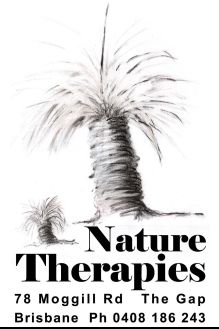


TYPE A DIET: BENEFICIAL FOODS

(Foods written in red have been tested to have compatible protein lectins but not recommended for other reasons eg. High in sugar, caffeine etc)



<u>Seafood</u>	<u>Breads and Muffins</u>	<u>Fruit</u>
Cod	Essene Bread	Apricots
Mackerel	Ezekial Bread	Berries, Black, Blue and Boysen
Red Snapper	Rice Cakes	Cherries
Rainbow trout	Soya flour bread	Cranberries
Salmon	Sprouted wheat bread	Figs, dried and fresh
Sardine	<u>Grains and Pastas</u>	Grapefruit
Snail	Buckwheat	Lemons
Ocean trout	Kasha	Pineapple
Silver Perch	Flour, oat	Plums
Whitefish	Flour, rice	Prunes
Yellow Perch	Flour, rye	Raisins
<u>Eggs and Dairy</u>	Pasta, artichoke	<u>Juice and Fluids</u>
Soy Cheese	<u>Vegetables</u>	Apricot
Soy Milk	Artichokes	Carrot
<u>Oils and Fats</u>	Beet leaves	Celery
Linseed (Flaxseed) oil	Broccoli	Cherry, black
Olive oil	Carrots	Grapefruit
<u>Nuts and Seeds</u>	Chicory	Pineapple
Peanuts	Collard greens	Prune
Peanut butter	Dandelion	Water (with lemon)
Pumpkin seeds	Escarole	<u>Spices</u>
<u>Beans and Legumes</u>	Garlic	Blackstrap molasses
Beans, aduke	Horseradish	Garlic
Beans, azuki	Kale	Ginger
Beans, black	Leek	Miso
Beans, green	Lettuce, romaine	Soy Sauce
Beans, pinto	Okra	Tamari
Beans, red soy	Onions	Mustard
Lentils, domestic, green and red	Parsley	<u>Herbal Teas</u>
Peas, black eyed	Parsnips	Aloe, Chamomile, Echinacea,
<u>Cereals</u>	Pumpkin	Fenugreek, Ginger, Ginseng, Green
Amaranth	Spinach	tea, Rose hip, Saint John's Wort,
Buckwheat	Sprouts	Slippery elm, Valerian
Kasha	Tempeh	<u>Miscellaneous Beverages</u>
	Tofu	Coffee
	Turnips	Red Wine

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TYPE A: NEUTRAL FOODS

<u>Meat & Poultry</u>	<u>Beans & Legumes</u>	<u>Fruit</u>
Chicken	Beans, broad	Apples
Turkey	Beans, cannellini	Cumquats
<u>Seafood</u>	Beans, snap	Dates
Abalone	Beans, string	Grapes
Mahi-Mahi	Beans, white	Guava
Ocean Perch	Peas, green	Kiwi
Pike	Peas, pod	Limes
Sea Bass	Peas, snow	Nectarines
Shark	<u>Cereals</u>	Peaches
Snapper	Barley	Pears
Sturgeon	Cornmeal, Cornflakes	Raspberries
Swordfish	Cream of rice	Strawberries
Tuna	Kamut	Watermelon
White Perch	Millet, puffed	(Any fruit not on the avoid list)
Yellowtail	Oat Bran	<u>Vegetables</u>
<u>Eggs & Dairy</u>	Oatmeal (rolled oats/ porridge)	Asparagus
Eggs - hens	Rice, puffed	Avocado
Feta	Rice bran	Bamboo shoots
Goat Cheese	Spelt	Beets
Goat Milk	<u>Breads & Muffins</u>	Bok Choy
Kefir	Corn muffins	Brussell Sprouts
Mozarella Cheese - low fat	Gluten-free bread	Cauliflower
Ricotta Cheese - low fat	Flat Bread (wheat free)	Celery
Yoghurt eg. Greek style	Millet	Chervil
Yoghurt, with fruit	Oat bran muffins	Coriander
Yoghurt, frozen	Rye bread, 100%	Corn
<u>Oils & Fats</u>	Rye crisps	Cucumber
Canola Oil	Rye Vita	Endive
Cod Liver Oil	Spelt bread	Fennel
<u>Nuts & Seeds</u>	<u>Grains & Pasta</u>	Lettuce
Almonds	Couscous	Mushrooms (except domestic and Shiitake)
Almond butter	Flour, barley	Olive, green
Chestnuts	Flour, bulgur wheat	Onions, green
Hazlenuts	Flour, sprouted wheat	Radishes
Macadamia	Noodles, spelt	Sprouts, Brussels and mung
Pine nuts	Quinoa	Squash
Poppy seeds	Rice, basmati (low GI too)	Water chestnut
Sesame seeds	Rice, brown	Watercress
Sunflower Seeds	Rice, white	Zucchini
Tahini (Sesame butter)		

TYPE A: NEUTRAL FOODS CONTINUED

<u>Juices & Fluids</u>	<u>Spices continued.....</u>	<u>Herbal Teas</u>
Apple Apple cider Cabbage Cucumber Cranberry Grape Vegetable juice (vegies which are listed as beneficial or neutral)	Saffron Sage Salt Tamarind Tapioca Tarragon Thyme Turmeric Vanilla	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
<u>Spices</u>	<u>Condiments</u>	
Allspice Almond extract Anise Arrowroot Basil Bayleaf Bergamot Cardamon Carob Chervil Chives Chocolate Cinnamon Cloves Coriander Cornstarch Cream of tartar Cumin Curry Dill Horseradish Kelp Marjoram Mint Mustard (dry) Nutmeg Oregano Paprika Parsley Peppermint Pimiento	Brown rice syrup Corn Syrup Honey Maple Syrup Jam (fruits from beneficial or neutral lists) Jelly (fruits from beneficial or neutral lists) Salad dressing	<u>Miscellaneous beverages</u>
		Wine, white

TYPE A: AVOID FOODS

<u>Meats & Poultry</u>	<u>Oils & Fats</u>	<u>Fruits</u>
Bacon	Corn Oil	Bananas
Beef	Cottonseed Oil	Coconuts
Duck	Peanut Oil	Mangoes
Goose	Safflower Oil	Melon, honeydew
Ham	Sesame Oil	Oranges
Heart		Paw Paw
Lamb	<u>Nuts & Seeds</u>	Plantains
Liver	Brazil Nuts	Rhubarb
Pheasant	Cashews	Rockmelon
Quail	Pistachios	Tangerines
Rabbit		
Veal	<u>Beans & Legumes</u>	<u>Juices</u>
Venison	Beans, copper	Orange
	Beans, garbanzo	Paw paw
<u>Seafood</u>	Beans, kidney	Tomato
Anchovy	Beans, lima	
Barracuda	Beans, navy	<u>Spices</u>
Caviar	Beans, red	Capers
Clam	Beans, tamarind	Gelatine, plain
Crab		Pepper, black ground, cayenne, redflakes, white and Peppercorns
Crayfish	<u>Cereals</u>	Vinegar, apple cider
Eel	Granola	Vinegar, balsamic
Flounder	Wheat products	Vinegar, red wine
Frog		Vinegar, white
Haddock	<u>Breads & Muffins</u>	<u>Condiments</u>
Hake	Multigrain bread	Mayonnaise
Herring (fresh and pickled)	Pumpernickel	Tomato Sauce
Lobster	Wheat products	Worcestershire sauce
Mussels	<u>Grains & Pasta</u>	<u>Herbal Teas</u>
Octopus	Flour, white, wholemeal etc	Catnip
Oysters	Pasta, semolina	Cayenne
Prawns	<u>Vegetables</u>	Corn silk
Scallops	Cabbage	Red clover
Smoked Salmon	Capsicum	Rhubarb
Sole	Eggplant	Yellow dock
Squid (calamari)	Lima Beans	<u>Miscellaneous Beverages</u>
Turtle	Mushroom, domestic& shiitake	Beer
	Olives, black, green, Spanish	Soft drink including diet
<u>Dairy</u>	Peppers, jalapeno	Liquor, distilled
Most cheeses (except Soya, Mozzarella, Feta, Goats, Ricotta, String)	Potatoes, red, sweet and white	Seltzer water
Icecream	Tomatoes	Tea, decaffeinated
Milk, Skim or 2%, whey, whole milk	Yams	Tea, regular

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