
Spearmint
Strawberry leaf
Thyme
Vervain
White birch
White oak bark
Yarrow

Avoid

Catnip
Cayenne
Corn silk
Red clover
Rhubarb
Yellow dock

MISC BEVERAGES

Highly Beneficial

Coffee: regular, decaf

Tea: green

Wine: red

Rice milk

Almond milk

Oat milk

Coconut milk

Hazelnut milk

Other nut milks

Neutral

Wine: white

Avoid

Beer

Liquor: distilled

Seltzer water

Soda: club, cola, diet, other

Tea, black: regular, decaf

High Fructose foods bring damage to red blood cells that are carried throughout the body for 4 months or until the red blood cell dies. The hemoglobin A1c test is used to determine how much glycation, or damage, has taken place. The higher the test number over 4.0 the more damage fructose sugar has done. Other proteins are also damaged by the high fructose sugars as much as 10 times more damage than caused by other sugars in the diet. Table sugar is fructose and glucose attached to each other. It is called sucrose. Fructose is the most damaging sugar in the body and it is in everything. Look for High fructose corn syrup or high fructose sugar on the labels of the foods you eat. It is even in breads and pastries. There is a direct link between high fructose sugars and diabetes. Remove all sources of this sugar from the diet. Even natural forms of this sugar damage the body. Many sweeteners used in cooking are high fructose corn syrup. Read the labels.