



Eating right – Blood Type A

The following lists of foods are summary of the excellent work done by Dr D'Adamo in his latest book, "Live Right 4 Your Type", and include updated information regarding "Secretor Status", an important clinical distinction when it comes to food selection.

Consider the "**Secretor**" (around 80% of people) as a person with their blood type, and thus their immune components, expressed throughout their body fluids, like a well guarded facility with a security fence and guard dogs, designed for all sorts of possible attacks.

In contrast consider the "**Non-Secretor**" as the more primitive or simplistic immune system, with its components present only in the blood. The analogy would be a burglar alarm inside your house, that only goes off when there is a burglar actually *in* the house, when it goes off you are already in trouble, and the battle for survival may be expensive with the home invasion hard to reverse.

In life we find the non-secretor less able to cope with the modern existence of chemicals, high carbohydrate consumption and man-made bugs and viruses. Chronic fatigue, endocarditis (inflammatory infection of the heart), hypersensitivity to chemicals and foods, alcoholism, and diabetes are more common with non-secretor group. If you don't have a history of the above you can presume yourself to be a SECRETOR until further testing determines otherwise.

The following lists, apply to **Secretor only**. To find out your secretor status you will need to order the saliva test kit from the web site at www.dadamo.com and follow the instructions. If you are type 2 diabetic, overweight and have had poor health all your life, with infections and allergies, then you may be a "Non-secretor", and need to eat accordingly from the Non-secretor list. If your health is fairly robust and "strong" then you are most likely a "Secretor", and this is the suitable list for you.

To maintain Acid/Alkaline ratios a 70% fruit and vegetable based diet daily should be attained with a close to 80% for the A blood type.

If you want to recover from poor health, eat largely from the Highly Beneficial sections and supplement from the Neutral only. If you don't yet know your secretor status, it is advised that you order the saliva test.

Foods that encourage Weight Gain by interfering with Insulin or Thyroid metabolism

Meat, Dairy foods, kidney beans, lima beans, wheat

Foods that encourage Weight Loss by improving metabolism.

Cold pressed Unrefined Vegetable oils, soy foods, vegetables, pineapple



FOOD CATEGORIES

Meat, Poultry & Game

There are no beneficial foods for the A Blood type when it comes to meats, due to the low stomach acid levels and almost non-existent Intestinal Alkaline Phosphatase levels in the gut, which is an enzyme needed for the successful breakdown of animal fat. Most A blood types will do much better to avoid meat all together, even the neutral status of Chicken won't help if you take the growth hormones, antibiotics and poor health of the animal into account

Dairy Products & Eggs

Due to the tendency for the Type A to produce more mucous than other blood types, straight milk needs to be avoided, but some "neutral" dairy may be introduced occasionally, unless an actually major allergy exists or there is a cancer risk. Female Type A's have the greatest breast cancer risk from dairy growth hormones and for males it is a Prostate Cancer risk. The best Soy milk is BONSOY, available from the Health food section in the supermarket rather than the soy milk section. It has no added oils and is traditionally/organically produced in Japan. Most of the others are either poorly produced or taste horrible to the newcomer to soy

Oils & Fats

All oils are damaged by Heat, Light and Oxygen. In stir fries add the vegetables first with a bit of water *then* oil. Never put the oil onto a pre-heated surface, as that is when the damage occurs. The better the quality of oil, the more damaged it becomes because it has more essential fatty acids. ***Damaged oils are carcinogenic.***

Nuts & Seeds

Peanuts contain lectins that will stop certain cell lines of breast cancer in Type A women. Walnuts inhibit "polyamines", growth factors that stimulate cancer cells. These, as well as the other acceptable nuts and seeds, are the best Protein/Fat foods for Type A's, and should be eaten daily.

Beans & Pulses

More good protein sources for Type A's, especially Vegetarian ones. Tofu and Tempeh are certainly the best for Type A's and should be eaten daily.

Cereals

Type A can get away with a lot more Grains than Type O, though the non-secretor A *will* have a major problem with wheat and corn, and will do better to reduce bread and grains in favour of more protein, if weight loss is desired. Even the Secretor, for whom wheat is neutral, may find that it becomes an inflammatory trigger for a wide variety of body tissues, such as joints and skin if eaten regularly or in large quantities.



Vegetables, Sprouts, Soya Products & Fresh Herbs

This section should form the core of the Type A daily foods. It is critical for cancer protection that 5-7 vegetables from the beneficial and neutral groups be eaten every day.

Fruit

This is another critical food for Type A that forms the front line for cell protection. Always emphasise the strongly coloured varieties. Best eaten at the start of the day. Aim for 3-5 different types daily.

Miscellaneous Beverages

Those with a known liver weakness should opt for grape juice instead of wine. Coffee can be cancer protective for Type A, but **do not have it when under stress**. Two cups per day is plenty (quality coffee NOT instant or decaffeinated).



Easy Reference Guide to Healthy Eating

Blood Type A, Secretor

TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
MEAT		Chicken, turkey	NO Bacon, ham, pork, All red meats
SEAFOOD 3x/WEEK	Carp, Cod, mackerel, perch (silver & yellow) red snapper, rainbow trout, salmon, sardine, ocean trout, whiting	Snapper, swordfish, tuna, ocean perch, orange roughy, pike, sea bass, shark, sturgeon, yellowtail, abalone, albacore (tuna)	NO Smoked salmon, pickled herring, caviar, anchovy, barracuda, catfish, clams, crab, crayfish, eels, flounder, frogs legs, grouper, haddock, hake, sole, halibut, herring, squid, lobster, mussels, striped bass, octopus, oysters, plaice, scallops, shrimp
EGGS 1-3X CHEESES 3X YOGHURT 3X MILK 1X	Soy cheeses, soy milk (Check for casein in the ingredients as this will effect those with dairy allergies)	Feta cheese; goat's cheese, milk & yoghurt; low fat mozzarella, Eggs, kefir, yoghurt, low fat ricotta, rice milk, sour cream (low fat) <i>(egg count includes eggs in baking)</i>	NO Blue, brie, edam, camembert, cheddar, cottage cheese, crème fraîche, gouda, soft cheeses, Emmenthal, gruyere, ice cream, jarlsburg, skimmed milk, parmesan, butter, buttermilk, milk, quark, whey
OILS AND FATS MIN	Olive oil (cold pressed extra virgin), Black Currant Seed oil, Flaxseed oil (Stoney Creek brand), Walnut Oil	Almond oil, Avocado oil, Canola & cod liver oil, Evening Primrose, Lecithin, Sesame, Sunflower, Soy (cold pressed unrefined), Wheatgerm oil	Castor oil, Coconut oil, Corn oil, cottonseed, Peanut
NUTS AND SEEDS 5X	Pumpkin seeds, peanuts (raw or dry roasted unsalted), peanut butter (freshly ground), pumpkin seeds, walnuts	Almonds, chestnuts, hickory, hazelnuts, macadamia nuts, pine nuts, poppy seeds, sesame & sunflower seeds, pecans, tahini	NO Brazil nuts, cashew, pistachio,
BEANS 6X	Adzuki, black beans, black eyed peas, pinto, Lentils, black beans, miso, soy beans, tofu, tempeh, broad beans, green, sugar snap beans	Cannelloni, mung, peas, white beans	NO Kidney beans, navy beans (baked beans), chick peas, lima



Naturally-u

TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
CEREALS 9X	Amaranth (not puffed), buckwheat, whole oats, oatbran, oatmeal, rye	Barley, corn, couscous, millet, rice, spelt, cornflakes, cornmeal	NO Wheatbran, wheatgerm, shredded wheat, whole wheat products
BREADS 5X	Rice cakes, soy flour bread, 100% rye, rye crisps, ryvita	Essene bread (sprouted wheat), gluten free bread, spelt bread, polenta, cornbread, corn muffins, Brown rice bread, millet bread, oat bran muffins, Polenta	NO Wheat products, English muffins, matzos, multi grain bread, pumpernickel, wheat bran muffins, whole wheat bread
GRAINS & PASTAS 3X	Amaranth, soy flour, buckwheat flour, millet, oat flour, rye flour, rice flour	Barley flour, quinoa, rice, spelt flour, popcorn, arrowroot, tapioca	NO Plain or self raising flour, semolina, whole wheat flour, Bulgar wheat flour, durum wheat flour, gluten
VEGIES 10X SOY PRODUCTS 6X	Alfalfa sprouts, Aloe Vera, Broccoli, carrots, celery, chicory, cos lettuce, collard greens, dandelion greens, escarole, fennel, garlic, ginger, globe & Jerusalem artichokes, horseradish, kale, kohlrabi, leeks, mushrooms (white button, maitake) onions (red, yellow), okra, parsley, parsnip, pumpkin, silver beet, spinach, turnips, tofu	Agar, Asparagus, avocado, bamboo shoots, beetroots & leaves, bok choy, Brussels sprouts, cauliflower, celeriac (root celery) chervil, coriander, cucumber, endive, kelp, lettuce, mung bean sprouts, mushrooms (abalone, enoki, Portobello, tree oyster), olives – green, spring onions, radishes, radish sprouts, rocket, seaweed, shallots, squash, swedes, sweet corn, watercress, zucchini	NO broad beans, Egg plant, cabbage, capers, potatoes, broad beans, capsicum and chilli peppers, olives (black, green, Spanish), tomatoes, shitake, sweet potatoes, sauerkraut, tomatoes, yams
FRUITS 4X DAILY	Apricots, blueberries, blackberries, boysenberries, cherries, cranberries, figs (dried & fresh), plums and prunes, grapefruit, lemons, limes, pineapple, raisins	Apples, black & red currants, cantaloupe, kiwi, guava, dates, elderberry, gooseberry, grapes, loganberry, mulberry, nectarines, peaches, persimmons, pears, pomegranates, star fruit, raspberries, strawberries, watermelon	NO bananas, coconuts, mangoes, melon (rock & honeydew), oranges, rhubarb, tangerines, papayas
JUICES 3X DAILY WATER WITH LEMON JUICE - DAILY	Apricot juice, black cherry juice, Carrot juice, Celery juice, grapefruit juice, lemon, lime, pineapple juice (fresh), prune juice	Apple cider, apple juice, cabbage juice, cucumber juice, cranberry juice, grape juice, other vegetable juices allowed.	Mango, Orange juice, papaya juice, tomato juice

TYPE / FREQUENCY	EXCELLENT	OK	NO NO and NO
HERBS, SPICES	Barley malt, blackstrap molasses, garlic, ginger, miso, mustard (dry) soy sauce, tamari (wheat free), turmeric	Agar, allspice, almond essence, anise, arrowroot, basil, bay leaf, bergamot, brown rice syrup, capers, caraway, cardamom, carob, chervil, chives, chocolate, cinnamon, coriander, cornflour, corn syrup, cumin, curry powder, dextrose, dill, fructose, honey, horseradish, maple syrup, marjoram, maltodextrin, mint, molasses, nutmeg, paprika, peppermint, rice syrup, rosemary, saffron, sage, salt, seaweed (dulse, kelp) spearmint, senna, stevia, sugar (brown), tamarind, tarragon, thyme, vanilla, yeast	NO Aspartame (NutraSweet), carrageen, capers, cayenne, chilli powder, Gelatine - plain, Guar gum, pepper - black & white ground, peppercorns
CONDIMENTS	Olive oil, soy, miso, Mustard (wheat/ vinegar free)	Jams – from suitable fruits, maple syrup, Mustard – prepared with vinegar, pickles - dill, sweet, sour, relish, salad dressing - low fat, from acceptable ingredients	Ketchup, tomato sauce, mayonnaise, Mustard – prepared with vinegar and wheat, Vinegars (balsamic, cider, white, herb, brown rice, red & white wine vinegar), Worcestershire sauce
HERBAL TEAS	Alfalfa, burdock root, chamomile, aloe, echinacea, fenugreek, ginseng, ginger, green tea, hawthorn, milk thistle, rosehip, St John's Wort, slippery elm, valerian	Chickweed, dandelion, Dong Quai, gentian, Elderflower, hops, horehound, liquorice root, linden, parsley, peppermint, raspberry leaf, sage, sarsaparilla, senna, shepherd's purse, skull-cap, spearmint, thyme, vervain, yarrow	NO Red clover, rhubarb, yellow dock, catnip, cayenne
BEVERAGES	Coffee, green tea, red wine	White wine	NO Black tea, distilled spirits, beer, soda, seltzer water, soft drinks – cola, diet, etc

For updated research information and recipes check the website: www.dadamo.com