

Type "A" Foods (pg 1)

MEATS & POULTRY	SEAFOOD		EGGS & DAIRY
<p>Highly Beneficial NONE</p> <p>Neutral Chicken Cornish hens Turkey</p> <p>Avoid Bacon Beef: regular, ground Buffalo Duck Goose Ham Heart Lamb Liver Mutton Partridge Pheasant Pork Quail Rabbit Veal Venison</p>	<p>Highly Beneficial Carp Cod Grouper Mackerel Monkfish Pickerel Red snapper Rainbow trout Salmon Sardine Sea trout Silver perch Snail Whitefish Yellow perch</p> <p>Neutral Abalone Albacore (Tuna) Mahimahi Ocean perch Pike Porgy Sailfish Sea bass Shark Smelt Snapper Sturgeon Swordfish Weakfish White perch Yellowtail</p>	<p>Avoid Anchovy Barracuda Beluga Bluefish Bluegill bass Catfish Caviar Clam Conch Crab Crayfish Eel Flounder Frog Gray sole Haddock Hake Halibut Herring: fresh, pickled Lobster Lox (smoked salmom) Mussels Octopus Oysters Scallop Shad Shrimp Sole Squid (calamari) Striped bass Tilefish Turtle</p>	<p>Highly Beneficial Soya Cheese* Soy Milk* <i>*Good dairy alternatives</i></p> <p>Neutral Farmer Feta Goat cheese Goat milk Kefir Mozzarella: low fat Ricotta: low fat String cheese Yogurt: regular, w/ fruit, frozen</p> <p>Avoid American cheese Blue cheese Brie Butter Buttermilk Camembert Casein Cheddar Colby Cottage Cream cheese Edam Emmenthal Gouda Gruyere Ice cream Jarlsberg Monterey jack Munster Parmesan Provolone Neufchatel Sherbet Skim or 2% milk Swiss Whey Whole milk</p>

Type "A" Foods (pg 2)

OILS AND FATS	NUTS & SEEDS	BEANS & LEGUMES	CEREALS
<p>Highly Beneficial Linseed (flaxseed) oil Olive oil</p> <p>Neutral Canola oil Cod liver oil</p> <p>Avoid Corn oil Cottonseed oil Peanut oil Safflower oil Sesame oil</p>	<p>Highly Beneficial Peanuts Peanut butter Pumpkin seeds</p> <p>Neutral Almond butter Nuts: almonds, chestnuts, filberts, hickory, litchi, macadamia, pignola (pine) Poppy seeds Sesame seeds Sesame butter (tahini) Sunflower butter Sunflower seeds Walnuts</p> <p>Avoid Brazil nuts Cashews Pistachios</p>	<p>Highly Beneficial Beans: aduke, azuki, black, green, pinto, red soy Lentils: domestic, green, red Peas: black-eyed</p> <p>Neutral Beans, cannellini, broad, fava, jicama, snap, string, white Peas: green, pods, snow</p> <p>Avoid Beans: copper, garbanzo, kidney, lima, navy, red, tamarind</p>	<p>Highly Beneficial Amaranth Buckwheat Kasha</p> <p>Neutral Barley Cornflakes Cornmeal Cream of rice Kamut Millet: puffed Oat bran Oatmeal Rice: puffed Rice bran Spelt</p> <p>Avoid Cream of wheat Familia Farine Granola Grape nuts Wheat germ Seven grain Shredded wheat Wheat bran</p>

Type "A" Foods (pg 3)

BREADS & MUFFINS	GRAINS & PASTAS	VEGETABLES	
<p>Highly Beneficial Essene bread Ezekiel bread Rice cakes Soya flour bread Sprouted wheat bread</p> <p>Neutral Bagels: wheat Brown rice bread Corn muffins Fin Crisp Gluten-free bread Ideal Flat Bread Millet Oat bran muffins Rye bread: 100% Rye Crisps Rye Vita Spelt bread Wasa bread</p> <p>Avoid Durum wheat English muffins High-protein bread Matzos: wheat Multi-grain bread Pumpernickel Wheat bran muffins Whole wheat bread</p>	<p>Highly Beneficial Buckwheat Kasha Flour: oat, rice, rye, soba Pasta, artichoke</p> <p>Neutral Couscous Flour: barley, bulgur wheat, Durum wheat, gluten, graham, spelt, sprouted wheat Noodles: spelt Quinoa Rice: basmati, brown, white, wild</p> <p>Avoid Flour: white, whole wheat Pasta: semolina, spinach</p>	<p>Highly Beneficial Artichoke: domestic, Jerusalem Beet leaves Broccoli Carrots Chicory Collard greens Dandelion Escarole Garlic Horseradish Kale Kohlrabi Leek Lettuce: romaine Okra Onions: red, Spanish, yellow Parsley Parsnips Pumpkin Spinach Sprouts: alfalfa Swiss chard Tempeh Tofu Turnips</p> <p>Neutral Arugula Asparagus Avocado Bamboo shoots Beets Bok choy Caraway Cauliflower Celery Chervil Coriander Corn: white, yellow</p>	<p>Cucumber Daikon radish Endive Fennel Fiddlehead ferns Lettuce: Bibb, Boston, iceberg, mesclun Mushroom: abalone, enoki, Portobello, tree oyster Mustard greens Olives: green Onions: green Radicchio Radishes Rappini Rutabaga Scallion Seaweed Shallots Sprouts: Brussels, mung, radish Squash: all types Water chestnut Watercress Zucchini</p> <p>Avoid Cabbage: Chinese, red, white Eggplant Lima beans Mushroom: domestic, shiitake Olives: black, Greek, Spanish Peppers: green, red, jalapeno, yellow Potatoes: sweet, red, white Tomatoes Yams</p>

Type "A" Foods (pg 4)

FRUIT		JUICES & FLUIDS	CONDIMENTS
<p>Highly Beneficial</p> <p>Apricots Blackberries Blueberries Boysenberries Cherries Cranberries Figs: dried, fresh Grapefruit Lemons Pineapple Plums: dark, green, red Prunes Raisins</p> <p>Neutral</p> <p>Apples Currants: black, red Dates Elderberries Gooseberries Grapes: red, Concord, green, black Guava Kiwi Kumquat</p>	<p>Limes Loganberries Melons: canang, casaba, Christmas, Crenshaw, musk, Spanish, watermelon Nectarines Peaches Pears Persimmons Pomegranates Prickley pears Raspberries Star Fruit, carambola Strawberries</p> <p>Avoid</p> <p>Bananas Coconuts Mangoes Melons: cantaloupe, honeydew Oranges Papayas Plantains Rhubarb Tangerines</p>	<p>Highly Beneficial</p> <p>Apricot Carrot Celery Cherry: black Grapefruit Pineapple Prune Water (with lemon)</p> <p>Neutral</p> <p>Apple Apple cider Cabbage Cucumber Cranberry Grape Vegetable juice (corresponding to highlighted vegetables)</p> <p>Avoid</p> <p>Orange Papaya Tomato</p>	<p>Highly Beneficial</p> <p>Mustard</p> <p>Neutral</p> <p>Jam (from acceptable fruits) Jelly (from acceptable fruits) Pickles: dill, sour, kosher, sweet Relish Salad dressing (low-fat, from acceptable ingredients)</p> <p>Avoid</p> <p>Ketchup Mayonnaise Worcestershire sauce</p>



...The Power of Balance

Type "A" Foods (pg 5)

SPICES		HERBAL TEAS	MISC BEVERAGES
<p>Highly Beneficial Barley malt Blackstrap molasses Garlic Ginger Miso Soy sauce Tamari</p> <p>Neutral Agar Allspice Almond extract Anise Arrowroot Basil Bay leaf Bergamot Brown rice syrup Cardamom Carob Chervil Chives Chocolate Cinnamon Cloves Coriander Cornstarch Corn syrup Cream of tartar Cumin Curry Dill Dulce Honey Horseradish</p>	<p>Kelp Maple syrup Marjoram Mint Mustard (dry) Nutmeg Oregano Paprika Parsley Peppermint Pimiento Rice syrup Rosemary Saffron Sage Salt Savory Spearmint Sugar: brown, white Tamarind Tapioca Tarragon Thyme Turmeric Vanilla</p> <p>Avoid Capers Gelatin: plain Pepper: black ground, cayenne, peppercorn, red flakes, white Vinegar: apple cider, white, balsamic, red wine Wintergreen</p>	<p>Highly Beneficial Alfalfa Aloe Burdock Chamomile Echinacea Fenugreek Ginger Ginseng Green tea Hawthorn Milk thistle Rose hips Saint-John's-wort Slippery elm Valerain</p> <p>Neutral Chickweed Coltsfoot Dandelion Dong quai Elder Gentian Goldenseal Hops Horehound Licorice root Linden Mulberry Mullein Parsley Peppermint Raspberry leaf Sage Sarsaparilla Senna Shepherd's purse Skullcap Spearmint Strawberry leaf Thyme Vervain White birch White oak bark Yarrow</p> <p>Avoid Catnip Cayenne Corn silk Red clover Rhubarb Yellow dock</p>	<p>Highly Beneficial Coffee: regular, decaf Tea: green Wine: red</p> <p>Neutral Wine: white</p> <p>Avoid Beer Liquor: distilled Seltzer water Soda: club, cola, diet, other Tea, black: regular, decaf</p>