

TYPE A DIET: BENEFICIAL FOODS

Seafood	Breads & Muffins	Fruits	Milk thistle
Carp	Essene bread	Apricots	Rose hips
Cod	Ezekiel bread	Blackberries	Saint John's Wort
Grouper	Rice cakes	Blueberries	Slippery elm
Mackerel	Soya flour bread	Boysenberries	Valerian
Monkfish	Sprouted wheat bread	Cherries	
Pickeral		Cranberries	Misc beverages
Rainbow trout	Grains & Pasta	Figs, dried	Coffee, decaffeinated
Red Snapper	Bran	Figs, fresh	Coffee, regular
Pollack	Buckwheat	Grapefruit	Wine, red
Salmon	Kasha	Lemons	
Sardine	Flour, oat	Lime	ALL SOY PRODUCTS
Sea Trout	Flour, rice	Pineapple	
Silver Perch	Flour, rye	Plums, dark	
Snail	Noodles, soba	Plums, green	
Whitefish	Oats	Plums, red	
Whiting	Oatmeal	Prunes	
Yellow perch	Pasta, artichoke	Raisins	
Eggs & Dairy	Vegetables	Juices & Fluids	
Soya Cheese	Artichoke, domestic	Apricot	
Soy milk	Artichoke, Jerusalem	Carrot	
	Beet leaves	Celery	
Oils & Fats	Broccoli	Cherry, black	
Black current seed oil	Carrots	Grapefruit	
Flaxseed oil	Celery	Pineapple	
Linseed oil	Chicory	Prune	
Olive oil	Collard greens	Water (with lemon)	
Walnut oil	Dandelion		
	Escarole	Spices	
Nuts & Seeds	Fennel	Barley malt	
Peanuts	Garlic	Blackstrap molasses	
Peanut butter	Ginger	Garlic	
Pumpkin seeds	Horseradish	Ginger	
Walnuts	Kale	Miso	
	Kohlrabi	Mustard dry	
Beans & Legumes	Leek	Parsley	
Beans, aduke	Lettuce, romaine	Soy sauce	
Beans, azuki	Mushrooms, button	Tamari	
Beans, black	Mushrooms, silvers	Turmeric	
Beans, green	Mushroom, maitake		
Beans, flava	Mushroom, rappini	Condiments	
Beans, red Soya	Okra	Mustard	
Pinto	Onion, red		
Lentils, domestic	Onions, Spanish	Herbal teas	
Lentils, green	Onions, yellow	Alfalfa	
Lentils, red	Parsley	Aloe	
Peas, blacked eyed	Parsnip	Burdock	
Soy bean	Pumpkin	Chamomile	
	Spinach	Echinacea	
Cereals	Sprouts, alfalfa	Fenugreek	
Amaranth	Swiss chard	Ginger	
Buckwheat	Temph	Ginseng	
Kasha	Tofu	Green tea	
	Turnips	Hawthorn	

TYPE A: FOODS TO AVOID

Meat & Poultry	Blue cheese	Seven grain	Juices
Bacon	Brie	Shredded wheat	Orange
Beef	Butter	Teff	Paw paw
Buffalo	Buttermilk	Wheat, bran	Tomato
Duck	Camembert	Wheat germ	
Goat	Casein		Spices
Goose	Cheddar	Breads & muffins	Capers
Ham	Colby	Durum wheat	Carrageen
Lamb	Cottage Cheese	English muffins	Chilli pepper
Liver	Cream cheese	High – protein bread	Gelatin
Mutton	Cows milk	Matzos, wheat	Pepper, cayenne
Partridge	Edam	Multi grain bread	Pepper, black grounded
Pheasant	Emmenthal	Pumpernickel	Pepper, red flakes
Pork	Gouda	Wheat bran muffins	Pepper, white
Quail	Gruyere	Whole wheat bread	Peppercorns
Rabbit	Ice cream		Vinegar, apple cider
Veal	Jarlesburg	Grains & pasta	Vinegar, balsamic
	Monterey jack	Flour, white	Vinegar, red wine
Seafood	Munster	Flour, whole-wheat	Vinegar, white
Anchovy	Neufchatel	Pasta semolina	
Barracuda	Parmesan	Pasta, spinach	Condiments
Bass	Provolone		Ketchup
Beluga	Skim or 2% fat milk	Vegetables	Mayonnaise
Bluegill	String cheese	Cabbage, Chinese	MSG
Blue fish	Swiss	Cabbage, red	Pickle relish
Catfish	Whey	Cabbage, white	Tomato sauce
Caviar		Capsicum, green	Worcestershire sauce
Clam	Oils & Fats	Capsicum, red	
Conch	Castor oil	Capsicum, yellow	Herbal teas
Crab	Coconut oil	Eggplant	Catnip
Crayfish	Corn oil	Lima beans	Cayenne
Eel	Cottonseed oil	Mushroom, shiitake	Corn silk
Flounder	Peanut oil	Olives, black	Red clover
Frog	Sesame oil	Olives, Greek	Rhubarb
Grouper		Peppers, jalapeno	Yellow dock
Haddock	Nuts & Seeds	Potatoes, red	
Hake	Brazil nuts	Potatoes, sweet	Misc. beverages
Halibut	Cashew	[Potatoes, white	Aspartame
Harvest fish	Pistachios	Tomatoes	Beer
Herring		Yacca	Liquor, distilled
Lobster	Beans & legumes	Yams	Seltzer water
Mussels	Beans, copper		Soda, club
Octopus	Beans, garbanzo	Fruits	Soda, cola
Opal eye	Beans, kidney	Bananas	Soda, diet
Oysters	Beans, lima	Coconuts	Soda, other
Scallops	Beans, navy	Mangoes	Tea
Shad	Beans, red	Melon, honeydew	
Shrimp	Beans, tamarind	Oranges	
Smoked salmon		Paw paw	
Sole	Cereals	Plantains	
squid	Cream of wheat	Rhubarb	
Turtle	Familia	Rockmelon	
	Farina	Tangerines	
Eggs & Dairy	Granola		
American cheese	Grapes nuts		