

Blood Type A Poor Zone Choices

This Sheet Poor Zone Choices For Blood Type A	Cranberry sauce 1oz	Roll, dinner 1/2 small	Spices/Teas
Yellow (EAT these)-Purple (AVOID these) for your BLOOD TYPE	Dates 2	Taco shell 1	Capers
	Figs 1	Tortilla, corn 6" 1	Gelatin, plain
	Kumquat 3	Tortilla, flour 8" 1/2	Pepper, al
Poor Protein Choices 7gm/blk	Mango, sliced 1/3c	Waffle 1/2	Vinegar, all
Meat/Poultry (Protein)	Melon--Honeydew,Cantaloupe 3/4c	Unfavorable Choices-Other 9gm/blk	Wintergreen
Bacon 3 strips	Papaya, cubed 3/4c	Barbecue sauce 2 Tbsp	Catnip
Beef, ground full fat 1oz	Prunes, dried 2	Beer 1 bottle	Cayenne
Beef,Buffalo,Lamb,Mutton,Venison 1oz	Rhubarb 3/4c	Cake, small slice 1/3	Corn silk
Duck,Goose,Partridge,Pheasant,Quail 1o	Raisins 1 Tbsp	Candy bar 1/4	Red Clover
Hot Dog, pork or beef 1 linl	Grains/Breads (Carbohydrates)	Catsup 2 Tbsp	Worchestershire Sauce
Hot Dog, turkey or chicken 1	Bagel, small 1/4	Cocktail sauce 2 Tbsp	Rhubarb
Kielbasa 2oz, Salami 1o:	Biscuit 1/2	Honey 1/2Tbsp	Yellow dock
Liver, Beef 1oz Heart 1o:	Bread crumbs 1/2oz	Jam or Jelly 2tsf	Beverages
Pepperoni 1oz	Bread, whole grain 1/2 slice	Ice cream, regular 1/4c	Beer
Pork Sausage 2 links	Bread, white 1/2 slice	Ice cream, premium 1/6c	Liquor, Distilled
Rabbit 1oz	Breadstick, small 1 (check label)	Liquor, distilled 1 1/2 o:	Seltzer water
Fish/Seafood (Protein)	Buckwheat, dry 1/2oz	Molasses 2 tsp	Soda,club
Anchovy,Barracuda,Caviar,Calamari 1.5oz	Wheat--All Kinds, dry 2oz	Plum sauce 1 1/2Tbsp	Soda, cola
Crayfish,Eel,Flounder,Frog,Haddock 1.5oz	Cereal, dry 1/2oz	Potato chips 1/2oz	Soda, diet
Hake,Halibut,Herring,Lobster,Lox,Sole 1.5oz	Cornbread 1 square	Pretzels 1/2oz	Soda, other
Mussels,Octopus,Oysters,Scallops 1.5oz	Cornstarch 4 tea	Relish, pickle 4 tsp	Tea, black
Shad,Shrimp,Turtle 1.5oz	Couscous 1/2oz	Sodas,Colas,Black Tea,Seltzer:	Tea, black decaf
Poor Carbohydrate Choices 9gm/blk	Cracker, graham 1	Sugar, brown 1 1/2tsp	Top 6 Foods to Avoid for Type A
Cooked Vegetables (Carbohydrates)	Cracker, saltine 4	Sugar, granulated white 2 tsj	
Baked beans 1/4c	Cracker, Triskett 3	Sugar, confectionery 1Tbsp	Beef
Beans--Lima,Copper,Kidney,Navy 1/4c	Croissant, small plain 1/4	Syrup, maple 2tsp	Peppers, Green
Beans--Red,Tamarind 1/4c	Crouton 1/2oz	Syrup, pancake 2tsp	Pepper
Beets, sliced 1/2c	Donut, small plain 1/4	Teriyaki sauce 1/2oz	Parmesan Cheese
Carrot, raw 1, shredded 1c	Lentils, All Kinds 1/4c	Tortilla chips 1/2oz	Tomato Juice
Carrots, sliced 1c	Muffins, English 1/4, Bran 1/4	Wine, red 4oz	
Corn 1/4c	Granola 1/2oz	Wine, white 4oz	
French Fries 5	Grits, cooked 1/3c	Poor Fat Choices 3gm/block	Diseases Common with BLOOD TYPE A
Mushroom, Shitake 4c	Melba toast 1/2oz	Bacon bits, imitation 2tsj	
Parsnip 1/3c	Millet 1/2oz	Butter 1/3tsp	B12 Deficiencies
Peas 1/4c	Muffin, blueberry 1/4	Cheese--American,Brie,Camembert 1oz	Cancer
Pinto beans 1/4c	Noodles, egg (cooked) 1/5c	Cheese--Cream,Cheddar,Colby,Edam 1oz	Diabetes
Potato, baked 1/3c	Pancake, 4" 1	Cheese--Gouda,Gruyere,Jarlsberg,Jack 1oz	Digestive Problems
Potato, mashed 1/4c	Pasta--Semolina,Spinach cooked 1/4c	Cheese--Munster,Parmesan,Provolone 1oz	Gallbladder Problems
Potato--Red,White 1/4c	Pita bread 1/4 pocket	Cheese--Swiss,Emmenthal 1oz	Heart Disease
Refined beans 1/4c	Pita bread, mini 1/2 pocket	Cream,Casein,Whey 1/2Tbsp	Immune Deficiencies
Squash, All Kinds 1/2c	Popcorn, popped 2c	Lard 1/3tsp	Liver Problems
Sweet Potato, mashed 1/5c, baked 1/	Rice, brown (cooked) 1/5c	Sour cream 1/2Tbsp	Low Stomach Acic
Fruits (Carbohydrates)	Rice, white (cooked) 1/5c	Sour cream, light 1Tbsp	Sinus Problems
Banana 1/3, Plantains 3/4	Rice cake 1		
Cranberries 3/4c	Roll, bulky 1/4	Vegetable shortening 1/3tsj	© nht 2003