### Type A Food List 1/4

This list may not be reproduced for commercial purposes or used as part of a fee based consultation.

#### Meat
- Chicken
- Cornish Hens
- Turkey

#### Fish
- Abalone
- Bass (Sea)
- Carp *
- Cod *
- Mackerel *
- Mahimahi
- Monkfish *
- Orange Roughy
- Perch (Ocean)
- Perch (Silver) *
- Perch (White)
- Perch (Yellow) *
- Pickerel *
- Pike
- Porgy
- Red Snapper *
- Sailfish
- Salmon *
- Sardine *
- Shark
- Smelt
- Snail (Helix Pomatia/Escargot) *
- Snapper
- Sturgeon
- Swordfish
- Trout (Rainbow) *
- Trout (Sea) *
- Tuna
- Weakfish
- Whitefish *
- Yellowtail

#### Egg
- Egg (chicken) ?
- Egg White (chicken) ?
- Egg Yolk (chicken) ?

#### Fruit/Fruit Juice
- Apple
- Apple Cider/Apple Juice
- Apricot/Apricot Juice *
- Asian Pear
- Avocado
- Blackberry/Blackberry Juice *
- Blueberry *
- Boysenberry *
- Canang Melon
- Casaba Melon
- Cherry (Bing, Sweet, White, etc) *
- Cherry/Juice (Black) *
- Christmas Melon
- Cranberry *
- Cranberry Juice
- Crenshaw Melon
- Currants (Black/Red)
- Date
- Elderberry (Dark Blue/Purple)
- Fig (Fresh/Dried) *
- Gooseberry
- Grape
- (Black/Concord/Green/Red/Juice)
- Grapefruit *
- Grapefruit Juice *
- Guava
- Guava Juice
- Jam/Jelly OK'd Ingred
- Kiwi
- Kumquat
- Lemon/Lemon Juice *
- Lime/Lime Juice
- Loganberry
- Musk Melon
- Nectarine/Nectarine Juice
- Peach
- Pear/Pear Juice
- Persimmon
- Pineapple *
- Pineapple Juice *
- Plum (Dark/Green/Red) *
- Pomegranate
- Prickly Pear
- Prune/Prune Juice *
- Raisin *
- Raspberry
- Spanish Melon

#### Vegetable/Veg Juice
- Agar
- Alfalfa Sprouts *
- Aloe/Aloe Tea/Aloe Juice *
- Artichoke
- (Domestic/Globe/Jerusalem) *
- Arugula
- Asparagus
- Bamboo Shoot
- Beet
- Beet Greens *
- Beet/Beet Greens Juice
- Bok Choy
- Broccoli *
- Brussel Sprout
- Cabbage Juice
- Carrot/Carrot Juice *
- Cauliflower
- Celery
- Celery Juice *
- Chervil
- Chicory *
- Cilantro
- Collard Greens *
- Cucumber
- Cucumber Juice
- Daikon Radish
- Dandelion *
- Endive
- Escarole *
- Fennel
- Fiddlehead Fern
- Garlic *
- Ginger *
- Horseradish *
- Jicama
- Kale *
- Kelp
- Kohlrabi *
- Leek *
- Lettuce
- (Bibb/Boston/Iceberg/Mesclun)
- Lettuce (Romaine) *
- Mushroom
- (Abalone/Oyster/Enoki)
- Mushroom (Portobello/Straw)

#### Dairy
- Almond Milk
- Farmer Cheese
- Feta Cheese
- Ghee (Clarified Butter)
- Goat Cheese
- Kefir (NB)
- Milk (Goat) (NB)
- Mozzarella Cheese (NB)
- Rice Milk
- Ricotta Cheese (NB)
- Sour Cream (low/non-fat)
- Soy Cheese *
- Soy Milk *
- Yogurt

Based on 
Eat Right 4 Your Type 
by Peter D'Adamo, N.D.
<table>
<thead>
<tr>
<th>Vegetable/Veg Juice</th>
<th>Rice (White/Brown/Basmati)</th>
<th>Peanut</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mustard Greens</td>
<td>Rice (Wild)</td>
<td>Peanut Butter</td>
</tr>
<tr>
<td>Okra *</td>
<td>Rice Bran</td>
<td>Pine Nut (Pignola)</td>
</tr>
<tr>
<td>Olive (Green)</td>
<td>Rice Bread</td>
<td>Poppy Seed</td>
</tr>
<tr>
<td>Onion (Green)</td>
<td>Rice Cake *</td>
<td>Pumpkin Seed</td>
</tr>
<tr>
<td>Onion (Red/Spanish/Yellow) *</td>
<td>Rice Flour *</td>
<td>Sesame Butter/Tahini</td>
</tr>
<tr>
<td>Parsnip *</td>
<td>Rye Flour *</td>
<td>Sesame Seed</td>
</tr>
<tr>
<td>Pea (Green/Pod/Snow)</td>
<td>Rye</td>
<td>Sunflower Butter</td>
</tr>
<tr>
<td>Pickle</td>
<td>Rye Bread (100%)</td>
<td>Sunflower Seed</td>
</tr>
<tr>
<td>(Dill/Kosher/Sour/Sweet/Relish)</td>
<td>Soba Noodles</td>
<td>Walnut (English)</td>
</tr>
<tr>
<td>Pimento</td>
<td>(100% Buckwheat) *</td>
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</tr>
<tr>
<td>Pumpkin *</td>
<td>Soy Flour Bread *</td>
<td></td>
</tr>
<tr>
<td>Radicchio</td>
<td>Spelt</td>
<td></td>
</tr>
<tr>
<td>Radish</td>
<td>Spelt Flour/Products</td>
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<tr>
<td>Radish Sprouts</td>
<td>Tapioca</td>
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<tr>
<td>Rappini</td>
<td>Wheat (Bleached Flour)-</td>
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<tr>
<td>Rutabaga</td>
<td>Wheat (Bulghur)</td>
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<tr>
<td>Scallion</td>
<td>Wheat (Gluten Flour)</td>
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<tr>
<td>Seaweed</td>
<td>Wheat (Graham Flour)</td>
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<tr>
<td>Shallots</td>
<td>Wheat (Refined Unbleached) -</td>
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<tr>
<td>Spinach/Spinach Juice *</td>
<td>Wheat (Semolina Flour)-</td>
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<tr>
<td>Squash (Summer/Winter)</td>
<td>Wheat (White Flour)-</td>
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<tr>
<td>String Bean</td>
<td>Wheat Bread</td>
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<tr>
<td>Swiss Chard *</td>
<td>(Sprouted Commercial) *</td>
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<tr>
<td>Taro</td>
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<tr>
<td>Turnip *</td>
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<tr>
<td>Water Chestnut</td>
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<tr>
<td>Watercress</td>
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<tr>
<td>Zucchini</td>
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<th>Grain</th>
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<tr>
<td>Amaranth *</td>
<td>Artichoke Pasta (Pure) *</td>
<td>Barley</td>
</tr>
<tr>
<td>Artichoke Pasta (Pure) *</td>
<td>Buckwheat/Kasha *</td>
<td>Corn (White/Yellow/Blue)</td>
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<tr>
<td>Barley</td>
<td>Cornstarch/Commeal</td>
<td>Couscous (Cracked Wheat)</td>
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<tr>
<td>Buckwheat/Kasha *</td>
<td>Essene Bread (Manna Bread) *</td>
<td>Ezekiel Bread *</td>
</tr>
<tr>
<td>Corn (White/Yellow/Blue)</td>
<td>Gluten Flour</td>
<td>Gluten Free Bread</td>
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<tr>
<td>Cornstarch/Commeal</td>
<td>Graham Flour</td>
<td>Kamut</td>
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<tr>
<td>Couscous (Cracked Wheat)</td>
<td>Oat Flour *</td>
<td>Millet</td>
</tr>
<tr>
<td>Essene Bread (Manna Bread) *</td>
<td>Oat</td>
<td>Oat Bran</td>
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<tr>
<td>Ezekiel Bread *</td>
<td>Oatmeal</td>
<td>Quinoa</td>
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<tr>
<td>Gluten Flour</td>
<td>Rice (Cream of)</td>
<td>Rice (Puffed)</td>
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<td>White Bean</td>
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<td>Millet</td>
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<tr>
<td>Quinoa</td>
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<td>Rice (Cream of)</td>
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<td>Rice (Puffed)</td>
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<tr>
<td>Herb/Spice</td>
<td>Medicinal Herb</td>
<td>Supplement</td>
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<tr>
<td>Spearmint</td>
<td>Alfalfa Juice/Tea *</td>
<td>Peppermint</td>
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<tr>
<td>Tamarind</td>
<td>ARA-6 (larch arabinogalactan)</td>
<td>Quercetin</td>
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<tr>
<td>Tarragon</td>
<td>Ashawaghanda</td>
<td>Raspberry Leaf</td>
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<tr>
<td>Thyme</td>
<td>Astragalus</td>
<td>Rose Hips *</td>
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<tr>
<td>Turmeric</td>
<td>Berberis Vulgaris</td>
<td>Sage</td>
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<td>Vanilla</td>
<td>Black Cohosh</td>
<td>St. John's Wort *</td>
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<td>Boswellia</td>
<td>Sarsaparilla</td>
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<td>Senna</td>
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<td>Burdock *</td>
<td>Shepherd's Purse</td>
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<td>Chamomile herb</td>
<td>Skullcap</td>
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<td>Chamomile tea/extract *</td>
<td>Slippery Elm *</td>
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<td>Chickweed</td>
<td>Spearmint</td>
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<td>Chlorella</td>
<td>Strawberry Leaf</td>
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<td>Coleus forskolin</td>
<td>Taraxacum</td>
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<td>Echinacea Tea/Extract *</td>
<td>Valerian *</td>
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<td>Valerian Root</td>
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<td>Fenugreek *</td>
<td>Vervain</td>
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<td>Gentian</td>
<td>White Birch</td>
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<td></td>
<td>Ginger *</td>
<td>White Oak Bark</td>
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<td></td>
<td>Ginseng (Siberian - Eleutherococcus) *</td>
<td>Witch Hazel</td>
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<td></td>
<td>Goldenseal Gargle</td>
<td>Yarrow</td>
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<td>Grease Root (Grindelia Robusta)</td>
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<td>Guggul</td>
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<td>Linden</td>
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<td>Maitake Mushroom</td>
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<td>Milk Thistle</td>
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<td>Mulberry</td>
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<td>Mullein</td>
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<tr>
<td></td>
<td>Oregon Grape (Gargle)</td>
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<tr>
<td></td>
<td>Parsley</td>
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</tbody>
</table>

| Exercise                   |                                     |                   |
|----------------------------|                                     |                   |
| Hatha Yoga *               |                                     |                   |
| Meditation *               |                                     |                   |
| Tai Chi *                  |                                     |                   |
| Yoga - alternate nostril breathing |                   |                   |

(*) Food is beneficial
(+): These may be ingested rarely
(-): Food should be eaten no more than occasionally
(?) Food rating is of low confidence
(AN): Food is an avoid/neutral
### Meat
- Bacon/Ham/Pork
- Beef
- Buffalo
- Duck
- Goat
- Goose
- Heart
- Lamb
- Liver (Calf)
- Mutton
- Partridge +
- Pheasant
- Quail +
- Rabbit
- Turtle
- Veal
- Venison

### Dairy
- American Cheese
- Blue Cheese
- Brie Cheese
- Butter
- Buttermilk
- Camembert Cheese
- Casein
- Cheddar Cheese
- Colby Cheese
- Cottage Cheese
- Cream Cheese
- Edam Cheese
- Emmenthal Cheese
- Gouda Cheese
- Gruyere Cheese
- Half & Half
- Ice Cream
- Jarlsberg Cheese
- Milk (Cow-Whole/Skim/2%) +
- Monterey Jack Cheese
- Munster Cheese
- Neufchatel Cheese
- Paneer
- Parmesan Cheese
- Provolone Cheese
- Quark Cheese
- Sherbet
- String Cheese
- Swiss Cheese
- Whey

### Fish
- Anchovy
- Barracuda
- Bass (Bluegill/Striped)
- Beluga
- Bluefish
- Catfish
- Caviar
- Clam
- Conch
- Crab
- Crayfish/Crawfish
- Eel/Japanese Eel
- Flounder
- Frog
- Gray Sole
- Grouper
- Haddock
- Hake
- Halibut
- Herring/Kippers (fresh)
- Herring/Kippers (pickled)
- Lobster
- Lox
- Mussels
- Octopus
- Oyster
- Scallop
- Shad
- Shrimp
- Sole
- Squid
- Tilefish

### Olive
- (Greek/Spanish)
- Pepper
- (Green/Yellow/Jalapeno)
- Pepper (Red/Cayenne)
- Potato (Sweet)
- Potato (White/Red/Blue/Yellow)
- Rhubarb
- Sauerkraut
- Tomato/Tomato Juice
- Yam

### Grain
- Teff
- Wheat (Berry)
- Wheat (Bran)
- Wheat (Germ)
- Wheat (Durum Flour Products)
- Wheat (Whole Wheat Products)

### Bean
- Copper Bean
- Garbanzo Bean
- Kidney Bean
- Lima Bean
- Navy Bean
- Red Bean
- Tamarind Bean

### Fruit/Fruit Juice
- Banana
- Cantaloupe
- Coconut/Coconut Milk
- Honeydew
- Mango/Mango Juice
- Orange/Orange Juice
- Papaya
- Papaya Juice
- Plantain
- Tangerine/Tangerine Juice

### Nut/Seed
- Brazil Nut
- Cashew/Cashew Butter
- Pistachio

### Oil
- Coconut Oil
- Corn Oil
- Cottonseed Oil
- Peanut Oil
- Safflower Oil
- Sesame Oil

### Herb/Spice
- Pepper (Black/White)
- Pepper (Peppercorn/Red Flakes)
- Wintergreen

### Beverage
- Beer
- Liquor (Distilled)
- Seltzer Water
- Soda (Club)
- Soda (Misc/Diet/Cola)
- Tea (Black Regular/Decaf)

### Condiment
- Gelatin Plain
- Guar Gum
- Ketchup
- Mayonnaise
- MSG
- Vinegar (Apple Cider)
- Vinegar (Balsamic/Cider/Red Wine/White)
- Worcestershire Sauce

### Sweetener
- Aspartame/Nutrasweet

### Medicinal Herb
- Catnip
- Cayenne
- Chaparral
- Comfrey
- Corn Silk
- Goldenseal
- Red Clover
- Rhubarb
- Sassafras
- Yellow Dock

### Supplement
- Bee Pollen
- Beta Carotene
- Betaine
- (Betaine Hydrochloric Acid)
- Blue Green Algae
- Chromium Picholine
- Colostrum (Bovine)
- DHEA
- Lacto-Albumin Protein
- L-Glutamine
- Membrane Fluidizer
- Cocktail
- Vitamin A
- Whey Protein Supplement

### Exercise
- Strenuous Exercise

### Drug
- Birth Control Pills