

New food database blood type A - Standard

Beneficial Food

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 (fresh/tinned in water)	Protein	High	Low	Medium	High
Trout fillet	Protein	High	Low	High	High
Ground flaxseed	Fat / Seed	High	High	Medium	Low
Pumpkin seeds	Fat / Seed	High	Medium	Medium	Low
Walnuts	Fat / Nut	High	Medium	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
Dark chocolate (70%+)	Treat	High	Medium	Low	Low

Neutral Foods

Food	Category	Priority	Breakfast	Lunch	Dinner
Chicken	Protein	Medium	Low	High	High
Grilled chicken breast	Protein	Medium	Low	High	High

Chicken stir-fry (clean, no sauce)	Protein	Medium	Low	Medium	High
Turkey	Protein	Medium	Low	High	High
Turkey mince (lean)	Protein	Medium	Low	Medium	High
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

(fresh)					
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
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