

## Recommendations Narrowed for Blood Type A

\*Indicates highly beneficial

### Protein

Choose those that are organic and with the least processing. The portion is about the size of the palm of your hand, from 4 to 6 ounces.

Black cod / sablefish

Chicken breast

\*Cod

Protein powder, vegetable based

\*Salmon, wild caught Alaskan

\*Sardines

Turkey bacon or deli meat, nitrate-free

Turkey breast, ground

\*Trout, rainbow

### Fats

Focus on raw nuts and seeds. Rotate among types to avoid overdosing on other nutrients in them.

Occasional coconut and black, Greek or Spanish olives, as these can cause inflammation in too high amount or too frequently.

Almonds ¼ cup

Almond butter 2 Tbs

Avocado 1/3 medium

Chia seeds 2 Tbs or ¾ oz

Coconut unsweetened 2 Tbs

Coconut oil 1 Tbs

\*Flax seeds 2 Tbs

Guacamole 3 Tbs

Hemp seeds 2 Tbs

Macadamia nuts ¼ cup

Macadamia oil 1 Tbs

\*Olive oil 1 Tbs

Olives (\*green) ½ cup

\*Pumpkin seeds 2 Tbs

Sunflower seeds 2 Tbs

Walnuts ¼ cup

Vegan mayonanaise 2 Tbs

### Carbohydrates

Focus on vegetables, fruits, whole grains, beans. You can stock frozen veggies and fruit and low sodium canned beans.

Acorn squash ¼ cup cooked

\*Adzuki beans ¼ cup cooked

Barley ¼ cup cooked

Beets ¼ cup cooked

\*Black beans ¼ cup cooked

Blackberries ¼ cup

Blueberries ¼ cup

Brown rice ¼ cup cooked

Butternut squash ¼ cup cooked

Cannellini beans ¼ cup cooked

Corn kernels ¼ cup cooked

\*Grapefruit ¼ medium

Great northern beans ¼ cup cooked

Kabocha squash ¼ cup cooked

\*Lentils ¼ cup cooked

\*Parsnips ¼ cup boiled

Peas ¼ cup cooked

Peach ½ medium

\*Pinto beans ¼ cup cooked

Quinoa ¼ cup cooked

Raspberries ¼ cup

Oats: gluten-free rolled ¼ cup raw

Strawberries ¼ cup

\*Turnips ¼ cup cooked

**Type A**, continued

**Limited carbohydrates for quicker weight loss**

Limit these to only a few times a week or less

Apple ½ medium

Kiwi ½

Pasta, gluten-free ¼ cup cooked

Pear ½ medium

\*Plum 1 medium

\*Pineapple ¼ cup cubed

Nectarine ½ medium

Watermelon ½ cup cubed

**Unlimited Foods, as much as you want,  
whenever you want (as snacks, too)**

\*Alfalfa sprouts

\*Artichokes, artichoke hearts

Asparagus

Bamboo shoots

Bean sprouts

Bok choy, baby bok choy

\*Broccoli

Brussels sprouts

\*Carrots

Cauliflower

Celery

Celery root

\*Collard greens

Cucumbers

Daikon

Fennel

\*Garlic

\*Ginger

\*Green beans

Green onions, scallions

Jicama

\*Kale

\*Kohlrabi

\*Leeks

\*Lemon juice

Lettuce greens: green leaf, red leaf, butter,  
\*romaine, radicchio

Lime juice

Mushrooms: abalone, enoki, Portobello, oyster  
only

\*Okra

Onions (\*red, Spanish, yellow)

Radishes

Rutabaga

Salad greens: \*chicory, endive, \*escarole,  
arugula, watercress

Snow peas

\*Spinach

\*Sugar snap pea pods

Summer squash: crookneck, zucchini

Sunflower sprouts

\*Swiss chard

Turnip greens

Water chestnuts

Winter squash: spaghetti, \*pumpkin

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