

## ✓ New food database blood type A - Pescetarian

### Beneficial Foods

| Food                                   | Category     | Priority | Breakfast | Lunch  | Dinner |
|----------------------------------------|--------------|----------|-----------|--------|--------|
| Cod fillet                             | Protein      | High     | Low       | High   | High   |
| Grilled salmon                         | Protein      | High     | Low       | High   | High   |
| Baked salmon                           | Protein      | High     | Low       | High   | High   |
| Mackerel fillet                        | Protein      | High     | Low       | Medium | High   |
| Sardines<br>(fresh/tinned<br>in water) | Protein      | High     | Low       | Medium | High   |
| Trout fillet                           | Protein      | High     | Low       | High   | High   |
| Ground<br>flaxseed                     | Fat / Seed   | High     | High      | Medium | Low    |
| Pumpkin<br>seeds                       | Fat / Seed   | High     | Medium    | Medium | Low    |
| Walnuts                                | Fat / Nut    | High     | Medium    | Low    | Low    |
| Natural peanut<br>butter               | Fat / Spread | High     | Medium    | Low    | Low    |
| Steamed<br>broccoli                    | Vegetable    | High     | Low       | High   | High   |

|                           |            |      |        |        |        |
|---------------------------|------------|------|--------|--------|--------|
| Sautéed spinach           | Vegetable  | High | Medium | High   | High   |
| Kale (steamed or sautéed) | Vegetable  | High | Low    | High   | High   |
| Garlic (fresh)            | Vegetable  | High | Low    | High   | High   |
| Fresh ginger              | Vegetable  | High | Medium | Medium | Medium |
| Fresh parsley             | Herb       | High | Low    | Medium | Medium |
| Olive oil                 | Fat / Oil  | High | Low    | High   | High   |
| Flaxseed oil              | Fat / Oil  | High | Low    | Medium | Medium |
| Walnut oil                | Fat / Oil  | High | Low    | Medium | Medium |
| Sesame seeds              | Fat / Seed | High | Low    | Medium | Low    |
|                           |            |      |        |        |        |
| Dark chocolate (70%+)     | Treat      | High | Medium | Low    | Low    |

Neutral Foods

| Food            | Category | Priority | Breakfast | Lunch  | Dinner |
|-----------------|----------|----------|-----------|--------|--------|
| Baked haddock   | Protein  | Medium   | Low       | Medium | High   |
| Grilled halibut | Protein  | Medium   | Low       | Medium | High   |

|                      |         |        |        |        |      |
|----------------------|---------|--------|--------|--------|------|
| Grilled shrimp       | Protein | Medium | Low    | Medium | High |
| Steamed mussels      | Protein | Medium | Low    | Medium | High |
| Scrambled eggs       | Protein | Medium | High   | Medium | Low  |
| Boiled eggs          | Protein | Medium | High   | Medium | Low  |
| Greek yogurt (plain) | Dairy   | Medium | High   | Low    | Low  |
| Kefir (plain)        | Dairy   | Medium | High   | Low    | Low  |
| Feta cheese          | Dairy   | Medium | Low    | Medium | Low  |
| Goat cheese          | Dairy   | Medium | Low    | Medium | Low  |
| Mozzarella (fresh)   | Dairy   | Medium | Low    | Medium | Low  |
| Ricotta cheese       | Dairy   | Medium | Medium | Low    | Low  |
| White rice (boiled)  | Carb    | Medium | Low    | High   | High |
| Brown rice           | Carb    | Medium | Low    | High   | High |
| Rice noodles         | Carb    | Medium | Low    | Medium | High |
| Oats                 | Carb    | Medium | High   | Low    | Low  |
| Oatmeal              | Carb    | Medium | High   | Low    | Low  |
| Apples               | Fruit   | Medium | High   | Low    | Low  |

|              |            |        |        |        |        |
|--------------|------------|--------|--------|--------|--------|
| Blueberries  | Fruit      | Medium | High   | Low    | Low    |
| Strawberries | Fruit      | Medium | High   | Low    | Low    |
| Mango        | Fruit      | Medium | Medium | Low    | Low    |
| Almonds      | Fat / Nut  | Medium | Medium | Low    | Low    |
| Chia seeds   | Fat / Seed | Medium | High   | Low    | Low    |
| Avocado oil  | Fat / Oil  | Medium | Low    | Medium | Medium |
| Honey        | Sweetener  | Medium | Medium | Low    | Low    |
| Maple syrup  | Sweetener  | Medium | Medium | Low    | Low    |