

# Blood Type A: Food List

Ref. by Dr. Peter D'Adamo, *Eating Right for your Blood Type*



## Meat & Poultry

- Beneficial – None
- Neutral – Chicken, turkey, Cornish game hens
- Harmful – Bacon, beef, ground beef, buffalo, duck, goose, liver, mutton, partridge, pheasant, pork, quail, rabbit, veal

## Seafood

- Beneficial – carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, perch, whitefish
- Neutral – tuna, mahi-mahi, pike, sea bass, swordfish, yellowtail
- Harmful – anchovy, barracuda, catfish, caviar, clam, conch, crab, eel, flounder, sole, haddock, halibut, herring, lobster, lox, mussels, octopus, oysters, scallop, shrimp, squid, striped bass

## Eggs & Dairy

- Beneficial – soy cheese, soy milk
- Neutral – farmer cheese, feta, goat cheese, goat milk, kefir, mozzarella (low fat), ricotta (low fat), string cheese, yogurt with fruit, frozen yogurt, eggs
- Harmful – American cheese, blue cheese, brie, butter, buttermilk, camembert, casein, cheddar, Colby, cottage cheese, cream cheese, edam, emmenthal, gouda, ice cream, jarlsberg, Monterey jack, Munster, parmesan, provolone, sherbet, skin or 2% milk, Swiss, whey, whole milk

## Oils & Fat

- Beneficial – flaxseed & oil, olive oil
- Neutral – cod liver oil, canola oil
- Harmful – corn, peanut, safflower and sesame oils

## Nuts & Seeds

- Beneficial – peanuts and peanut butter, pumpkin seeds
- Neutral – almond butter, almonds, chestnuts, filberts, hickory, litchis, macadamias, pine nut, poppy seeds, sesame seeds, sunflower seeds, tahini, sunflower seed butter, walnuts
- Harmful – brazil nuts, cashews, pistachios

## Beans & Legumes

- Beneficial – adzuki, black, green, pinto, red soy, lentils, black eyed peas
- Neutral – broad bean, cannellini, fava, jicama, snap peas, string beans, white beans, green peas, pea pods, snow peas
- Harmful – copper beans, chickpeas, kidney beans, lima, navy, red, tamarind

## Misc. Beverages

- Beneficial – coffee (regular and decaf), green tea, red wine
- Neutral – white wine
- Harmful – beer, distilled liquors, seltzer water, diet cola, cola, other sodas, black tea

## Grains & Pasta

- Beneficial – kasha, oat flour, rice flour, rye flour, soba noodles, artichoke pasta
- Neutral – couscous, barley, bulgur, gluten, sprouted flours, spelt noodles, quinoa, rices (basmati, brown, white, wild rice)
- Harmful – white flour, whole wheat flour, semolina pasta, spinach pasta

## Breads & Muffins

- Beneficial – Essene bread, Ezekiel bread, soy flour bread, sprouted wheat bread, rice cakes
- Neutral – brown rice bread, corn muffins, fin crisp, gluten free bread, millet, oat bran muffins, 100% rye bread, rye crisps, spelt bread, wasa bread
- Harmful – durum wheat, high protein bread, multi-grain bread, English muffins, pumpnickel, wheat bran muffins, whole wheat bread, wheat matzo

## Cereals

- Beneficial – amaranth, kasha
- Neutral – barley, corn flakes, cornmeal, cream of rice, kamut, puffed millet/rice, oat bran, oatmeal, rice bran, spelt
- Harmful – cream of wheat, granola, grape nuts, seven grain cereal, shredded wheat, wheat bran, wheat germ



## Condiments

- Beneficial – Mustard
- Neutral – jams, salad dressing
- Harmful – ketchup, mayonnaise, pickles, Worcestershire

## Spices

- Beneficial – barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari
- Neutral – agar, allspice, almond, anise, arrowroot, basil, bay leaf, carob, curry, dill, dulse, honey, horseradish, kelp, nutmeg, oregano, parsley, vanilla
- Harmful – capers, plain gelatin, black, white, red and cayenne peppers, peppercorns, apple cider vinegar, red wine vinegar, white wine vinegar, balsamic vinegar

## Vegetables

- Beneficial – alfalfa sprouts, domestic artichokes, Jerusalem artichokes, beet greens, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red Spanish onion, yellow onion, parsley, parsnips, pumpkin, spinach, Swiss chard, tempeh, tofu, turnips
- Neutral – arugula, asparagus, avocado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white and yellow corn, cucumber, daikon radish, endive, fennel, fiddleheads, bib lettuce, Boston lettuce, iceberg lettuce, abalone mushrooms, enoki mushrooms, maitake mushrooms, shitake mushrooms, mustard greens, green olives, green onions, radicchio, seaweeds, shallots, Brussels sprouts, mung bean sprouts, radish sprouts, squash, chestnut, watercress, zucchini
- Harmful – Chinese cabbage, red cabbage, white cabbage, eggplant, lima beans, domestic mushrooms, black olives, Greek olives, Spanish olives, green peppers, jalapeno peppers, red and yellow sweet bell peppers, sweet potatoes, red potatoes, white potatoes, tomatoes, yams

## Juices & Fluids

- Beneficial – apricot, carrot, celery, black cherries, grapefruit, pineapple, prunes, lemon
- Neutral – apple, apple cider, cabbage, cucumber, cranberry, grape
- Harmful – orange, papaya, tomato

## Fruits

- Beneficial – apricots, black berries, blueberries, boysenberries, cherries, cranberries, dried figs, fresh figs, grapefruit, lemons, pineapple, dark plums, green plums, red plums, prunes
- Neutral – apples, black currants, red currants, elderberries, grapes (all kinds), guava, kiwi, kumquats, limes, loganberries, dates, watermelon, nectarines, peaches, pears, persimmons, pomegranates, raisins, raspberries, star fruit, strawberries
- Harmful – banana, coconut, mangoes, cantaloupe, honeydew melon, oranges, papaya, rhubarb, tangerines

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