

## Type A Food List 1/4

Based on  
Eat Right 4 Your Type  
by Peter D'Adamo, N.D.

OK To Eat

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) \*  
Pickrel \*  
Pike  
Porgy  
Red Snapper \*  
Sailfish  
Salmon \*  
Sardine \*  
Shark  
Smelt  
Snail (Helix Pomatia/Escargot) \*  
Snapper  
Sturgeon  
Swordfish  
Trout (Rainbow) \*  
Trout (Sea) \*  
Tuna  
Weakfish  
Whitefish \*  
Yellowtail

### 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

### 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 Ingrid  
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

### Starfruit (Carambola)

Strawberry  
Water & Lemon \*  
Watermelon

### 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)

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**Vegetable/Veg Juice**

Mustard Greens  
Okra \*  
Olive (Green)  
Onion (Green)  
Onion (Red/Spanish/Yellow) \*  
Parsnip \*  
Pea (Green/Pod/Snow)  
Pickle  
(Dill/Kosher/Sour/Sweet/Relish)  
Pimento  
Pumpkin \*  
Radicchio  
Radish  
Radish Sprouts  
Rappini  
Rutabaga  
Scallion  
Seaweed  
Shallots  
Spinach/Spinach Juice \*  
Squash (Summer/Winter)  
String Bean  
Swiss Chard \*  
Taro  
Turnip \*  
Water Chestnut  
Watercress  
Zucchini

**Grain**

Amaranth \*  
Artichoke Pasta (Pure) \*  
Barley  
Buckwheat/Kasha \*  
Corn (White/Yellow/Blue)  
Cornstarch/Cornmeal  
Couscous (Cracked Wheat)  
Essene Bread (Manna Bread) \*  
Ezekiel Bread \*  
Gluten Flour  
Gluten Free Bread  
Graham Flour  
Kamut  
Millet  
Oat Flour \*  
Oat  
Oat Bran  
Oatmeal  
Quinoa  
Rice (Cream of)  
Rice (Puffed)

Rice (White/Brown/Basmati)  
Rice (Wild)  
Rice Bran  
Rice Bread  
Rice Cake \*  
Rice Flour \*  
Rye Flour \*  
Rye  
Rye Bread (100%)  
Soba Noodles  
(100% Buckwheat) \*  
Soy Flour Bread \*  
Spelt  
Spelt Flour/Products  
Tapioca  
Wheat (Bleached Flour)-  
Wheat (Bulgur)  
Wheat (Gluten Flour)  
Wheat (Graham Flour)  
Wheat  
(Refined Unbleached) -  
Wheat (Semolina Flour)-  
Wheat (White Flour)-  
Wheat Bread  
(Sprouted Commercial) \*

**Bean/Legume**

Adzuki Beans \*  
Black Bean \*  
Black Eyed Pea \*  
Broad Bean  
Cannellini Bean  
Edamame  
Fava Bean  
Green Bean \*  
Lentil (Domestic) \*  
Lentil (Green) \*  
Lentil (Red) \*  
Mung Beans (Sprouts)  
Pinto Bean \*  
Snap Bean  
Soy Bean \*  
Tempeh (Fermented Soy) \*  
Tofu \*  
White Bean

**Nut/Seed**

Almond  
Almond Butter -  
Chestnut  
Filbert (Hazelnut)  
Flax Seed \*  
Hickory  
Litchi  
Macadamia

Peanut \*  
Peanut Butter \*  
Pine Nut (Pignola)  
Poppy Seed  
Pumpkin Seed \*  
Sesame Butter/Tahini -  
Sesame Seed  
Sunflower Butter -  
Sunflower Seed  
Walnut (English)

**Oil**

Black Currant Seed Oil \*  
Canola Oil  
Cod Liver Oil  
Flax Seed (Linseed) Oil \*  
Olive Oil \*  
Walnut Oil \*  
Wheat Germ Oil

**Herb/Spice**

Allspice  
Anise  
Arrowroot  
Basil  
Bay Leaf  
Bergamot  
Caraway  
Cardamom  
Carob  
Chives  
Cinnamon  
Clove  
Coriander  
Cream of Tartar  
Cumin  
Curry  
Dill  
Dulse  
Licorice  
Mace  
Marjoram  
Mint  
Mustard Dry  
Nutmeg  
Oregano  
Paprika  
Parsley  
Peppermint  
Rosemary  
Saffron  
Sage  
Savory

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### Herb/Spice

Spearmint  
Tamarind  
Tarragon  
Thyme  
Turmeric  
Vanilla

### Beverage

Coffee (Regular/Decaf) \*  
Green Tea \*  
Wine (Red) \*  
Wine (White)

### Condiment

Almond Extract  
Chocolate  
Miso \*  
Mustard \*  
Salad Dressing (OK'd Ingredients)  
Sea Salt  
Soy Sauce \*  
Tamari \*  
Yeast (Brewers)

### Sweetener

Barley Malt \*  
Corn Syrup  
Fructose  
Honey  
Maple Syrup  
Molasses (Blackstrap) \*  
Rice Syrup  
Sugar (Brown/White)

### Exercise

Hatha Yoga \*  
Meditation \*  
Tai Chi \*  
Yoga - alternate nostril breathing

### Medicinal Herb

Alfalfa Juice/Tea \*  
ARA-6 (larch arabinogalactan)  
Ashawaghanda  
Astragalus  
Berberis Vulgaris  
Black Cohosh  
Boswellia  
Bromelain  
Burdock \*  
Chamomile herb  
Chamomile tea/extract \*  
Chickweed  
Chlorella  
Coleus forskolin  
Collinsonia Canadensis  
(Stone Root)  
Coltsfoot  
Dandelion  
De-glycyrrhizinated Licorice (DGL)  
Dioscorea vilosa (Wild Yam)  
Dong Quai  
Echinacea Herb  
Echinacea Tea/Extract \*  
Elder  
Fenugreek \*  
Gentian  
Ginger \*  
Ginseng (Siberian - Eleutherococcus)  
\*  
Goldenseal Gargle  
Grease Root (Grindelia Robusta)  
Guggul  
Hawthorne \*  
Hops  
Horehound  
Inula  
Kombucha  
Licorice  
Linden  
Maitake Mushroom  
Milk Thistle  
Mulberry  
Mullein  
Oregon Grape (Gargle)  
Parsley

Peppermint  
Quercetin  
Raspberry Leaf  
Rose Hips \*  
Sage  
St. John's Wort \*  
Sarsaparilla  
Senna  
Shepherd's Purse  
Skullcap  
Slippery Elm \*  
Spearmint  
Strawberry Leaf  
Taraxacum  
Thyme  
Valerian \*  
Valerian Root  
Vervain  
White Birch  
White Oak Bark  
Witch Hazel  
Yarrow

### Supplement

B-12  
B-Vitamins  
Biotin (NB)  
Bitters  
Calcium  
Chondroitin Sulphate  
Curcumin (Turmeric Extract)  
Fish Oils  
Floradix Liquid  
Folic Acid  
Iron  
N-Actyl Glucosamine  
Pantethine (active B-5)  
Pro-Biotics  
Selenium  
Vitamin B5  
Vitamin C  
Vitamin E  
Zinc

(\*) 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

**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

**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

**Fruit/Fruit Juice**

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

**Vegetable/Veg Juice**

Acacia (Arabic Gum)  
Cabbage  
(Chinese/Red/White)  
Caper  
Eggplant  
Mushroom (Domestic)  
Mushroom (Shiitake)  
Olive (Black)

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

**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 Picholinate  
Colostrum (Bovine)  
DHEA  
Lacto-Albumin Protein  
L-Glutamine  
Membrane Fluidizer  
Cocktail  
Vitamin A  
Whey Protein Supplement

**Exercise**

Strenuous Exercise

**Drug**

Birth Control Pills

