

✓ New food database blood type A - Vegetarian

Beneficial Foods

Food	Category	Priority	Breakfast	Lunch	Dinner
Ground flaxseed	Fat / Seed	High	High	Medium	Low
Pumpkin seed	Fat / Seed	High	Medium	Medium	Low
Walnuts	Fat / Nut	High	MediumM	Low	Low
Natural peanut butter	Fat / Spread	High	Medium	Low	Low
Steamed 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
Green tea	Beverage	High	High	Medium	Low
Dark chocolate (70%+)	Treat	High	Medium	Low	Low

Neutral Foods

Food	Category	Priority	Breakfast	Lunch	Dinner
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