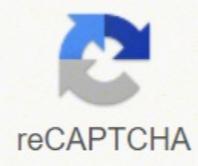




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Type A Beneficial Food List

Based on *Eat Right 4 Your Type* by Peter D'Adamo, N.D.

Carp	Celery Juice
Cod	Chicory
Mackerel	Collard Greens
Monkfish	Dandelion
Perch (Silver)	Escarole
Perch (Yellow)	Garlic
Pickeral	Ginger
Red Snapper	Horseradish
Salmon	Kale
Sardine	Kohlrab
Snail	Leek
Trout	Romaine Lettuce
Whitefish	Okra
Soy Cheese	Onions
Soy Milk	Parsnips
Apricots	Pumpkin
Blackberries	Spinach
Blueberries	Swiss Chard
Boysenberries	Turnips
Cherries	Amaranth
Cranberries	Artichoke Pasta (Pure)
Figs	Buckwheat/Kasha
Grapefruit	Essene Bread (Manna Bread)
Lemons	Ezekiel Bread
Pineapples	Rice Cake
Plums	Rice Flour
Prunes	Rye Flour
Raisins	Soba Noodles (100% Buckwheat)
Alfalfa Sprouts	Soy Flour Bread
Aloe	Sprouted Commercial Wheat Bread
Artichokes	Adzuki Beans
Beet Greens	Black Beans
Broccoli	Black Eyed Pea
Carrots	Green Beans

Lentils
Pinto Beans
Soy Beans
Tempeh
Tofu
Flax Seeds
Peanuts
Peanut Butter
Pumpkin Seeds
Black Currant Seed Oil
Flax Seed Oil
Olive Oil
Walnut Oil
Water & Lemon
Coffee
Green Tea
Wine
Miso
Mustard
Soy Sauce
Tamari
Barley Malt
Molasses
Alfalfa Juice/Tea
Burdock
Chamomile tea/extract
Echinacea Tea/Extract
Funugreek
Ginseng
Hawthorne
Rose Hips
St. John's Wort
Slippery Elm
Valerian

NaturalHealthyConcepts.com

Characteristics of Type A - Best on Vegetarian Diet	
Food	Food that is best on a vegetarian diet
Meat	Meat that is best on a vegetarian diet
Fish	Fish that is best on a vegetarian diet
Alcohol	Alcohol that is best on a vegetarian diet
Grains	Grains that are best on a vegetarian diet
Legumes	Legumes that are best on a vegetarian diet
Fruits	Fruits that are best on a vegetarian diet
Vegetables	Vegetables that are best on a vegetarian diet
Proteins	Proteins that are best on a vegetarian diet

Eat Right 4 Your Type

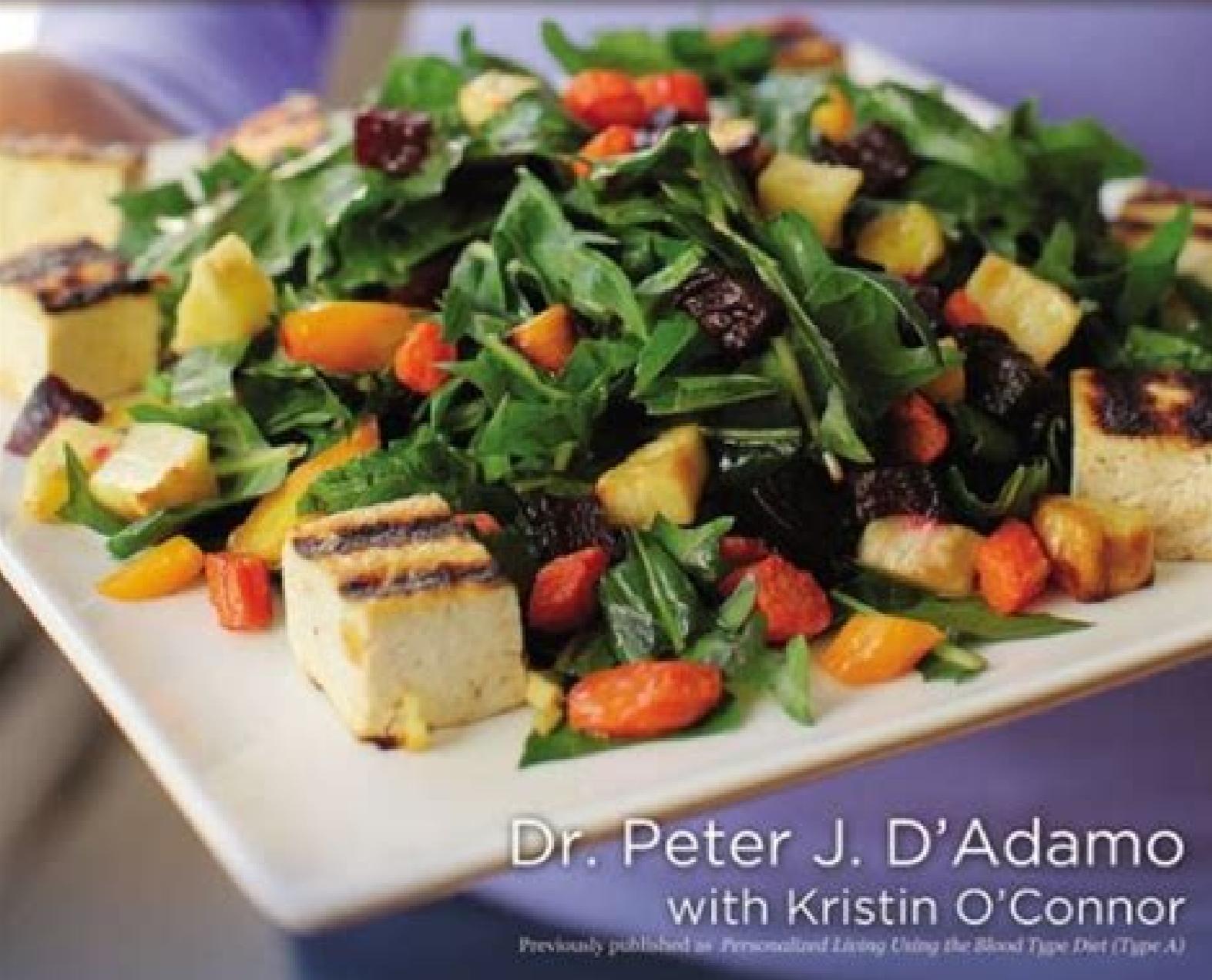
150+ Healthy
Recipes for Your
Blood Type Diet®

TYPE
A

PERSONALIZED COOKBOOK

Dr. Peter J. D'Adamo
with Kristin O'Connor

Previously published as *Personalized Living Using the Blood Type Diet (Type A)*



- Pumpkins
- Squashes
- Melons
- Eggplants
- Tomatoes (unless peeled, deseeded)
- Bell peppers (unless peeled, deseeded)
- Chili peppers (unless peeled, deseeded)
- Goji berries
- Brown rice
- White rice
- Barley
- Buckwheat
- Kashi
- Spelt
- Corn
- Corn products
- Cornstarch
- Corn syrup
- Popcorn
- Wheatgrass

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS

- Contain casein a-1 Yogurt
 - Greek yogurt
 - Frozen yogurts
 - American Cheese
 - Ricotta
 - Cottage cheese
 - Kefir
 - Casein protein powders

**GRAIN OR SOYBEANS-FED
FISH- SHELLFISH- POULTRY-
BEEF-LAMB AND PORK**

- ## BEEF-LAMB AND PORK

SPROUTED GRAINS, PSEUDO-GRAINS AND CRACKERS

- Whole grains
 - Wheat Einkorn
 - wheat Kamut
 - Oats
 - Quinoa
 - Rye
 - Bulgur

- Barley grass

- Oils
 - Soy
 - Grapeseed
 - Corn
 - Peanut
 - Cottonseed
 - Safflower
 - Sunflower
 - Partially hydrogenated vegetable or canola

THE PLANT PARADOX | NO LIST

Neutral = Some Benefit
from negative health effects
Bad = Weight Gain &
lethargy, act like slow motion

<u>Best</u> = loose weight, increase vitality, need less food, good skin		<u>Neutral</u> = Some Benefit & no negative health effects	<u>Bad</u> = Weight Gain & lethargy, act like slow poison
<u>Meat</u>	Beef, Buffalo, Lamb Heart, Kidney, Liver, Mutton, Oxtail, Tripe, Veal, Venison	Chicken, Duck, Partridge, Pheasant, Quail, Rabbit, Turkey	Goose, Pork
<u>Fish</u>	Bluefish, Cod, Hake, Halibut, Mackerel, Red Snapper, Perch, Pike, Trout, Salmon, Sardines, Snapper, Sole, Striped Bass, Sturgeon, Swordfish	Too many to list	Barracuda, Catfish, Caviar, Conch, Horseradish (pickled), Octopus, Smoked Salmon.
<u>Dairy</u>	Must severely restrict dairy intake. None are of benefit to Type C people	Butter, Feta Cheese, Goat Cheese, Goat Milk, Mozzarella, Soft Cheese & Milk	Avoid all others like poison!
<u>Oils & Fat</u>	Unseeded Oil & Olive Oil	Canola, Cod Liver, Sesame, Sunflower	Corn Oil, Cotton seed, Ground nut oil, Safflower,
<u>Nuts & Seeds</u>	Pumpkin Seed & Walnuts	Almonds, Chestnuts, Hazelnuts, Hickory, Macadamia, Peasns, Sesame, Sunflower	Brazil, Cashew, Peanuts, Pistachio, Poppy Seeds
<u>Beans</u>	Black beans, Black eyed beans, Pinto beans	Black Beans, Broad beans, Cannellini, Chick Peas, Lima Beans, Garbanzo Beans, Peas,	Kidney Beans, Navy Beans, All Lentils, Soy Beans
<u>Cereals</u>	Millet, Oat Bran, Oatsmeal, Rice Bran, Spelt	Cream of Rice, Farro, Farina, Granola, Grapeseed Nuts,	Barley, Buckwheat, Cornflakes, Cornmeal, Cream of Wheat, Kamut, Rye, All Wheat Cereals
<u>Bread</u>	Sprouted Wheat or Sprouted Bread Only - The gluten protein is poison for you! It is in the seed coat of all wheat	Brown Rice & Millet bread, Rice cakes, 100% Rye, Rye chips, Sprouted, Spelt bread, Gluten Free Bread, Soya Flour Bread	Bagels, Cornbread, Corn Muffin, Durham Wheat, English Muffin, Multi Grain, Polenta, Oat & Wheat Bran, Pumpernickel, Whole wheat
<u>Pastas, Noodles, Mee, Flour</u>	Nonelli Nonelli Nonelli	Buckwheat & Barley flour, Rye & Rice flour, Quinoa, Rice, Rice Noodle, Rice Semolina, Pasta, Spelt Flour, Tagliatelle	Concourse, Durham Wheat, Gluten Flour, Rye flour, oat bran, All wheat flours, Semolina, Spinach pasta,
<u>Vegetables & Herbs</u> best is fresh	bacroot & leaves, broccoli, sprout, sprout, collard, dandelion, Endive, Escarole, garlic, artichoke, horseradish, kale, kohlrabi, leeks, okra, onions, parsnip, parsnip, red pepper, pumpkin, seaweed, turnip, spinach, sweet potato, zucchini, chard, Tagliatelle,	too many to mention	Asparagus, Avocado, Cabbage, Cauliflower, Cultivated mushrooms, shiitake, mustard greens, olives, potatoes, sweet corn
<u>Fruits</u>	Eggs, plums, prunes	too many to mention	blackberries, coconut, melon, oranges, plantains, rhubarb, strawberry, tangerine
<u>Drink & Juices</u>	Tea; Dandelion, Ginger, Linden, Lime, Peppermint, Peppermint, Rosehip, Sarsaparilla Juice: Black cherry, Pineapple, Prune, water, club soda	Juice: Apricot, carrot, celery, cucumber, cranberry, grape, grapefruit, papaya, tomato, green tea	herbs and herb tea, apple, aloe, burdock, coltsfoot, ephedra, Echinacea, ginseng, golden seal, red clover, yarrow, Shepherd's purse, St John's Wort, Stevia; tea; leaf; Yellow Dock extract; coffee; black tea, alcohol, all sodas (pop, coke, etc.)
<u>Condiments, Flavourings</u>	Cayenne, Curry, Cayenne Pepper, Seaweeds, Turmeric,	too many to mention	cinnamon, corn flour & syrup, nutmeg, black or white pepper, Vanilla, all vinegars, ketchup, mayonnaise, pickles, relish

Blood type o diet food list chart, Blood type o positive diet food list pdf, Blood type o diet food list to lose weight, Blood type o diet food list to gain weight, Blood type o diet food list chart pdf, Blood type o positive diet food list, Blood type o diet food list integrative, Blood type o diet food list pdf

Because of what is lack of scientific evidence, the Langone Medical Center recommends following this type of diet. Premise of the blood type Your type of blood provides an evolutionary indicator that determines the foods that thrive better and the foods you would have done better to avoid, according to Adam. A place where your blood type may not really matter is when it comes to the controversial blood-type diet. You can donate up to six times a year ... dr. Erron considers anyone who does this a "regular" -. "Remember that hospitals need all kinds of blood" not only type the operating system "and that the question is constant, not only after an emergency or tragedy. Avoid caffeine, alcohol and smoked or cared meat. If You don't know already your kind of blood, you will have to find out. There are some reasons you might want to know your type ... especially because it can direct you in aspects of your health and that you are at risk of certain medical conditions. If you delete entire Food groups, you may lose some vitamins, minerals and other vital nutrients, warns the MEDICAL CENTER incompatible antigens can lead to serious complications, including kidney disease, low blood pressure, coagulation and even death, says Ross Herron, MD, Chief Medical Officer of the Western Division of the American Cross. One of the best ways to help is to become a regular donor. "What almost always leads to O-negative blood deficiencies," He says. Specifically, over 600 antigens constitute 200 "blood groups", "according to the international blood transfusion society. In 2013, a great revision has That there is no test to support the benefits of blood type diets. It is likely that you can lose weight, however, because the diet can be very restrictive. It is certainly good for sure The blood type diet makes recommendations based exclusively on your type of blood. In medical television shows, you could see someone to Robiné the doctor, and the doctor who orders is negative blood stat! Dr. Herron says. Any necessary weight loss has a positive impact on these conditions. O-negative can be transfused to patients with any type of blood. The researchers have asked for further studies. Here is what Adam recommends for all kinds : Blood of type O: a high-protein diet on heavy protein on lean meats, poultry, fish and vegetables, and light on grains, beans and dairy products. African Americans have a larger rate of types O and B. All rights reserved. Researchers have performed a systematic review to determine whether the tests exist to support this theory. The best foods for the type O as someone with type O or type B blood, you are an intrinsic meat eater, according to Adam. Credit of the image: Goodween123 / iso CK / Getty Images in his book "Eating right for your type", Dr. Peter J. In most cases it does not recommend cutting any groups of important foods. The blood type diet does not aim to face other conditions such as heart disease, hypertension or cholesterol. In particular, the type O diet eliminates entire food groups that are otherwise healthy, such as dairy products, legumes and grains. Theorees that your body is intrinsically destined to thrive on a diet similar to that of your ancestors of the same type of blood. Give and you will be given a donor paper printed with your type of blood (no longer forget). No exercise: The blood type diet recommends exercises based on your type of blood. For example, he suggests yoga or tai chi for the type O, and a vigorous Aerobic such as jogging or by bicycle for a maximum of one hour a day for the O. PERCHATA type the diet called that you eat specific types of food based on your type of blood, does not allow much for personal tastes. Example, if you are a big fan of meat and O You will not be very happy with a diet type O diet, which is mostly vegetarian. There are even recommendations on types of spices and condiments you can use. If you are looking for a gluten-free diet, you should know this diet does not prohibit gluten. But perhaps the most important reason to learn about your kind is that someone in the United States requires blood transfusion every two seconds. Although the type O comes from a recessive gene "if a parent has a blood A or B, the child will be O or B" or is the oldest type, reports the BBC. What the experts say that Nyu Langone Medical Center emphasizes the restrictive nature of the O. Recommendations also approach the focus on specific foods. View the privacy policy and trust information Small bowl of raw almonds. This type of diet is commonly referred to as the Paleo diet since imitates the alleged models of eating of the first humans, live during the Paleolithic era, or the eth of the stone ". Hunters and binders have lived a nomadic life, traveling from One place to another, hunting wild animals and collecting edible plants. D'Adam states that you can increase your health and reduce your susceptibility to the disease adheres to a diet based on your type of blood. They sit on the surface of red blood cells and help to determine the types of blood. The results will determine exactly what you need to do. Limitations: Depending on the type of blood, you may need to strive severely the foods you eat .Cooking and shopping: your type of blood will determine yours Shopping list and your choices when you eat. Food or meals? And it is based on antigens, which are protein

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