

# Blood Group A – The Eat Right Diet by Dr. Peter D'Adamo or Healthy Happy Eating by Sue Visser.

<http://www.dadamo.com/typebase4/typeindexer.htm>

Food Type	Beneficial Food	Neutral Food	Foods to Avoid
<b>Meat &amp; Poultry</b>	None	Chicken, Ostrich, Pigeon, Turkey	Bacon, Beef, Duck, Goat, Goose, Ham, Lamb, Mutton, Partridge, Pork, Quail, Rabbit, Veal, Venison
<b>Fish &amp; Seafood</b>	Carp, Cod, Grouper, Mackerel, Monkfish, Red Snapper, Salmon (Atlantic, Pacific, Wild), Sardine, Snails, Trout	Abalone, Butterfish, Pike, Sailfish, Sea Bass, Shark, Snapper, Sturgeon, Swordfish, Trout, Tuna	Anchovy (European), Barracuda, Bass, Beluga, Calamari, Catfish, Caviar, Clam, Crab, Crayfish, Eel, Frog's Legs, Haddock, Hake, Halibut, Herring, Lobster, Mussels (Blue), Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid (Calamari)
<b>Dairy &amp; Eggs</b>	None	Egg, Feta Cheese, Goat's Cheese / Milk, Yoghurt, Kefir, Low Fat Mozzarella, Ricotta Cheese, Sour Cream, Whole Milk	Blue, Brie, Camembert, Cheddar, Cottage, Cream, Edam, Gouda, Parmesan Cheese, Butter, Buttermilk, Ice Cream, Milk (Cow), Swiss, Whey
<b>Oils</b>	Black Currant, Flax/Linseed, Olive Oil, Walnut Oil	Almond Oil, Avocado, Borage, Canola, Cod Liver, Evening Primrose, Safflower, Sesame, Soy, Sunflower, Wheat Germ Oil	Coconut Oil, Corn, Cottonseed, Peanut Oil
<b>Nuts &amp; Seeds</b>	Flax Seed, Peanut, Peanut Butter, Pumpkin Seed, Walnut	Almond, Chestnut, Hazelnut, Hickory Nuts, Macadamia Nuts, Pecan, Pine Nut, Poppy Seed, Sesame Seed, Sunflower Seeds, Tahini	Brazil Nut, Cashew Nut, Pistachio Nut
<b>Beans &amp; Legumes</b>	Aduki Bean, Black Bean, Black-Eyed Pea, Green Bean, Lentil, Pinto Bean, Soya Bean, Tempeh, Tofu	Cannellini Bean, Sugar Snap Bean and Pea, Pea, White Beans	Chickpea, Kidney Bean, Lima Bean, Navy Bean, Red Beans
<b>Grains &amp; Starches</b>	Amaranth, Artichoke flour, Buckwheat, Essene Bread, Oat, Rice flour, Rice Cakes, Rye (100%), Soy Flour, Soy Flour Bread	Barley, Corn, Cornmeal, Couscous, Cream of Rice, Durum Wheat, Gluten, Kamut, Maize, Millet, Popcorn, Rice, Sorghum, Spelt, Tapioca, Wheat	Teff, Wheat Bran, Wheat Germ
<b>Vegetables</b>	Alfalfa Sprouts, Aloe, Artichoke, Beetroot Leaves, Broccoli, Carrot, Celery, Chicory Root, Collard Greens, Dandelion Greens, Escarole, Garlic, Ginger, Horseradish, Leek, Lettuce (Romaine), Onion, Parsnip, Pumpkin, Spinach, Turnip	Asparagus, Bamboo Shoots, Beetroot, Brussels Sprouts, Cabbage Juice, Cauliflower, Celery, Cucumber, Lettuce (All Other Types), Mushroom (Enoki, Oyster, Portobella, Straw), Olive (Green, Kalamata), Peas (Green, Yellow), Radish, Seaweed, Water Chestnut, Watercress, Zucchini	Cabbage, Caper, Eggplant, Fennel (Bulb), Mushroom (Shiitake), Olive (Black, Green, Spanish), Pepper (Green, Jalapeno, Red, Yellow), Pickle (Vinegar), Potato (Red, Sweet, White), Rhubarb, Sauerkraut, Tomato, Tomato (Juice, Paste), Yam
<b>Fruit &amp; Fruit Juices</b>	Apricot, Blackberry, Cherry, Cranberry, Fig, Grapefruit, Lemon, Lime, Pineapple, Plum, Prune, Water & Lemon	Apple, Asian Pear, Avocado, Cantaloupe, Currants, Dates, Berries, Grape, Guava, Kiwi, Kumquat, Lychee, Melon (Casaba, Christmas, Crenshaw, Musk), Nectarine, Peach, Pear, Pomegranate, Prickly pear, Raisins, Strawberries, Watermelon	Banana, Coconut, Mango, Melons (Bitter, Honeydew), Orange, Papaya, Tangerine
<b>Herbs, Spices &amp; Condiments</b>	Alfalfa, Barley Malt Flower, Miso, Molasses, Parsley, Soy Sauce (Wheat Free), Turmeric	Agave Syrup, Allspice, Almond, Anise, Apple Pectin, Arrowroot, Baking Soda, Basil, Bay Leaf, Bergamot, Caraway Seed, Carob, Chervil, Chive, Chocolate (Cocoa), Coriander, Cinnamon, Clove, Corn Syrup, Cumin, Curry, Dextrose, Dill, Fructose, Guarana, Honey, Invert Sugar, Lecithin, Licorice Root, Maltodextrin, Maple Syrup, Marjoram, Mustard (Dry, Wheat & Vinegar Free), Nutmeg, Paprika, Peppermint, Rice Syrup, Rosemary, Saffron, Sage, Savory, Sea Salt, Spearmint, Stevia, Sugar, Thyme, Vanilla, Yeast (Bakers, Brewers)	Acacia (Gum Arabic), Aspartame, Carageenan, Chili Powder, Gelatin, MSG, Mustard (With Wheat or Vinegar), Pepper, Vinegar (All Types)
<b>Beverages</b>	Coffee (All types made with water), Green Tea (Made with water), Wine (Red)	Wine (White)	Beer, Black Tea (All Types), Liquor (Distilled), Seltzer Water, Soda (All types)