

## BLOOD TYPE A DIET

	Highly Beneficial	Neutral	Avoid	Servings p/w
<b>Vegetables</b>	Alfalfa Beetroot Broccoli Collard Garlic Globe artichoke Kale Leeks Lettuce Orka Onions Parsley Parsnips Pumpkins Spinach Tofu Turnips	Asparagus Avocado Bok Choy Carrots Cauliflower Celery Coriander Cucumber Mesclun Mushrooms Olives Radish Rocket Seaweed Squash Sweetcorn Water cress Zuchinni	Cabbage Capsicums Eggplants Potatoes Sweet Potatoes Tomatoes	Raw  115-175g 2-5 p/w  Cooked  40-175g 5-6 p/w
<b>Fruit</b>	Apricots Cherries Figs Grapefruit Lemons Pineapple Plums Prunes Raisins	Apples Blubberies Cranberries Dates Grapes Guava Kiwi Melons Nectarines Peaches Pears	Bananas Coconuts Mangoes Oranges Paw paw Plantains	1 Fruit/90-140g 3-4p/w

		Pomegranates Raspberries Strawberries		
<b>Nuts</b>	Peanuts Pumpkin seeds	Almonds Hazelnuts Macadamia Pine Sesame seeds Sunflower seeds Tahini Walnuts	Brazil Pistachio Cashew	Small handful  2-5 p/w
<b>Dairy/Eggs</b>		Eggs Feta Goat's products Kefir Ricotta Yogurt	Brie Butter Camembert Cottage Chesse Ice cream Parmesan	Eggs  1-3 p/w  Dairy  0-4 p/w
<b>Meat</b>		Chicken Turkey	Bacon Cheap cuts/offals Lamb Beef Duck Venison	Lean red meat 115-175g 1 p/w Poultry 115-175g 0-3 p/w
<b>Seafood</b>	Cod Grouper Mackerel Red Snapper Rainbow trout Salmon Sardine	Snapper Swordfish	Crab Lobster Mussels Oysters Prawns Scallops Squid	115-175g 1-4 p/w
<b>Oils &amp; Fats</b>	Linseed Olive oil	Cod liver oil	Sesame oil	1 tbsp 2-6 p/w

<p><b>Cereals</b></p>	<p>Amaranth Buckwheat Rice cakes</p>	<p>Barley Cornflakes Cream of rice Gluten-free bread Millet Oat Rice Rye Spelt</p>	<p>Granola Wheat</p>	<p>115-175g 5-9 p/w  1 slice 3-5 p/w</p>
<p><b>Beans</b></p>	<p>Aduki Black beans Lentils</p>	<p>Broad beans Cannellini Green beans Sugar snap beans and peas Peas White beans</p>	<p>Chickpeas Kidney Lima Navy Red</p>	<p>60-90g 3-6 p/w</p>
<p><b>Spices</b></p>	<p>Barley Malt Blackstrap molasses Garlic Ginger Miso Tamari</p>	<p>Allspice Anise Arrowroot Basil Bay leaf Carod Chives Chocolate Cinnamon Coriander Cornflour Cumin Curry powder Dill Honey Maple syrup Mint Mustard</p>	<p>Gelatine Pepper Vinegars</p>	

		Nutmeg Paprika Parsley Peppermint Rosemary Sage Salt Sugar Tarragon Thyme Turmeric Vanilla		
<b>Condiments</b>	Mustard	Jam Pickles Relish Salad dressings	Tomato sauce Mayo Worcestershire sauce	