

EAT RIGHT FOR (4) YOUR TYPE

In his book, *EAT RIGHT FOR (4) YOUR TYPE*, Dr. Peter D'Adamo teaches the fundamental relationship between your blood type and the dietary and lifestyle choices that will help you live at your very best. When you use the individualized characteristics of your blood type as a guide post for eating and living, you will be healthier, you will naturally reach your ideal weight, and you will slow the process of aging. You can pinpoint the foods that make you sick, contribute to weight gain, and lead to chronic disease.

Our ancestors had unique blueprints that complemented their environments. The genetic characteristics of our ancestors live in our blood today, and it is this lesson we bring with us into our current understanding of blood types. Your Blood Type Plan lets you zero in on the health and nutrition information that corresponds to your exact biological profile. With this new information, you can now make choices about your diet, exercise regimen, and general health that are based on the dynamic natural forces within your own body. If you follow your Blood Type Plan carefully, you can:

- Avoid many common viruses and infections.
- Lose weight, as your body rids itself of toxins and fats.
- Fight back against life-threatening diseases such as cancer, cardiovascular disease, diabetes, and liver failure.
- Avoid many of the factors that cause rapid cell deterioration, thus slowing down the aging process.

Today, it is well accepted that nutrition has a direct impact on the state of our health and general well-being. But confusing, and often conflicting, information about nutrition has created a virtual minefield for health-conscious consumers. Your blood type diet works because you are able to follow a clear, logical, scientifically researched and certified dietary blueprint based on your cellular profile.

Each of the sixteen food groups divides foods into three categories: **HIGHLY BENEFICIAL**, **NEUTRAL**, and **AVOID**. Think of the categories this way:

- **HIGHLY BENEFICIAL** is a food that acts like medicine.
- **NEUTRAL** is a food that acts like a food.
- **AVOID** is a food that acts like poison.

This diet was not specifically designed for weight loss: it was designed for optimum performance. The dynamics of weight loss are related to the changes your body makes when you follow your genetically tailored diet. As your body makes the dramatic shift of eliminating foods that are poorly digested or toxic, the first thing it does is try to flush out the toxins that are already there. Those toxins are deposited mainly in the fat tissue, so the process of eliminating toxins also means eliminating fat. Each blood type has its own reactions to certain foods. These are outlined in your Blood Type Diet.

As outlined in *EAT RIGHT FOR (4) YOUR TYPE*, diet, weight management, dietary supplementation, stress control, and personal qualities all form the essential elements of your individual Blood Type Plan. Refer to them often as you begin to familiarize yourself with the specific qualities of your blood type.

TYPE A "THE CULIVATOR"

Type A blood initially appeared somewhere in Asia or the Middle East between 25,000 and 15,000 B.C. in response to new environmental conditions. Agriculture and animal domestication were the hallmarks of its culture. People were able to forgo their hand-to-mouth existence and sustain themselves for the first time. This radically different lifestyle, and a major change in diet and environment, resulted in an entirely new mutation in the digestive tracts and the immune systems that allowed them to better tolerate and absorb cultivated grains and other agriculture products. The early Type As had to be clever, sensitive, passionate, and very smart to meet the challenges of a more complex life. But all of these qualities had to exist within a framework. That may be the reason why Type As, even today, tend to have more tightly wired systems.

Strengths: adapts well to dietary and environmental changes, and an immune system that preserves and metabolizes nutrients more easily. **Weaknesses:** sensitive digestive tract, and a vulnerable immune system open to microbial invasion. **Medical risks:** heart disease, cancer, anemia, liver and gallbladder disorders, Type I diabetes. **Exercise Regimen:** calming, centering exercises, such as: yoga, Tai chi, golf, brisk walking, swimming, low-impact aerobics, stretching, martial arts, etc.

For Blood Type Diet Recipes, visit www.dadamo.com

BLOOD TYPE A

	Beneficial	Neutral	AVOID
Meats and Poultry	None	Chicken, Cornish hen, turkey	Bacon, beef, ground beef, buffalo, duck, goose, ham, heart, lamb, liver, mutton, partridge, pheasant, pork, rabbit, veal, venison, quail
Seafood	Carp, cod, grouper, mackerel, monkfish, pickerel, red snapper, rainbow trout, salmon, sardine, sea trout, silver perch, snail, whitefish, yellow perch	Abalone, albacore (tuna), mahi-mahi, ocean perch, pike, porgy, sailfish, sea bass, shark, smelt, snapper, sturgeon, swordfish, weakfish, white perch, yellowtail	Anchovy, barracuda, beluga, bluefish, bluegill bass, catfish, caviar, clam, conch, crab, crayfish, eel, flounder, frog, gray sole, haddock, hake, halibut, fresh and pickled herring, lobster, lox (smoked salmon), mussels, octopus, oysters, scallop, shad, shrimp, sole, squid (calamari), striped bass, tilefish, turtle
Dairy and Eggs	Soy Cheese*, soy milk* *Good dairy alternatives	Farmer, feta, goat cheese, goat milk, kefir, low fat mozzarella, low fat ricotta, string cheese, yogurt, yogurt with fruit, frozen yogurt EGGS: per week, by ancestry: African 1-3 Caucasian 1-3 Asian 1-3	Butter, buttermilk, ice cream, sherbet, skim milk, 2% milk, whey, whole milk CHEESES: American, blue, brie, camembert, casein, cheddar, colby, cottage cheese, cream cheese, edam, emmenthal, gouda, gruyere, jarlsburg, monterey jack, munster, parmesan, provolone, neufchatel, Swiss
Oils and Fats	OIL: linseed (flaxseed), olive	OIL: canola, cod liver	OIL: corn, cottonseed, peanut, safflower, sesame
Nuts and Seeds	Peanuts, peanut butter, pumpkin seeds	Almond butter, poppy seeds, sesame seeds, sesame butter (tahini), sunflower butter, sunflower seeds NUTS: almonds, chestnuts, filbert, hickory, litchi, macadamia, pignola (pine), walnuts	NUTS: brazil, cashew, pistachios
Beans and Legumes	Black-eyed peas BEANS: aduke, azuki, black, green, pinto, red soy LENTILS: domestic, green, red	BEANS: broad, cannellini, fava, jicama, snap, string, white PEAS: green peas, pea pods, snow peas	BEANS: copper, garbanzo, kidney, lima, navy, red, tamarind
Cereals	Amaranth, buckwheat, kasha	Barley, corn flakes, corn meal, cream of rice, kamut, puffed millet, oat bran, oatmeal, puffed rice, rice bran, spelt	Cream of wheat, familia, farina, granola, grape nuts, wheat germ, seven grain, shredded wheat, wheat bran
Breads and Muffins	Rice cakes BREADS: Essene bread, Ezekiel bread, soya flour bread, sprouted wheat bread	Wheat bagels, corn muffins, fin crisp, millet, oat bran muffins, rye crisps, rye vita BREADS: brown rice bread, gluten-free bread, ideal flat bread, 100% rye bread, spelt bread, wasa bread	Durum wheat, english muffins, wheat matzos, wheat bran muffins BREADS: high-protein bread, multi-grain bread, pumpernickel, whole wheat bread
Grains and Pasta	Buckwheat (kasha), oat flour, rice flour, rye flour, soba noodles, artichoke pasta	Couscous, spelt noodles, quinoa FLOUR: barley, bulgar, durum wheat, gluten, graham, spelt, sprouted wheat RICE: basmati, brown, white, wild	Semonlina pasta, spinach pasta FLOUR: white, whole wheat
Vegetables	Artichoke, beet leaves, broccoli, carrots, chicory, collard greens, dandelion, escarole, garlic, horseradish, kale, kohlrabi, leek, romaine lettuce, okra, red onions, spanish onions, yellow onions, parsley, parsnips, pumpkin, spinach, alfalfa sprouts, swiss chard, tempeh, tofu, turnips	Arugula, asparagus, avacado, bamboo shoots, beets, bok choy, caraway, cauliflower, celery, chervil, coriander, white corn, yellow corn, cucumber, daikon radish, endive, fennel, fiddlehead ferns, mustard greens, green olives, green onions, radicchio, radishes, rappini, rutabaga, scallion, seaweed, shallots, brussel sprouts, mung sprouts, radish sprouts, all squash, watercress, zucchini LETTUCE: bibb, boston, iceberg, mesclun MUSHROOMS: abalone, ennoki, portobello, tree oyster	Eggplant, lima beans, tomatoes, yams POTATOES: red, sweet, white CABBAGE: chinese, red, white MUSHROOMS: domestic, shiitake OLIVES: black, Greek, Spanish PEPPERS: green, jalapeno, red, yellow
Fruit	Apricots, blackberries, blueberries, boysenberries, cherries, cranberries, dried and fresh figs, grapefruit, lemons, pineapple, prunes,	Apples, black currants, red currants, dates, elderberries, gooseberries, guava, kiwi, kumquat, limes, loganberries, nectarines, peaches, pears, persimmons, pomegranates, prickly pears, raspberries, starfruit (carambola), strawberries	Bananas, coconuts, mangoes, cantaloupe and honeydew melon, oranges, papayas, plantains, rhubarb, tangerines

	raisins PLUMS: dark plums, green plums, red plums	GRAPES: black, concord, green, red MELONS: canang, casaba, Christmas, Crenshaw, musk, Spanish, watermelon	
Juices and Fluids	Apricot, carrot, celery, black cherry, grapefruit, pineapple, prune, water (with lemon)	Apple, apple cider, cabbage, cranberry, cucumber, grape, vegetable juices (corresponding with beneficial vegetables)	Orange, papaya, tomato
	Beneficial	Neutral	<i>AVOID</i>
Spices	Barley malt, blackstrap molasses, garlic, ginger, miso, soy sauce, tamari	Agar, allspice, almond extract, anise, arrowroot, basil, bay leaf, bergamot, brown rice syrup, cardamom, carob, chervil, chives, chocolate, cinnamon, cloves, coriander, corn starch, corn syrup, cream of tartar, cumin, curry, dill, dulce, honey, horseradish, kelp, maple syrup, marjoram, mint, dry mustard, nutmeg, oregano, paprika, parsley, peppermint, pimiento, rice syrup, rosemary, saffron, sage, salt, savory, spearmint, brown sugar, white sugar, tamarind, tapioca, tarragon, thyme, tumeric, vanilla	Capers, plain gelatin, wintergreen PEPPER: black ground pepper, cayenne, peppercorn pepper, red flakes, white pepper, VINEGAR: apple cider, balsamic, red wine, and white vinegar
Condiments	Mustard	Jam or jelly (from acceptable fruits), relish, salad dressing (low-fat, from acceptable ingredients) PICKLES: dill, kosher, sweet, sour	Ketchup, mayonnaise, Worcestershire sauce
Herbal teas	Alfalfa, aloe, burdock, chamomile, echinacea, fenugreek, ginger, ginseng, green tea, hawthorn, milk thistle, rose hips, Saint-John's-wort, slippery elm, valerian	Chickweed, coltsfoot, dandelion, dong quai, elder, gentian, goldenseal, hops, horehound, licorice root, linden, mulberry, mullein, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, shepherd's purse, skullcap, spearmint, strawberry leaf, thyme, vervain, white birch, white oak bark, yarrow	Catnip, cayenne, corn silk, red clover, rhubarb, yellow dock
Miscellaneous Beverages	Red wine, green tea COFFEE: decaf, regular	White wine	Beer, distilled liquor, seltzer water SODAS: club, cola, diet, other TEA: black decaf, black regular

Blood Type A

FOODS THAT ENCOURAGE WEIGHT LOSS

VEGETABLE OILS	aid efficient digestion prevent fluid retention
SOY FOODS	aid efficient digestion metabolize quickly
VEGETABLES	aid efficient metabolism increase intestinal mobility
PINEAPPLE	increases calorie utilization increases intestinal mobility

FOODS THAT ENCOURAGE WEIGHT GAIN

MEAT	poorly digested stored as fat increases digestive toxins
DAIRY FOODS	inhibit nutrient metabolism
KIDNEY BEANS	interfere with digestive enzymes slow metabolic rate
LIMA BEANS	interfere with digestive enzymes slow metabolic rate
WHEAT (IN OVERABUNDANCE)	inhibits insulin efficiency

