

Blood Group Diet: Type A

History of the Cultivator

Blood group A is the second oldest blood group appearing around 25,000 to 15,000BC in Asia or the Middle East. They were the first vegetarians and were involved in planting and harvesting crops. They have sensitive digestive tracts and immune systems. They do best on an agrarian diet (i.e. eating food grown from the land).

Beneficial Foods:

Meat and Poultry: Avoid meat if you can. Meat and dairy foods are poorly digested.

Seafood: Carp, Cod, sardines, mackerel, monkfish, sea trout, snapper, silver perch, rainbow trout, whitefish, salmon, yellow perch

Dairy: Soy cheese, soy milk

Oils and Fats: Linseed (flaxseed) oil, olive oil

Nuts and Seeds: Peanuts, pumpkin seeds, peanut butter

Beans and Legumes: Aduke beans, azuki beans, lentils (green and red), black beans, green beans, red soya beans, pinto beans, black-eyed peas.

Cereals: Amaranth, kasha, buckwheat

Breads and Cakes: Essence bread, ezekial bread, soya flour bread, rice cakes, sprouted wheat bread, buckwheat, kasha

Grains and Pasta: Buckwheat, rye flour, kasha, soba noodles, oat flour, rice flour

Vegetables: Artichokes, leek, romaine lettuce, beet leaves, broccoli, onions, carrots, parsley, chicory, parsnips, collard greens, pumpkin, silver beet, spinach, garlic, alfalfa sprouts, horseradish, tempeh, kale, tofu, turnips

Fruit: Apricots, blackberries, blueberries, boysenberries, cherries, cranberries, figs, grapefruit, lemons, pineapple, plums, prunes, raisins.

Juices: Apricot, carrot, celery, black cherries, grapefruit, pineapple, prunes

Spices: Barley malt, blackstrap molasses, garlic, ginger, miso, soya sauce, tamari.

Condiments: Mustard

Herbal Teas: Alfalfa, aloe, burdock, chamomile, Echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rosehip, saint johns wort, slippery elm, valerian.

Miscellaneous Beverages: Coffee, green tea, red wine

Neutral Foods:

Meats and Poultry: chicken, turkey, an occasional egg

Seafood: Abalone, ocean perch, pike, sea bass, shark, sturgeon, smelt, swordfish, tuna, snails.

Dairy: Feta cheese, goat cheese, goat milk, mozzarella, ricotta, yoghurt

Oils and Fats: Cod liver oil

Nuts and Seeds: Almonds, chestnuts, filberts, hickory, litchi, macadamia, pine nuts, poppy seeds, sesame seeds, sesame butter, sunflower seeds, walnuts.

Beans and Legumes: Broad beans, cannellini beans, fava beans, string beans, white beans, green peas

Cereals: Barley, cornflakes, cornmeal, cream of rice, puffed millet, oat bran, oatmeal, puffed rice, rice bran

Breads: Brown rice bread, corn bread, gluten free bread, millet, oat bran cakes, 100% rye bread, ryvita

Grains and Pasta: Couscous, barley flour, bulgar wheat flour, durum wheat flour, gluten flour, basmati rice, white rice, wild rice, sprouted wheat flour, quinoa

Vegetables: Asparagus, avocado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white corn, yellow corn, cucumber, radish, endive, fennel, green lettuce, mushrooms, mustard greens, green olives, radishes, seaweed, shallots, Brussels sprouts, mung bean sprouts, squash, water chestnuts, watercress, zucchini.

Fruit: Apples, red currants, dates, elderberries, gooseberries, grapes, guava, kiwi, limes, loganberries, melons, watermelon, nectarines, pears, persimmons, pomegranates, prickly pears, raspberries, starfruits, strawberries

Juices: Apple, apple cider, cabbage, cucumber, cranberry, grape, vegetable juice (of the acceptable ones)

Spices: Agar, allspice, almond extract, anise, arrowroot, basil, bayleaf, bergamot, cardamom, carob, chives, chocolate, cinnamon, clove, coriander, corn syrup, cornstarch, cream of tartar, cumin, curry, dill, honey, horseradish, kelp, maple syrup, marjoram, mint, dry mustard, nutmeg, oregano, paprika, parsley, peppermint, rosemary, saffron, sage, salt, savoury, spearmint, brown sugar, white sugar, tamarind, tapioca, tarragon, thyme, turmeric, vanilla

Condiments: Jams and jelly from acceptable fruits, pickles, relish, salad dressing from acceptable ingredients

Herbal Teas: Chickweed, coltsfoot, dandelion, dong quai, elder, hops, horehound, liquorice root, linden, mulberry, mullein, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, skullcap, spearmint, strawberry leaf, thyme, vervain, white birch, white oak bark, yarrow

Miscellaneous Drinks: White wine

Foods to Avoid:

Meat and Poultry: Bacon, liver, beef, pork, duck, quail, ham, rabbit, veal, venison, lamb.

Seafood: Anchovy, bass, catfish, caviar, clam, crab, crayfish, eel, flounder, haddock, hake, halibut, herring, lobster, mussels, octopus, oysters, prawns, smoked salmon, scallops, sole, squid (calamari).

Dairy: All cheese, butter, buttermilk, camembert, casein, ice-cream, whey, whole milk.

Oils and Fats: Corn oil, cottonseed oil, peanut oil, safflower oil, sesame oil.

Nuts and Seeds: Brazil, pistachio, cashew

Beans and Legumes: Kidney beans, lima beans, navy beans, red beans, chick peas.

Cereals: Mixed grain, shredded wheat, wheat bran, wheat germ

Bread and Cakes: Pumpernickel, wheat

Grains and Pasta: White flour, whole wheat flour, semolina pasta, spinach pasta

Vegetables: Cabbage, capsicum, eggplant, lima beans, mushrooms, olives, jalapeno peppers, potatoes, sweet potatoes, tomatoes, yams.

Fruit: Bananas, coconut, mangoes, honeydew melon, pawpaw, rockmelon, tangerines.

Juices: Orange, pawpaw, tomato

Spices: Capers, pepper, cayenne

Condiments: Mayonnaise, tomato sauce, Worcestershire sauce, vinegar

Herbal Teas: Cayenne, corn silk, red clover, rhubarb, yellow dock

Miscellaneous Beverages: Beer, soda water, soft drink

Example of a day:

Breakfast - 2 slices of wholegrain bread with peanut butter and 1 glass of grapefruit juice

Lunch - Vegetable soup

Dinner - Salad made from lentils, green beans, brown rice, walnuts, romaine lettuce, celery and red onion, drizzled with olive oil

Snacks - Handful of cherries or dried apricots