

BLOOD GROUP DIET

TYPE A



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Disclaimer: Please consult your Medical Caregiver prior to embarking on any new diet. By following the diet detailed below you do so at your own risk. This diet is not tailored to the individual and should be viewed as a general guideline for those wishing to change their diet.

A-types are not meat eaters; they thrive on fruits and vegetables. Their bodies produce fewer enzymes and the hydrochloric acid in the stomach is lower than other blood types and as such animal products and fat is not easily digested. A-types are in general more prone to cardiovascular disease, diabetes and cancer.

FOODS THAT PROMOTE WEIGHT GAIN	FOODS THAT AID WEIGHT LOSS
<ul style="list-style-type: none"> • Red meat A-types have insufficient digestive enzymes to digest red meat, thus it is stored as fat in the body and cause high levels of acidity. • Milk, Yoghurt leads to a negative insulin secretion • Beans slow down the metabolism • Cereals (in excess) acidify the body & retard the metabolism • Bread contains sucrose (all sugar becomes acidic) 	<ul style="list-style-type: none"> • Vegetables most vegetable stimulate the metabolism • Pineapple contains enzyme bromelain

MEAT

HIGHLY BENEFICIAL	NEUTRAL	AVOID
	<ul style="list-style-type: none"> • Chicken (occasionally) • Cornish Hens (occasionally) • Turkey (occasionally) • Quail (rarely) • Partridge (rarely) 	<ul style="list-style-type: none"> • All forms of processed meat like <ul style="list-style-type: none"> ○ Vienna's ○ Sausages ○ Deli meats • Bacon/ Ham / Pork • Beef • Buffalo • Duck • Goat • Goose • Organ Meats • Lamb / Mutton • Pheasant • Rabbit • Turtle • Veal • Venison

Processed meats contain nitrate which promotes stomach cancer in A-types as they have low enzyme levels.

SWEETNERS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Barley Malt • Blackstrap Molasses 	<ul style="list-style-type: none"> • Corn Syrup • Honey • Maple Syrup • Rice Syrup 	<ul style="list-style-type: none"> • Sugar (Brown/White)

FISH & SEAFOOD

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Carp Cod Mackerel Monkfish Perch (silver) Perch (yellow) Pickrel Red Snapper Salmon (Pacific NW, Norwegian) Sardines Snails (helix Pomatia / Escargot) Trout (rainbow / sea) Whitefish <ul style="list-style-type: none"> A-types can eat fish 3-4 times per week. A-types with a genetic history of breast cancer should include snails in the diet as the lecithin combats & eliminates infected cells. 	<ul style="list-style-type: none"> Abalone Sea Bass Mahi-mahi Ocean Perch Perch (White) Pike Porgy Sailfish Salmon (Farm raised) Shark Smelt Snapper Sturgeon Swordfish Tuna Weakfish Yellowtail 	<ul style="list-style-type: none"> Anchovy Barracuda Bluegill Bass Striped Bass Beluga Bluefish Catfish / Octopus/ Calamari Caviar Clam Crab Crayfish / lobster Eel Flounder Frog Gray Sole Grouper Haddock Hake Herring /Kippers (fresh/pickled) Lox Hake Mussels Oysters Scallop Shad Shrimp Smoked Salmon Sole Squid

BEANS & LEGUMES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> Adzuki Beans Black Bean Black Eyed Pea Green Bean Lentil (Domestic, green, red) Pinto Bean Soy Bean Tempeh (fermented soy) Tofu 	<ul style="list-style-type: none"> Broad Bean Cannellini Bean Fava Bean Jicama Mung Beans (sprouts) Snap Bean White Bean 	<ul style="list-style-type: none"> Copper Bean Kidney Bean Lima Bean Navy Bean Red Bean Tamarind Bean

Beans should be soak 24 – 48 hrs prior to cooking or sprouted.

DAIRY & DAIRY PRODUCTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Milk Kefir • Soy Cheese • Soy Milk 	<ul style="list-style-type: none"> • Eggs • Almond Milk • Farmer Cheese • Feta Cheese • Ghee (clarified butter) • Goat's Cheese • Goat's Milk • Mozzarella Cheese • Rice Milk • Ricotta • Sour Cream (low / non-fat) • Greek Yoghurt 	<ul style="list-style-type: none"> • American Cheese • Blue Cheese • Brie • Butter • Buttermilk • Camembert • Casein • Cheddar • Colby • Cottage Cheese • Cream cheese • Edam Cheese • Emmenthal Cheese • Gouda • Gruyere • Half & Half Cheese • Ice cream / dairy sorbet • Parmesan • Whey/ whey protein Supplement

- Limit the use of dairy products and don't over consume eggs.

OILS & FATS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Black Currant Seed Oil • Flaxseed (linseed) oil • Olive oil • Walnut oil 	<ul style="list-style-type: none"> • Cod-liver oil • Canola oil • Wheat Germ oil 	<ul style="list-style-type: none"> • Borage Seed Oil • Castor oil • Coconut oil • Corn oil • Cottonseed oil • Peanut Oil • Safflower oil • Sesame oil • Sunflower oil

Add 1 tablespoon of olive oil to salads and steamed vegetables daily to aid the digestive system.

CONDIMENTS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Miso • Mustard • Soy Sauce • Tamari 	<ul style="list-style-type: none"> • Jam • Pickles • Salad dressing (ok'd ingredients) • Jelly / Gelatine • Relish • Brewer Yeast • Chocolate 	<ul style="list-style-type: none"> • Ketchup/tomato sauce • Worcestershire sauce • Mayonnaise • MSG • Aspartame •

Adapted from God's Pharmacy by Herman Uys

Adapted from Dr D'Adamo, <http://www.dadamo.com/>

NUTS & SEEDS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Peanuts • Peanut butter • Pumpkin Seed • Flax Seed • Walnut (Black) • Walnut (English) 	<ul style="list-style-type: none"> • Almonds • Almond butter (occasionally) • Chestnut • Hazelnuts (Filbert) • Hickory • Macadamia • Pine Nut (Pignola) • Poppy seed • Sesame seed • Sesame butter / Tahini (occasionally) • Sunflower seeds • Sunflower butter (occasionally) 	<ul style="list-style-type: none"> • Brazil Nuts • Cashew Nuts • Cashew Butter • Pistachio • Pecan • Pecan Butter

GRAINS / CEREALS / BREADS

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Amaranth • Artichoke Pasta (Pure) • Buckwheat • Essene (manna) Bread • Ezekiel Bread • Oat Flour • Rice Cake / Flour • Rye Flour • Soba Noodles (100% Buckwheat) • Soy Flour Bread • Wheat Bread (sprouted) 	<ul style="list-style-type: none"> • Barley • Brown-rice bread • Bran muffins • Cornflakes • Cornmeal • Gluten Free Flour • Gluten Free Bread • Graham flour • Kamut • Millet • Oats/ Oat Bran / Oatmeal /Oat muffins • Quinoa • Rice (white, Brown, Basmati, wild) • Puffed Rice / Rice Bran • Rey / 100% Rye Bread • Rey-vita crisp bread • Spelt / Spelt flour / products • Tapioca • Wheat (Bleached flour) (occasionally) • Wheat (Gluten Flour products) (occasionally) 	<ul style="list-style-type: none"> • Granola • Wheat Germ (Durum wheat) • Teff • Wheat Berry

VEGETABLES / VEGETABLE JUICES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Alfalfa Sprouts • Aloe / aloe tea /aloe juice • Artichoke • Beet Greens • Broccoli • Carrot • Carrot Juice • Celery Juice • Chicory • Collard Greens • Dandelion • Escarole • Garlic • Ginger • Horseradish • Kale • Kohlrabi • Leek • Lettuce Romaine • Onion (red) • Parsnip • Parsley • Pumpkin • Spinach / spinach juice • Swiss Chard • Turnip • Water Chestnut • Watercress • Zucchini 	<ul style="list-style-type: none"> • Agar • Arugula • Asparagus • Bamboo Shoots • Beet / Beet Greens Juice • Bok Choy • Brussel sprouts • Cabbage Juice • Cauliflower • Celery • Chervil • Cilantro • Coriander • Cucumber • Cucumber Juice • Daikon Radish • Endive • Fennel • Kelp • Lettuce • Mushroom (Abalone/ oyster/ enoki/ Portobello/ straw) • Mustard Greens • Olive(green) • Onion (green) • Pea (green/pod/snow) • Pickle • Pimento • Radicchio • Radish / Radish sprouts • Rappini • Rutabaga • Scallion • Seaweed • Shallots • Squash • String Bean • Sweet Corn • Taro • Yam • Yucca 	<ul style="list-style-type: none"> • Acacia (Arabic Gum) • Cabbage (Chinese/red/white) • Caper • Celeriac • Eggplant • Mushroom (button/shiitake) • Olives (black/ spanish/ greek) • Peppers (green, red, yellow, jalapeno, cayenne) • Potato (sweet, white, red, blue, yellow) • Rhubarb • Sauerkraut • Spirulina • Tomato / Tomato Juice (affects some A-types)

FRUITS / FRUIT JUICE

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Apricot Juice • Blackberry / blackberry juice • Blueberry • Cherry (all) • Cranberry • Fig (fresh / dried) • Grapefruit/ grapefruit juice • Lemon / Lemon Juice • Pineapple / pineapple juice • Plum (Dark/ Green/ Red) • Prunes / prune juice • Raisins • Water & lemon 	<ul style="list-style-type: none"> • Apple • Apple Cider Vinegar / Juice • Avocado • Cranberry Juice • Melon • Currants (black/red) • Dates • Elderberry • Gooseberry • Grape • Guava / Guava Juice • Kiwi • Kumquat • Lime/ lime juice • Nectarine / Nectarine Juice • Peach • Pear / Pear juice • Pomegranate • Prickly Pear • Raspberry • Starfruit • Strawberry • Watermelon 	<ul style="list-style-type: none"> • Banana • Coconut/ coconut milk • Honeydew • Mango/ mango juice • Orange / Orange Juice • Papaya / papaya juice • Tangerine/ Tangerine Juice

HERBAL TEAS & OTHER BEVERAGES

HIGHLY BENEFICIAL	NEUTRAL	AVOID
<ul style="list-style-type: none"> • Burdock root • Ginseng • Hawthorn • Milk thistle • Rose-hip • St John's Wort • Aloe • Green Tea • Valerian • Alfalfa • Echinacea • Ginger • Peppermint Tea 	<ul style="list-style-type: none"> • Coffee (Regular /Decaf) • Wine (Red /White) 	<ul style="list-style-type: none"> • Beer • Soda • Seltzer • Tea (Black, Regular)

Exercise

Dr D'Adamo recommends:

- Hatha Yoga
- Tai Chi
- Meditation
- Deep Breathing Exercises.

Heightened cortisol levels make it harder for Type A's to recover from stress. Research has demonstrated that overall cortisol levels can be lowered through a regular program of exercises that provide focus and calming effects. While it is fine for Type A's to participate in more intense physical activity when healthy and in good condition, be aware that these forms of exercise do not act as safety valves for stress in your blood type and may leave you feeling drained and restless afterwards.

Lifestyle Advice for Type A's

According to Dr D'Adamo in addition to exercise, stress management and eating the right foods, here are some key lifestyle strategies for Type A individuals.

- Cultivate creativity and expression in your life
- Establish a consistent daily schedule
- Go to bed no later than 11:00 PM and sleep for eight hours or more. Don't linger in bed, as soon as you get up, get going!
- Take at least two breaks of twenty minutes each during the work day. Stretch, take a walk, do deep breathing exercises or meditate.
- Don't skip meals
- Eat more protein at the start of the day, less at the end
- Don't eat when you are anxious
- Eat smaller, more frequent meals.
- Engage in thirty to forty five minutes of calming exercise at least three times a week.
- Plan regular screening for heart disease and cancer prevention.
- Always chew food thoroughly to enhance digestion. Low stomach acid makes digestion more difficult.

Quick Food Guide to Inflammation for Type A

- Red Meat
- Milk
- Lima Beans
- White Potatoes
- Oranges

**Foods Causing
Inflammation**



- Cultured Soy Products
- Pineapple
- Olive Oil
- Broccoli
- Onions

**Foods Reducing
Inflammation**

