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BLOOD TYPE "A"

Best exercise is gentle exercise like golf. Do best with a vegetarian diet. Watch dairy and grain consumption. Cut out meats. Please note this diet is NOT anti-yeast or anti-fungal.

Foods that encourage weight gain:

meat, dairy, kidney beans, lima beans, grains

Foods that encourage weight loss:

soy foods, vegetables, pineapple

The food list below will be divided into:-

"B" for beneficial, "N" for neutral, "A" for avoid

Meats:

B: none

N: chicken, Cornish hens, turkey, ostrich

A: bacon, beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, rabbit, veal, venison, quail

Seafood:

B: carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, silver perch, snail, whitefish, yellow perch, mahi-mahi (dolphin), flying fish, tilapia

N: tuna (limited amounts), ocean perch, pike, shark, smelt, snapper, sturgeon, swordfish(well cooked), white perch

A: anchovy, blue gill bass, catfish, caviar, clam, conch, crab, flounder, frog, haddock, halibut, herring, lobster, smoked salmon, mussels, octopus, oysters, scallop, shad, shrimp, sole, striped bass, turtle, barracuda and marlin.

Dairy and Eggs:

B: butter, soya cheese, soy milk, feta, goat milk, goat cheese, mozzarella, almond milk, cooking crème, sour creme

N: farmer, kefir, ricotta (low fat) string(mozzarella) cheese, yogurt

A: American cheese, blue cheese, Brie, butter, buttermilk, cheddar, colby, cottage, cream cheese, edam, gouda, ice cream, Monterey jack, Munster, Parmesan, provolone, sherbet, skim or 2% milk, Swiss, whey, and whole milk, margarine

*Limit egg consumption to occasional organically grown eggs(3x per week max)

Oils and Fats:

B: linseed (flaxseed), olive oil, coconut oil, sesame oil

A: corn oil, cottonseed oil, peanut oil, safflower oil, vegetable oil

Nuts and Seeds:

B: almond nuts, almond butter, sunflower seeds, macadamia nuts, pumpkin seeds, flaxseeds

A: all other nuts/seeds

Beans and Legumes:

B: chick peas /chana, green peas, string beans

A: avoid all other peas/beans

Cereals:

B: rice flour, brown rice flour, puffed rice, rice bran, spelt, cream of rice, spelt

A: cream of wheat, familia, farina, granola, grape nuts, wheat germ, seven grain, shredded wheat, amaranth, buckwheat, kasha, barley, cornflakes, cornmeal, cream of rice, puffed millet, oat bran, oatmeal, puffed rice, rice bran,

Breads:

B: Essene bread, Ezekiel bread, rice cakes, soya flour bread, spelt flour, cassava flour, tapioca flour, soy flour, rye flour, rice flour,

A: durum wheat, English muffins, high-protein bread, matzos (wheat), multi-grain bread, pumpernickel, wheat bran muffins, whole wheat bread, wheat bagels, brown rice bread, corn muffins, gluten-free bread, ideal flat bread, millet, oat bran muffins, Wasa bread

Grains and Pasta:

B: rice pasta, kamut pasta, brown rice, basmati rice, rice flour

A: couscous, barley flour, bulgur wheat flour, durum wheat flour, graham flour, sprouted wheat flour, whole wheat flour, semolina pasta, spinach pasta, buckwheat kasha, oat flour, soba noodles, artichoke pasta

Vegetables:

B: alfalfa sprouts, arugula, asparagus, artichoke avocado bamboo, beet/beet leaves, bok choy, breadfruit broccoli, carrots, cassava/ yucca, courgettes, collard greens, celery,

chicory, chives, christophene, collards, cucumber, chickpeas, caraway, dasheen, dandelion, eddoes, endive, fennel, garlic, ginger, green olives, horseradish, jalapeno peppers, kale, kelp, kohlrabi, Romaine lettuce, other lettuce, tomatoes, okra, onions, parsnips, parsley, parsnips, plantains pumpkin, radishes, rutabaga, shallots squash, spinach, scallions, Swiss chard sweet potatoes, pumpkin, tempeh, tufu, turnip, water chestnut, water-cress, yam, kelp or dulse/seaweed, zucchini, red/green/yellow peppers, zucchini

A: Cabbage, eggplant, mushrooms

Fruits:

B: apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried-fresh figs, grapefruit, lemons, pineapple, plums (dark, green, red), prunes, raisins, grapes, raspberries, strawberries, apples, bajan cherries, soursop, limes,

N: currants, dates, guava, kiwi, kumquat, watermelon, nectarines, peaches, pears, pomegranates, prickly pears,

A: bananas, mangoes, cantaloupe, honeydew melon, oranges, papayas, tangerines

Juices and Fluids:

B: apricot, carrot, celery, black cherry, grapefruit, pineapple, prune, lemon (1/2 lemon in warm water first thing every day), cranberry, grape

N: apple, cider, cucumber

A: orange, papaya,

Spices:

Sea Salt and Kelp should be used in place of salt.

B: garlic, ginger, tamari, bragg Liquid Aminos, black pepper, cayenne pepper, white pepper

A: capers, plain gelatin, all vinegars, barley malt, blackstrap molasses, soy sauce.

Condiments:

B: mustard

A: ketchup, mayonnaise ,pepper sauce, worcestershire sauce,

*be careful with pickled foods

For further information on the blood type diet and lifestyle, read:-

EAT RIGHT FOR YOUR TYPE by Dr. Peter J.D'Adamo with Catherine Whitney