

"If your law had not been my delight, I would have perished in my affliction."  
Psalm 119:92

## Health Recovery Diet - Blood Type A

The foods listed below affect your health in either a positive (therapeutic) or negative (harmful) way. As you are regaining your health, eat foods from the left hand column and completely avoid foods from the right hand column. Foods that are not listed are considered neutral and OK to eat. This diet is for you. Although you will begin to feel well, it may not be suitable for others in your family or circle of friends.

### Therapeutic Foods - *Eat daily*

>Veggies: Artichokes, Beet greens, Broccoli, Carrots, Celery, Collard Greens, Escarole, Garlic, Kale, Kohlrabi, Leeks, Lettuce, Okra, Onions, Parsley, Parsnips, Pumpkin, Spinach, Sprouts, Swiss Chard, Tofu, Turnips, Tempeh, Maitake & white mushrooms,  
 >Fruits: Apricots, Cherries, Cranberries, Figs, Black-, Blue-, or Boysenberries, Grapefruit, Lemons, Pineapple, Plums, Prunes, Raisins  
 >Grains: Amaranth, Buckwheat, Kasha, Soy flour, Rice, Artichoke flour, Oats, Rye, Sprouted wheat  
 >Oils: Olive, Flaxseed  
 >Cheeses: Soy cheese  
 >Dairy: Soy milk  
 >Nuts & seeds: Peanuts, Pumpkin Seeds, Walnuts  
 >Beans: Green, Red soy, Aduke, Azuki, Fava Black, Pinto, Lentils, Black-eyed Peas, Soy  
 >Spices & Condiments: Blackstrap Molasses, Garlic, Ginger, Miso, Soy Sauce, Tamari, Mustard, Parsley, Turmeric, Horseradish  
 >Misc.: Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Hawthorne, Milk Thistle, Rosehips, St.John's Wort, Slippery Elm, Valerian, Green tea, Coffee, Red wine

### Inflammatory Foods - *Avoid*

>Veggies: Cabbage, Eggplant, Shiitake mushrooms, Olives, Peppers, Potatoes, Tomato, Rhubarb, Sauerkraut, Yams  
 >Fruit: Bananas, Coconuts, Mangoes, Melons, Oranges, Papaya, Plantains, Rhubarb, Tangerines  
 >Grains: Wheat (bran&germ), Teff  
 >Oils: Corn, Cottonseed, Peanut, Safflower, Sesame  
 >Cheeses: American, Blue, Brie, Camembert, Cheddar, Colby, Cottage, Cream, Edam, Gouda, Gruyere, Jarlsberg, Monterey Jack, Swiss, Munster, Parmesan, Provolone, Neufchatel  
 >Dairy: Ice cream, Butter, Milk, Buttermilk  
 >Nuts & seeds: Cashews, Pistachio, Brazil  
 >Beans: Garbanzo, Kidney, Lima, Navy, Red, Copper, Tamarind  
 >Meat & fish: Beef, Pork, Cornish Hens, Goose, Quail, Duck, Lamb, Veal, Venison, Anchovy, Clam, Crab, Lobster, Oysters, Shrimp, Striped Bass, Scallop, Flounder, Bluefish, Haddock, Herring, Lox, Shad, Sole, Catfish, Caviar, Halibut  
 >Spices & Condiments: Pepper (red, black, white), Tapioca, Ketchup, Vinegar, Worcestershire Sauce  
Misc.: Chili, Cayenne, Cornsilk, Catnip, Red Clover, Rhubarb, Yellow dock, Wintergreen, Black tea, Beer, Sucanat