

Some Blood Type A Foods for your shopping list

Unless I have indicated that you may have a sensitivity to these, or to avoid

Some of the Blood Type A avoid foods (avoid 80% of the time) are: vinegar, all types (plus condiments containing vinegar e.g. Ketchup, mayonnaise), chick peas and chickpea flour, yeast, chilli powder, pepper, beer, tomato juice, black tea, distilled liquor, orange, tangerine, honeydew melon, banana, coconut, coconut oil, cabbage, capers, olives, potato, sauerkraut, sweet potato, wheat, kidney beans, lima beans, Navy beans (baked beans), corn oil, lard, margarine, palm oil, peanut oil, coconut, casein, cow's milk, whey protein, ham, beef, duck, lamb, partridge, pheasant, quail, rabbit, veal, venison, anchovy, crab, crayfish, caviar, clam, sole, flounder, hake, halibut, grouper, herring, lobster, mussels, octopus, smoked salmon, scallop, shrimp.

Produce	Fruit	Misc
<input type="checkbox"/> Artichokes <input type="checkbox"/> Alfalfa sprouts <input type="checkbox"/> Aloe vera <input type="checkbox"/> Beetroot greens <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Chicory <input type="checkbox"/> Dandelion greens <input type="checkbox"/> Fennel as vegetable <input type="checkbox"/> Jerusalem artichoke <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Lettuce Romaine <input type="checkbox"/> Leeks <input type="checkbox"/> Onions <input type="checkbox"/> Mushroom <input type="checkbox"/> Pumpkin (in season) <input type="checkbox"/> Spinach <input type="checkbox"/> Parsley <input type="checkbox"/> Sea vegetables: kelp, kombu, nori, bladderwrack <input type="checkbox"/> Swiss chard <input type="checkbox"/> Turnip	<input type="checkbox"/> Apricots <input type="checkbox"/> Blueberries <input type="checkbox"/> Blackberries <input type="checkbox"/> Cherries <input type="checkbox"/> Cranberries <input type="checkbox"/> Figs <input type="checkbox"/> Pineapple (high sugar) <input type="checkbox"/> Grapefruit (not with certain medications) <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Plum <input type="checkbox"/> Prune	<input type="checkbox"/> Olive oil <input type="checkbox"/> Walnut oil <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Walnuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Peanut butter <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Adzuki beans <input type="checkbox"/> Soya beans <input type="checkbox"/> Lentil beans <input type="checkbox"/> Black-eyed peas <input type="checkbox"/> Brown rice bread <input type="checkbox"/> Soy sauce (gluten free) <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Ginger tea <input type="checkbox"/> Chamomile tea <input type="checkbox"/> Green tea <input type="checkbox"/> Red wine

Cont...

<p>Baking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brown rice flour <input type="checkbox"/> Buckwheat flour <input type="checkbox"/> Oat flour <input type="checkbox"/> Brown rice flour <input type="checkbox"/> Baking powder <input type="checkbox"/> Sea salt <input type="checkbox"/> Agave <input type="checkbox"/> Blackstrap molasses 	<p>Protein</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tofu <input type="checkbox"/> Tempeh <input type="checkbox"/> Chicken <input type="checkbox"/> Guinea fowl <input type="checkbox"/> Ostrich <input type="checkbox"/> Turkey <input type="checkbox"/> Cod <input type="checkbox"/> Salmon <input type="checkbox"/> Red snapper <input type="checkbox"/> Trout <input type="checkbox"/> Atlantic mackerel <input type="checkbox"/> Whiting <input type="checkbox"/> Sardine <input type="checkbox"/> Pollock <input type="checkbox"/> Carp <input type="checkbox"/> Mackerel <input type="checkbox"/> Monkfish 	<p>Nuts and Seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chinese chestnuts <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Peanuts <input type="checkbox"/> Peanut butter <input type="checkbox"/> Peanut flour <input type="checkbox"/> Pumpkin seed <input type="checkbox"/> Walnuts <input type="checkbox"/> Almonds <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Hemp seeds <input type="checkbox"/> Poppy Seeds <input type="checkbox"/> Macadamia nuts <input type="checkbox"/> Pecans <input type="checkbox"/> European Chestnuts
<p>Oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Olive oil (only heat to low temperature) Do not heat: <input type="checkbox"/> Apricot Kernel <input type="checkbox"/> Blacurrant Seed oil <input type="checkbox"/> Camelina oil <input type="checkbox"/> Flaxseed (linseed) oil <input type="checkbox"/> Walnut oil 	<p>Beans and legumes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adzuki bean <input type="checkbox"/> Black bean <input type="checkbox"/> Black-eyed pea <input type="checkbox"/> Broad bean fava <input type="checkbox"/> Great Northern Bean <input type="checkbox"/> Green Bean <input type="checkbox"/> Sprouted lentils <input type="checkbox"/> Lentils, all types <input type="checkbox"/> Natto <input type="checkbox"/> Pinto bean <input type="checkbox"/> Soyabean <input type="checkbox"/> Butter bean <input type="checkbox"/> Haricot-vert bean 	<p>Grains and Cereals</p> <ul style="list-style-type: none"> <input type="checkbox"/> Amaranth <input type="checkbox"/> Artichoke flour <input type="checkbox"/> Buckwheat <input type="checkbox"/> Flaxseed <input type="checkbox"/> Larch fibre <input type="checkbox"/> Lentil flower / dahl <input type="checkbox"/> Oat bran <input type="checkbox"/> Oatmeal, oat flour oats <input type="checkbox"/> Poppadum <input type="checkbox"/> Soyabean flower
<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Soy milk <input type="checkbox"/> Eggs <input type="checkbox"/> Ghee <input type="checkbox"/> Feta cheese <input type="checkbox"/> Goats cheese 	<p>Beverages</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aloe juice <input type="checkbox"/> Echinacea tea <input type="checkbox"/> Ginger tea <input type="checkbox"/> Ginseng tea <input type="checkbox"/> Green tea <input type="checkbox"/> Hawthorn tea <input type="checkbox"/> Lemon & water <input type="checkbox"/> Soya milk <input type="checkbox"/> Rose hip tea <input type="checkbox"/> Slippery elm tea <input type="checkbox"/> Valerian tea <input type="checkbox"/> Vegetable juice <input type="checkbox"/> Red wine <input type="checkbox"/> Chicory coffee 	<p>Herbs & Spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dry mustard <input type="checkbox"/> Fennel <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Horseradish <input type="checkbox"/> Parsley <input type="checkbox"/> Turmeric