

NUTRITIONAL FOOD CHART, TYPE A

- + Highly beneficial “like medicine” (building a healthy blood structure & strong protein net)/eat unlimited
- Neutral “like food”/eat some
- x Avoid “like poison” (causing inflammation, immune/allergy response, weakening protein net)/eat none

Category	Portion Size	Type A		
Meat	Portion Size: Male 4 to 6 oz Female 2 to 5 oz	+ Beneficial	- Neutral	x Avoid
	Frequency: 0 to 3 times per week.	None	Chicken Cornish hen Grouse Guinea hen Ostrich Squab (pigeon) Turkey	Bacon Beef Bison Duck Goat Goose Ham Heart (beef) Horse Lamb Liver/calf Mutton Partridge Pheasant Pork Quail Rabbit Squirrel Sweetbreads Turtle Veal Venison

GENERAL FOOD-COMBINING RULES

Veggies + meat = yes
 Veggies + grains = yes
 Grains + meat = digestive problems
 Fruit = eat alone/in between meals

Category	Portion Size	Type A		
Fish & Seafood	Portion Size: Male 4 to 6 oz Female 2 to 5 oz	+ Beneficial	- Neutral	x Avoid
	Frequency: 1 to 3 times per week			
		Carp	Abalone	Anchovy
		Cod/atlantic	Bass/sea	Barracuda
		Mackerel	Bullhead	Bass/striped
		Monkfish	Butterfish	Beluga
		Perch/silver	Chub	Bluefish
		Perch/yellow	Croaker	Catfish
		Pickarel	Cusk	Caviar
		Pollock/atlantic	Drum/ freshwater	Clam
		Red snapper	Halfmoon fish	Conch
		Salmon	Mahi mahi	Crab
		Sardine	Mullet	Eel
		Snail	Muskellunge	Flounder
		Trout/rainbow	Orange roughy	Frog
		Trout/sea	Parrot fish	Grouper
		Whitefish	Perch/ocean	Haddock
		Whiting	Perch/white	Hake
			Pike/walleye	Halibut
			Pompano	Harvest fish
			Porgy	Herring
			Rosefish	Lobster
			Sailfish	Mussel
			Salmon roe	Octopus
			Scrod	Opaleye
			Shark	Oyster
			Smelt	Scallop
			Sturgeon	Scup
			Sucker/white	Shad
			Sunfish	Shrimp
			Swordfish	Sole
			Tilapia	Squid
			Trout/brook	Tilefish
			Tune/fresh/ bluefin	
			Weakfish	

Category	Portion Size	Type A		
Eggs	Portion Size: 1 egg	+ Beneficial	- Neutral	x Avoid
	Frequency: 1 to 3 times per week			
			Chicken egg	Caviar
			Duck egg	
			Goose egg	
			Quail egg	
			Salmon/roe	

Category	Portion Size	Type A		
Grains	Portion Size: 1 Cup, dry (grains or pastas)	+ Beneficial Amaranth Artichoke flour Buckwheat/ kasha/soba Essene bread/ manna Oat Rice flour Rye Wheat bread (sprouted)	- Neutral Barley Corn (organic) Couscous Kamut Millet Quinoa Rice (all) Sago palm Sorghum Spelt Tapioca Wheat flour/ whole wheat/ semolina	x Avoid Teff Wheat bran Wheat germ
	Frequency: 7 to 9 times per week			

Category	Portion Size	Type A		
Beans & Legumes	Portion Size: 1 cup cooked	+ Beneficial Adzuki Black bean Black eyed pea Fava bean Green bean Lentils Peanut Pinto bean Soy/fermented	- Neutral Cannellini bean Mung bean Mung sprouts Northern bean Snap/yellow White beans	x Avoid Copper bean Garbanzo/ chickpea Kidney bean Lima bean Navy bean Soy/all products (except fermented) Tamarind bean
	Frequency: 5 to 7 times per week			

Category	Type A		
Beverages	+ Beneficial Coffee Green tea Red wine	- Neutral White wine	x Avoid Beer Black tea Club soda Liquor Seltzer water Soda pop (all)
Note: remember coffee is extremely acidic, so limit to smaller amounts. Increase water intake when drinking coffee.			

Category	Portion Size	Type A					
Vegetables	Portion Size: 1 Cup, cooked or raw	+ Beneficial	- Neutral	x Avoid			
	Frequency: Unlimited						
					Alfalfa seeds/ sprouts	Agar	Cabbage
					Aloe	Arugula	Caper
					Artichoke	Asparagus	Eggplant
					Beet greens	Bamboo shoot	Mushroom (shiitake)
					Broccoli	Beet	Olive (black, greek, spanish)
					Carrot	Bok choy	Pepper (green, red, jalapeno, yellow)
					Chicory root	Brussels sprouts	Pickle (in vinegar)
					Collard greens	Cauliflower	Potato (red, white, sweet)
					Dandelion greens	Celeriac	Rhubarb
					Escarole	Cucumber	Sauerkraut
					Fennel/bulb	Daikon radish	Tomato
					Garlic	Endive	Yam
					Ginger root	Fiddlehead	Yucca
					Horseradish	fern	
					Kale	Jicama	
					Kohlrabi	Kelp	
					Leek	Lettuce/all other types	
					Lettuce/romaine	Mushroom (black trumpet, enoki, oyster, portobella, straw)	
					Mushroom (domestic white, maitake)	Mustard greens	
					Okra	Olive (green, kalamata)	
					Onion (all)	Peas	
					Parsnip	Pickle/in brine	
					Pumpkin	Pimento	
					Rappini/broccoli rabe	Poi	
					Spinach	Radicchio	
					Swiss chard	Radish	
					Turnip	Rutabaga	
		Scallion					
		Seaweed					
		Shallots					
		Squash/all					
		Taro, tahitian, dasheen					
		Water chestnut					
		Watercress					
		Zucchini					

Remember, "A's" do very well on 70-80% leafy greens & veggies! Aim high in order to build a healthy blood structure & strong protein net! This will also help to alkalize the blood, which means increased disease reversal & prevention.
Try to include some daily chlorophyll-rich greens smoothies, too.

Category	Portion Size	Type A		
Fruit	Portion Size: 1 Cup, or 1 piece	+ Beneficial	- Neutral	x Avoid
	Frequency: 3 to 4 Times per day.			
		Apricot	Apple	Banana
		Blackberry	Asian pear	Bitter melon
		Blueberry	Avocado	Coconut
		Boysenberry	Breadfruit	Honeydew
		Cherry (all)	Canang melon	melon
		Cranberry	Cantaloupe	Mango
		Fig	Casaba melon	Orange
		Grapefruit	Crenshaw	Papaya
		Lemon	melon	Plantain
		Lime	Currants	Tangerine
		Pineapple	Dates	
		Plum	Dewberry	
		Prune	Elderberry	
		Water & lemon	Gooseberry	
			Grape (all)	
			Guava	
			Kiwi	
			Kumquat	
			Lychee	
			Loganberry	
			Mulberries	
			Musk melon	
			Nectarine	
			Peach	
			Pear	
			Persian melon	
			Persimmon	
			Pomegranate	
			Prickly pear	
			Quince	
			Raisins	
			Raspberry	
			Spanish melon	
			Starfruit	
			Strawberry	
			Watermelon	
			Youngberries	

FOOD COMBINING TIPS FOR FRUIT

**Eat fruit by itself, in between meals. Combining fruit with other foods (grains, starches, meats, veggies, etc.) can create digestive problems and fermentation. Different kinds of fruit can be eaten together, except for melon which should always be eaten alone. When making green smoothies, apple or pineapple are okay to include with the greens.

Do not mix acid and/or sub-acid fruits at the same meal. Acid fruits (ex. grapefruit, pineapple, strawberry) can be mixed with sub-acid fruits (ex. apples, grapes, peaches), but neither of these categories should be mixed with sweet fruits (ex. bananas, dates, raisins).

Category	Portion Size	Type A		
Herbs, Spices, & Condiments		+ Beneficial	- Neutral	x Avoid
		Alfalfa	Agave	Acacia (gum arabic)
		Barley malt	Allspice	Asparatame
		flour	Almond extract	Carageenan/
		Miso	Anise seed	Irish moss
		Molasses/	Apple/pectin	Chili powder
		blackstrap	Arrowroot flour	Corn syrup
		Parsley	Baking soda	Cornstarch
		Soy sauce	Basil	Dextrose
		Tamari	Bay leaf	Fructose
		Turmeric	Bergamot/peel	Gelatin
			Caraway seeds	Guar gum
			Cardamom	Ketchup/with
			Carob	vinegar
			Chervil	MSG
			Chives	Mayo/with
			Cocoa/dark/raw	vinegar
			Cilantro/	Mustard/with
			coriander	vinegar
			Cinnamon	Pepper
			Clove	(black,
			Cumin seed	peppercorn,
			Curry powder	cayenne,
			Dill seed	chili, white)
			Dulse	Pickle relish
			Guarana	Sucanat
			Honey	Vinegar (all)
			Licorice root	Wintergreen
			Maple syrup	
			Marjoram	
	Mustard/dry			
	Mustard/wheat-			
	free/vinegar-free			
	Nutmeg			
	Oregano			
	Paprika			
	Peppermint			
	Rice syrup			
	Rosemary			
	Saffron			
	Sage			
	Savory			
	Sea salt			
	Spearmint			
	Stevia			
	Sugar/raw			
	Tarragon			
	Thyme			
	Vanilla			
	Veg. glycerine			
	Yeast/bakers			
	Yeast/nutritional/			
	brewers			

Category	Portion Size	Type B		
Dairy	Milk & Yogurt	+ Beneficial	- Neutral	x Avoid
	Portion Size: Male 4 to 6 oz Female 2 to 5 oz Frequency: 1 to 3 times per week	None	Farmer cheese Feta cheese Ghee (clarified butter) Goat cheese Kefir Milk/goat Mozza cheese Paneer cheese Ricotta cheese Sour cream Yogurt (whole milk)	American cheese Blue cheese Brie Butter Buttermilk Casein Cheddar Colby cheese Cottage cheese Cream cheese Edam cheese Gouda Gruyere Half & half Ice cream Milk/cow Monterey jack Parmesan Provolone String cheese Swiss cheese Whey
	Cheese			
	Portion Size Male 3 oz Female 2 oz Frequency: 1 to 3 times per week			

Category	Portion Size	Type A		
Nuts & Seeds	Portion Size: 1 handfuls (seeds, nuts) 1 to 2 tablespoon (nut butters)	+ Beneficial	- Neutral	x Avoid
	Frequency: 4 to 7 times per week	Flax seed Peanut Pumpkin seed Walnut	Almond Beech nut Butternuts Chestnut Hazelnut Hickory nuts Macadamia Pecans Pine nut Poppy seed Safflower seed Sesame Sunflower	Brazilnut Cashew Pistachio

** Nuts and seeds should ideally be soaked or sprouted before consuming. Soaking destroys the phytic acid surrounding the nut/seed and allows the body to easily digest and assimilate. Sprouting increases the enzymatic action (digestive power!) and increases nutritional content exponentially.

Category	Portion Size	Type A		
Oils	Portion Size: 1 tablespoon	+ Beneficial	- Neutral	x Avoid
	Frequency: 5 to 8 times per week			
		Black currant seed oil Flax seed oil Olive oil Walnut oil	Almond oil Avocado oil Borage seed oil Canola oil (organic) Cod liver oil Evening primrose oil Safflower oil Sesame oil Sunflower oil Wheat germ oil	Coconut oil Corn oil Cottonseed oil Peanut oil Soy oil

For more info:

Book "Eat Right For Your Blood Type" by Dr. Peter D'adamo

Website: <http://www.dadamo.com/program.htm>