

## BLOOD GROUP A

Type As flourish on vegetarian diets Type As are predisposed to heart disease, cancer, and diabetes. It is particularly important for sensitive Type As to get their foods in as natural a state as possible: fresh, pure, and organic. When you **get on the Type A Diet, you will naturally be thinner**. If you are accustomed to eating meat, you'll lose weight rather rapidly in the beginning as you eliminate the toxic foods from your diet. And when you follow the Type diet, you can supercharge your immune system and potentially short-circuit the development of life-threatening diseases.

**When Type As eat meat, they experience sluggishness.** Type As have **low stomach-acid content**, therefore they **have a hard time digesting meat**. Since Type As eat very little animal protein, **nuts and seeds supply an important protein component**. Type As also **thrive on the vegetable proteins found in beans and legumes**, except those mentioned for the "Avoid" list. These beans can cause a decrease in insulin production, which may cause obesity and diabetes. **Tofu** should be a staple in the Type A Diet.

Dairy foods are also poorly digested by Type As, and can cause metabolic slowdown. Type As can tolerate small amounts of fermented dairy products such as yogurt, kefir, non-fat sour cream, and cultured dairy products.

**Vegetables are vital** to the Type A Diet, providing minerals, enzymes and antioxidants. Type A are very sensitive to the lectins in potatoes, sweet potatoes, yams, cabbage, tomatoes and peppers. They aggravate the delicate stomach of Type A. Type A should eat more fruits that are alkaline, avoid mangoes, papaya and oranges for they are not good for your digestive tract.

Foods that encourage <b>WEIGHT GAIN</b>	Foods that Encourage <b>WEIGHT LOSS</b>
• <b>MEAT</b> Poorly digested – Stored as fat	• <b>Vegetable Oils</b> Aid Efficient Digestion – Prevent fluid retention
• <b>DAIRY</b> Provoke insulin reaction and increases mucous	• <b>Soya Foods</b> Aid efficient digestion – metabolize quickly – optimize immune function
• <b>KIDNEY BEANS</b> Provoke insulin Reaction – slow metabolic rate	• <b>Vegetables</b> Aid efficient metabolism
• <b>WHEAT</b> Makes muscle tissue acidic, impairs calorie	• <b>Pineapple</b> Increases intestinal mobility – increase calorie
	utilization

# Blood Type Diet - Type A

Characteristics of Type A - <i>Best on Vegetarian Diet</i>				
	Comments	Most Beneficial	Food allowed	AVOID
<b>Meats and Poultry</b>	Type As should eliminate all meats from their diet.		Chicken, Cornish hens, Turkey	Beef, Pork, Lamb, Veal, Venison, Duck, Goose
<b>Seafood</b>		Carp, Cod, Mackerel, Monkfish, Pickerel, Red snapper, Rainbow trout, Salmon, Sardine, Sea trout, Silver perch, Snail, Whitefish, Yellow Perch	All kinds except those listed as not allowed	Anchovy, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Crab, Crayfish, Flounder, Haddock, Hake, Lobster, Mussels, Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid, Striped bass
<b>Dairy</b>	Most dairy products are not digestible		Yogurt, Mozzarella, Feta, Goat cheese, Goat milk, Ricotta, String cheese	All other cheeses and milk
<b>Fats</b>		Flaxseed oil, Olive oil	Canola Oil, Cod liver oil	Oil of corn, cottonseed, peanut, safflower and sesame
<b>Nuts</b>		Peanuts, Pumpkin Seeds	All kinds except those listed as not allowed	Brazil nuts, cashews, Pistachios
<b>Beans</b>	These beans can cause a decrease in insulin production for Type As.			Beans - copper, garbanzo, kidney, lima, navy, red, tamarind
	Type As thrive on the vegetable proteins found in beans and legumes	Beans, Lentils and Black-eyed peas	All kinds except those listed as not allowed	

<b>Grains</b>	Type As generally do well on cereals and grains. Select the more concentrated whole grains instead of instant and processed cereals.	Amaranth, Buckwheat	Oatmeal, Oats, Cornflakes, Puffed Rice	Cream of wheat, Granola, Grape nuts, Wheat germ, Seven grain, Shredded wheat, Wheat bran, Durum wheat
<b>Bread &amp; Noodles</b>	Type As have a wonderful selection and choices in grains and pastas	Bread (Essene, Soya flour, Sprouted wheat), Rice cakes, Flour (Oat, Rice, Rye), Soba Noodles, Pasta	All kinds except those listed as not allowed	English muffins, Bread (High-protein whole wheat, Multi-grain), Wheat bran muffins, Flour (white, whole wheat), Pasta (Semolina, spinach)
<b>Vegetables</b>	Type As are very sensitive to these vegetables. They have a strong deleterious effect on the Type A digestive tract.			Peppers, olives, Potatoes, Sweet potatoes, Yams, All kinds of cabbage, Tomatoes, Lima beans, Eggplant, Mushroom
	These vegetables enhance the immune system of Type As	Garlic, Onions, Broccoli, carrots, collard greens, kale, pumpkin, spinach		
	Vegetables are vital to the Type A diet, providing minerals, enzymes and Antioxidants. Eat vegetables in as natural a state as possible (raw or steamed) to preserve their full benefits	Artichoke, Chicory, Greens (Dandelion, Swiss Chard), Horseradish, Leek, Parsley, Alfalfa Sprouts, Tempeh, Tofu, Turnip	All kinds except those listed as not allowed	
<b>Fruits</b>	Most fruits are allowed for Type As, although try to emphasize more alkaline fruits can help to balance the grains that are acid forming in Type As muscle tissues	Berries (blackberries, blueberries, boysenberries, cranberries), plums, Prunes, Figs	All kinds except those listed as not allowed	
	High counts of these fruits make it hard for Type As to digest			Melons, cantaloupe, honeydew
	Type As don't do well on these fruits			Mangoes, papaya, Bananas, Coconuts
	These fruits are stomach irritant for Type As, and they also interfere with the absorption of minerals.			Orange, Rhubarb, Tangerines

	The digestive enzyme in this fruit is an excellent digestive aid for Type As	Pineapples, Cherries, Apricots	
	These fruits exhibit alkaline tendencies after digestion which has a positive effects on the Type A stomach	Grapefruit, Lemon	
Spices	The right combination of spices can be powerful immune-system boosters for Type As	Tamari, soya sauce, garlic, ginger	
	Good source of iron, a mineral that is lacking in the Type A Diet	Blackstrap molasses	
	Avoid these because the acids tend to cause stomach lining irritation		Vinegar, Pepper (black, cayenne, white), Capers, Plain Gelatine, Wintergreen
Condiments	These products should be avoided because Type As have low levels of stomach acid		Ketchup, Mayonnaise, Pickles, Relish, Worcestershire sauce
Beverages	These beverages help to improve the immune systems for Type As	Aloe, Alfalfa, Burdock, Green tea, Red wine (1 glass / day)	
	These beverages help Type As to increase their stomach-acid secretions	Ginger, Coffee (1 cup / day)	
	These don't suit the digestive system of Type As, nor do they support the immune system		Beer, Distilled liquor, Seltzer water, Soda, Black Tea

**TIPS:**

- IMPORTANT: Don't overdo it by cutting back on other meals. Enjoy life. Indulge at supper-time and weekends like you normally would.
- Assuming you are a busy individual, eating a healthy breakfast should be a breeze. Preparing a healthy lunch while eating your breakfast shouldn't be hard either. The rest is easy (1) eat your lunch (2) No snacks or soda (3) stay busy & focused at work
- Do whatever is necessary to ensure you eat the lunch you prepared (for example, leave your credit card behind)
- Cut down on coffee, try it without sugar and milk.
- While at work (even otherwise, drink plenty of water)

- Do not snack at work
- Make your lunch as colourful as possible.
- Stay focused to your diet perhaps vegetables with and you'll have the body you want in no time.
- It's possible and recommended that you eat a variety of foods.
- You will notice that you don't feel lethargic or sleepy after lunch. Don't panic, this is normal. You will also become more productive at work; this is also normal.
- Keep up the mind-set. The secret to weight loss is not found in the newest "miracle" drug or herb. True weight loss can only be found in a commitment to a change in lifestyle. Limit your calorie intake in a healthy way, not an extreme one Make exercise a fun and healthy habit, not a chore. By combining a healthy diet with regular exercise, you can give your goals the best possible chance for success and create goals that are attainable - with commitment, dedication and hard work.
- When eating out, balance out your meal with extra activity and exercise
- Keep a supply of healthy snacks in your desk or handbag for a quick and healthy boost
- Carry a few non-perishable snack alternatives in your bag rather than purchasing a more unhealthy option