

SHOPPING GUIDE FOR BLOOD TYPE A

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“Research indicates that your blood type is a key genetic factor that influences many areas of health and wellbeing. Knowing your blood type is an important tool for understanding how your body reacts to food, disease susceptibility, stress, and more.” [Dr. Peter D’Adamo.](#)

Over time the adaptations that produced Blood Type A were based on the need to utilize nutrients from carbohydrate sources fully. These biological adaptations can still be observed in Type A's digestive structure. Low levels of hydrochloric acid in the stomach and high intestinal disaccharide digestive enzyme levels permit more efficient digestion of carbohydrates. According to [Dr. D'Adamo](#), these are also the very factors, along with low levels of intestinal alkaline phosphatase, that make it difficult for Type As to digest and metabolize animal protein and fat.

Keep in mind that these recommendations are a general guideline. Consuming foods, beneficial for your blood type will strengthen your immune system and help your body function better. Because of biochemical individuality (e.g. secretor and non-secretor) and various illnesses or toxicities, there may be exceptions. Putting the exceptions aside, consume Beneficial foods often; Neutral Frequently foods regularly; and Neutral Infrequently foods occasionally.

FRUITS & FRUIT JUICES

Fruits are Nature’s delicious, nutritious natural sweets. They are cleansing and a rich source of vitamins, minerals, antioxidants, phytonutrients, and fiber. Berries are particularly nutritious. OBB is one of the best brands of organic berries in Australia, New Zealand, UAE, and Hong Kong. <https://ooborganic.com/>. There are many good brands in the USA.

AVOID sprayed and GMO fruits (nonorganic) as they absorb large amounts of pesticides. Sadly, most Hawaiian papaya now contain GMOs.

Select fresh, colorful, organic fruits in season and/or dried organic fruits withOUT any preservatives. Whole fruit with its fiber is always healthier than fruit juice. Fruits are best consumed first thing in the morning or between meals. Always wash well and consume fruits according to your blood type.

Keep fruit juices from concentrates to a minimum as they are high in simple sugars and carbohydrates. AVOID juices/drinks containing HFCS (high fructose corn syrup), added sugar, fluoride, artificial colors, or preservatives. BEWARE! Some organic companies add fluoridated water, claiming it is potable, when in fact it is not.

Select organic brands such as **Lakeland, Bolthouse, and Evolution** that use 100% pure, fruit juice (not concentrated), suitable for your blood type. Fresh, organic juices can be very therapeutic. Homemade juice with its fiber is better than processed juice. Diluted juice can be used as a replacement for alcohol when entertaining or on a hot summer day. Fresh mint enhances the taste of pineapple and various other tropical juices.

BENEFICIAL: Blackberry, blueberry, cherry, elderberry (dark blue/purple), plum, prune, apricot, boysenberry, cranberry, fig (fresh/dried), grapefruit, lemon, lime, pineapple

NEUTRAL FREQUENTLY: Apple, Asian pear, avocado, breadfruit, canang melon, cantaloupe, casaba melon, Christmas melon, cranberry (juice), Crenshaw melon, dewberry, gooseberry, guava, kiwi, kumquat, loganberry, mulberry, muskmelon, nectarine, peach, pear, Persian melon, persimmon, prickly pear, raspberry, sago palm, Spanish melon, watermelon, youngberry

NEUTRAL INFREQUENTLY: Currant, date, grape, pomegranate, quince, raisin, star fruit (carambola), strawberry

MEAT & POULTRY

It would be much more humane if everyone could maintain their health as a vegetarian. However, humans and animals are part of Nature's food chain, and maintaining good health requires a certain amount and type of protein. For example, blood type Os, do better with red meat (e.g., beef, buffalo, & lamb), while blood type As do better with poultry (e.g., chicken, hen, & turkey). Blood type Bs do better with lamb and venison, while AB blood types do better with lamb & turkey.

Animals are also a vital part of Nature's Agroecological, [Regenerative](#), Organic Agriculture ([AROA](#)) system. Organic, pasture-fed meat provides a rich source of vitamins, minerals, and high vibratory protein. In fact, all the world's centenarian cultures eat meat. Thus, the meat itself does not cause disease, but rather what is being done to it.

Factory farms, bad animal husbandry, hormones, antibiotics, cloning, and processing methods, along with all the chemicals and preservatives added to the end product are responsible for the denigration of meat and the diseases it contributes to. Cruel live exports, brutal abattoirs, and inhumane factory farms are enough to turn anyone into a vegetarian! AVOID factory-farmed and processed meat with their cancer-causing chemicals. AVOID processed boneless and skinless cuts of meat that contain meat glue. Also, AVOID meat in parts of the world that have poor hygiene.

Small organic farms are far more humane with their animals than factory farms. Pasture or grass-fed animals are much healthier than grain-fed animals, and smaller is usually a better choice. Find a good butcher who carries organic, pasture-fed meat. Select fresh or frozen organic, pasture-fed, quality meats and poultry, **free** of GMOs, hormones, antibiotics, and preservatives. Because meat is energizing, it is best consumed earlier in the day with a large colorful raw salad, afterward.

NEUTRAL FREQUENTLY: Chicken, Cornish/Guinea hen, duck, turkey, grouse

FISH & SEAFOOD

If it is at all possible anymore, select fresh fish and seafood from unpolluted waters that are suitable for your blood type. Buy either whole or fillets of fresh fish. Canned seafood (i.g., sardines, wild salmon) in brine is a good backup when fresh seafood is unavailable. Normally, fish and seafood are good sources of healthy fats and protein. Unfortunately, most shellfish, swordfish, tuna, and numerous other types of seafood contain high levels of mercury, cadmium, plastics, and other pollutants. Best to AVOID them; especially if you are

unsure of their origin. In addition, seafood from the North Pacific may be further contaminated by the Fukushima nuclear disaster. **AVOID** farmed fish and seafood as they often contain high levels of antibiotics, viruses, parasites, and GMOs.

The large selection of fish below is not meant to suggest that you consume more of it, but rather to provide more choices in different parts of the world. Because of all the pollution being dumped into our oceans and waterways, keep your consumption of fish and seafood to a minimum, especially if pregnant. Fish or seafood can be consumed at breakfast, lunch, or dinner.

BENEFICIAL: Cod, mackerel, salmon, sardine, trout (rainbow), carp, monkfish, perch (silver, yellow) pickerel, pollock, red snapper, snail/escargot, trout (sea), whitefish, whiting

NEUTRAL FREQUENTLY: Abalone, bass (sea), bullhead, butterfish, chub, croaker, cusk, halfmoon fish, mahimahi, mullet, muskellunge, orange roughy, parrot fish, perch (white), pike, pompano, porgy, rosefish, sailfish, salmon roe, scrod, smelt, sturgeon, sucker, sunfish, tilapia, trout (brook) tuna (minimal), weakfish, yellow tail

DAIRY & EGGS

Yogurt, ricotta, kefir, and a few cheeses are neutral for blood type As, as they do not do particularly well with most dairy. Quality, raw dairy is more nutritious than pasteurized dairy, which destroys many enzymes. However, it is often difficult to obtain raw dairy commercially because of regulations. Goat and sheep dairy are more digestible than cow's dairy and closer to human milk in structure. Homogenization damages the fat in milk and other dairy products, even if they are organic. The XO (xanthine oxidase) and other enzymes in homogenized milk (damaged fat) may contribute to arterial heart disease. Thus, **AVOID** homogenized dairy. Also, **AVOID** milk, dairy, and eggs from large factory farms, which often contain antibiotics, hormones, and GMOs.

Eggs, like meat, have also been wrongly vilified over the years. Organic, free-range eggs are one of Nature's perfect foods. They are a rich source of protein with all the essential amino acids in the right ratios. Eggs are also a rich source of vitamins; choline and vitamin A, and antioxidants such as lutein and zeaxanthin. The yolk is the most nutritious part; not the white. Never overcook the yolk. Over-cooking destroys the yolk's lecithin, which takes care of the cholesterol.

Many supermarket eggs, produced in factory farms, claim to be free-range. However, their chickens may only be out of their cages for a short time each day because the term 'free-range' is not clearly defined. Choose organic dairy and eggs from small, reputable regenerative organic farms. Products from biodynamic farms are the best. Also, ensure the ghee and butter are not rancid or combined with other oils.

NEUTRAL FREQUENTLY: Egg (chicken/duck/goose/quail), farmer cheese, ghee, kefir, mozzarella, paneer, ricotta, yogurt

NEUTRAL INFREQUENTLY: Feta, goat/sheep cheese, goat milk, sour cream

BEANS & LEGUMES

Beans and legumes are rich in minerals and fiber. Combined with rice or other grains they provide a complete protein for vegetarians. Choose organic dried, jarred, or canned beans

and legumes according to your blood type. Soak all dried beans before cooking to make them more digestible. Or, use jarred beans. **Jovial** is an excellent brand.

AVOID soy if you are overweight, have candida, a high copper level, a hormonal imbalance, a thyroid disorder, or cancer; otherwise, use it minimally and always with seaweeds. Ensure that tofu, tempeh, and soy products are organic, properly fermented, and GMO-FREE.

BENEFICIAL: Tofu, Miso, tempeh, aduki/adzuki bean, bean (green, snap, string), black bean, black-eyed pea, fava/broad bean, lentil (all), pinto bean, tofu (fermented)

NEUTRAL FREQUENTLY: Cannellini bean, jicama bean, mung bean/sprouts, northern bean, pea (green/pod/snow, white bean)

NUTS & SEEDS

Organic nuts and seeds are gluten-free and rich in minerals, protein, fiber, and essential fatty acids. They make a healthy snack and are good survival foods. When nuts are skinned and blended with water they make a delightful milk for smoothies. Chia seeds need to be soaked for better digestion. Organic walnuts, almonds, macadamia, and pumpkin seeds are particularly nutritious in fatty acids.

Buy only organic or insecticide-free nuts and seeds that are fresh and properly packaged in a vacuum-sealed, light-protected wrapper/container. AVOID nuts and seeds packaged in a clear wrapper, and with added vegetable oils. Always select nuts in their shell or skin, which help protect them from going rancid. Check the use-by date to avoid rancid or dried-out products. Rancid seeds and nuts; especially peanuts are toxic and cancer-causing.

Wash all nuts well in hot water. Remove the skin before making almond milk or adding them to a smoothie. Soaking the nuts in boiled water helps to remove the skin more easily. Nut butters are more digestible than whole nuts. For the best flax seed products, pumpkin seed butter, and pumpkin seed protein powder, go to <http://www.omeganutrition.com/>.

Consuming too much omega-6 essential fatty acids (EFAs) depletes the much-needed omega-3 EFA. Macadamia nuts have the lowest amount of omega-6 EFA. Walnuts have the highest amount of omega-3 EFA.

BENEFICIAL: Flax seed/linseed, walnut (black/English), peanut, unrefined peanut butter, pumpkin seed, pumpkin seed butter, pumpkin seed protein powder

NEUTRAL FREQUENTLY: Almond, almond butter, almond milk, beechnut, butternut, chestnut, filbert/hazelnut, hickory nut, lychee, macadamia, macadamia butter, pecan, pignolia/pine nut, poppy seed, quinoa, sunflower seed

NEUTRAL INFREQUENTLY: Sesame seed, tahini/sesame butter

OILS

Basically, there are three main types of fats/oils: Saturated, Monounsaturated, and Polyunsaturated. To learn more, read my articles ***What You Should Know About Your Fats & Oils*** in ***The NZ Journal of Natural Medicine***, issue 2, August-November 2011, or ***Know Your Fats & Oils*** at <http://NourishingBasics.com> and <https://MastersOfHealthMag.com>.

Saturated include animal fats, butter, ghee, and coconut oil. They can be heated at higher temperatures for baking, broiling, and to sauté without easily being damaged. Use with water or wine to sauté, but do not burn them.

Monounsaturated include almond, avocado, black currant, borage seed, macadamia, olive, sesame, and walnut oils. They can be heated mildly for marinades or other sauces, but become damaged if used in high-heat cooking. They are also good for flavoring ethnic (Italian, Mexican, Asian, etc.) meals after cooking.

Extra virgin olive oil is mostly a monounsaturated oil that contains some omega-6, but no omega-3. Too much omega-6 causes a deficiency in omega-3. BEWARE of cheaper brands of olive oil that are being mixed with canola oil. Always select extra virgin olive oil from a reputable company. “Light” or “pure” means the oil has been refined and is unhealthy.

Polyunsaturated include flax oil, cod liver oil, krill oil, evening primrose, and sunflower. They damage easily and should never be heated. They are suitable as supplements, for salads, or added to soup or vegetables after they are cooked.

Some unrefined polyunsaturated oils provide essential fatty acids (EFAs), such as omega-3 and omega-6, which the body must have, in balance regularly. EFAs, in balance, are vital for pregnant/nursing mothers, their baby’s brain development, and growing children. Organic flax seed oil is rich in omega-3 and beneficial for all blood types.

AVOID refined/damaged, GMO fats/oils (margarine, canola oil, most seed and vegetable oils, etc.) and ALL products containing them. These damaged fats/oils are endocrine disruptors (e.g., type 2 diabetes) and cancer-causing. If you or your children suffer from liver problems, skin eruptions, hormone imbalances, obesity, asthma/breathing difficulties, or mental illness, check the oil you are using.

Not all seed oils are bad and not all bad oils are seed oils.

Select organic, unrefined, cold-pressed oils for your blood type, in light-protected containers. One of the best brands is produced by the industry’s pioneer, **Omega Nutrition** <http://www.omeganutrition.com/>. Look for their *Omegaflo* trademark on various other brands. Remember, air, heat, and light damage oils.

BENEFICIAL: Flax seed/linseed, flax seed with lignans, flax seed with garlic and chili, extra virgin olive, walnut, and black current oils. (Do NOT cook with or heat these oils)

NEUTRAL FREQUENTLY: Almond, avocado, borage seed, cod liver, evening primrose, macadamia, safflower, sesame, sunflower

VEGETABLES, SEaweEDS, & ALGAE

Vegetables, seaweed, and algae are a rich source of vitamins, minerals, antioxidants, and fiber.

Make them part of each meal, daily. Raw salads are best consumed after lunch and steamed vegetables go well with dinner. To prevent loss of enzymes and nutrients, lightly steam vegetables in a small amount of water. Never overcook them. Homemade soup or puréed vegetables are a good way to feed vegetables to children.

Select organic, brightly colored, fresh, frozen, or jarred vegetables according to your blood type. AVOID canned or processed packaged vegetables and squashes that are GE. Also, AVOID canned or frozen vegetables that contain unhealthy sauces, sugar, additives, damaged fats/oils, and flavor enhancers (e.g., MSG). Fresh or frozen vegetables contain more nutrients and enzymes than canned vegetables. When buying fresh, select colorful vegetables that are in season. Open markets are often the best place to find fresh, organic produce. Consume a colorful raw salad or steamed vegetables daily.

Seaweeds/sea vegetables and algae are good protein sources and nourishment for vegetarians. Seaweed is rich in iodine, which is an important nutrient for everyone, except those who are allergic to iodine or seafood. Dried and fresh seaweeds/sea vegetables come in many varieties such as dulce, kelp, kombu, nori, wakame, etc. Quality brands are **Seaweed Iceland Ltd.**, Iceland <http://www.seaweed.is/>, **Eden Organic** <https://www.edenfoods.com/>, and **Maine Coast Sea Vegetables** <https://www.seaveg.com/shop/>, which also produces **Sea Seasonings Shakers**.

Chlorella and spirulina are algae super-foods that come in powdered or tablet form. **Sun Chlorella** produces the highest quality and most digestible chlorella <https://www.sunchlorellausa.com/>

While there are numerous fine brands, **Nutrex Hawaiian Spirulina** is among the best <http://www.nutrex-hawaii.com/>.

Normally, seaweeds are very healthy. Unfortunately, with the high level of pollution and radiation now from Fukushima, be very cautious about the source of anything that comes from the sea. Stick with reputable brands, which are well-tested. AVOID seaweeds exposed to nuclear radiation fallout.

BENEFICIAL: Broccoli, dandelion, escarole, kale, okra, onion, parsnips, spinach, Swiss chard, alfalfa sprouts, aloe, artichoke, beet, beet greens, carrot, chicory, celery, collards, garlic, horseradish, kohlrabi, leek, lettuce (Romaine), mushroom (maitake/silver dollar), pumpkin, rapini (broccoli rabe), turnip

NEUTRAL FREQUENTLY: Arugula, asparagus, asparagus pea, bamboo shoot, beet, bok choy, Brussels sprouts, cabbage (juice), cauliflower, celeriac, cucumber, daikon radish, endive, fennel, fiddlehead fern, lettuce (other leafy), mung bean/sprouts, mushroom (abalone/enoki/oyster/portobello/straw/tree ear), mustard greens, oyster plant, poi, radicchio, radish/sprouts, rutabaga, scallion, seaweed, shallot, taro, water chestnut, watercress, zucchini

NEUTRAL INFREQUENTLY: Corn (non-GMO), olive (green), pickle (in brine), squash

GRAINS (CEREALS, STARCHES, CRACKERS, & COOKIES)

Grains have been highly overrated in the USDA Nutrition Guidelines. This error in nutrition has greatly contributed to an obesity epidemic. It is also very costly because of the maladies it is creating. Adding insult to injury, non-organic grains are now sprayed with glyphosate (RoundUp), which NGO scientists have concluded to be a carcinogen. <http://edition.cnn.com/2017/05/15/health/roundup-herbicide-cancer-allegations/index.html>

Blood type As do not do well with wheat and corn. Their lectins produce inflammation in the gut and contribute to thyroid disorders. Blood type As do better with moderate consumption of certain grains or a gluten-free diet. AVOID gluten-free products containing corn starch, corn meal, and GMO soy. Unfortunately, most corn and soy products today

have been contaminated with GMOs and should be avoided. See <https://www.organicconsumers.org> and learn more about what to look for when buying gluten-free products: <http://www.thealternativedaily.com/wheat-making-fat-sick/>.

Grain products should be organic, fat-free, and sugar-free. Also, AVOID all baked goods and grain products (pasta, etc.) containing bromide and fluoride. For a good selection of gluten-free wraps, pizza bases, and whole food mixes go to <http://www.monicatopliss.com>. **Jovial** is an excellent Italian brand that produces quality organic brown rice pasta and jarred beans and tomatoes.

Organic, gluten-free rice crackers make tasty snacks, suitable for all blood types. Select organic gluten-free, brown rice crackers withOUT any added sugar, oils, MSG, or other flavor enhancers. **Lundberg, Edward & Sons, San J, and EatRight** are four good brands. Read the ingredients section. Don't settle for unhealthy, cheap imitations.

Choose cookies or biscuits that are FREE of added sugar, HFCS, and vegetable oils; especially canola oil. Some so-called health food companies use organic sugar or cane juice, in addition to fats/oils, additives, and flavor enhancers in their baked products. Using organic sugar or cane juice is just another gimmick from the sugar industry to confuse and fool consumers into thinking their products are healthy. Refined sugar is NOT healthy, no matter how organic it is! Keep consumption of all grain products to a minimum. If on a gluten-free diet, AVOID all gluten grains not listed below.

BENEFICIAL: Amaranth, buckwheat, Essene bread (mana) Ezekiel 4:9 bread, oat bran, oat flour, oatmeal, rice (whole), rice bran, rye (whole), soba/buckwheat/kasha

NEUTRAL FREQUENTLY: Barley, kamut, quinoa, rice (wild/flour products), rice cake, rice milk, rye flour products, sorghum, spelt (whole) products, wheat (unbleached), 100% sprouted grain products

NEUTRAL INFREQUENTLY: Cornmeal (non-GMO), couscous, grits, millet, popcorn (non-GMO), tapioca

HERBS, SPICES, CONDIMENTS, SEA SALT, & SWEETENERS

Every kitchen should stock a selection of organic fresh and dried herbs and spices. Ensure dried products are not irradiated. Fresh herbs can be easily grown in small pots in a sunroom or on a veranda or patio.

Many good brands of organic dried mixed herbs and spices can be found at your local health stores/markets or online. **Simply Organic:** <http://www.simplyorganic.com/>, **Morton & Bassett's** Herbs from Provence, and **Sea Seasonings** (seaweed) are excellent products.

AVOID herbs, spices, or condiments containing sugar/dextrose, HFCS, damaged oils, MSG/hydrolyzed vegetable protein/flavor enhancers, refined salt, colorings, preservatives, and other chemicals.

Celtic sea salt comes in three varieties (Light Grey, Fine, Flower of the Ocean) from **Selina Naturally:** <http://www.selinanaturally.com/>. These sea salts are superior to other sea salts. Always keep a supply of the Light Grey in stock.

When needed in a recipe, use unrefined natural sweeteners that don't spike insulin levels,

such as date sugar, stevia, palm/coconut sugar, Lundberg rice syrup, molasses, or non-sulfured dried fruits. While unboiled honey and pure fruit juice are not harmful like refined sugar and artificial sweeteners, these simple sugars can still spike insulin levels and thereby, increase body fat. So, minimize their use. AVOID refined and artificial sweeteners, which are very damaging.

BENEFICIAL: Garlic, ginger, turmeric, barley malt, coriander seeds, fenugreek, horseradish, molasses, mustard (dry), parsley, soy or tamari sauces (low sodium, wheat-free)

NEUTRAL FREQUENTLY: Almond extract, anise, apple pectin, arrowroot, basil, bay leaf, bergamot, caraway, cardamon, carob, chervil, chive, cilantro (coriander leaf), cinnamon, clove, cream of tartar, cumin, curry, dill, licorice root, mace, marjoram, mint, molasses, nutmeg, oregano, paprika, rosemary, saffron, sage, savory, sea salt, seaweed, stevia, tamarind, tarragon, thyme, vanilla, vegetable glycerine, yeast (brewers)

NEUTRAL INFREQUENTLY: Corn starch, honey, maple syrup, rice syrup, senna, palm sugar

HERBAL TEAS

Herbal tea can be a soothing delight first thing in the morning, for a mid-afternoon social, or after meals. **Four Elements Minus Sinus** with **Breathe Better Tincture** helps clear the lungs and sinuses better than anything. **Celestial's Minty Magic**, **Nerada's Mint**, **Teecino's Dandelion Mocha Mint**, or **Traditional Medicine's Organic Ginger** assist with digestion. **Celestial's Sleepy Time**, **Four Elements Peace, Harmony, & Tranquility**, and various other teas with camomile help relax the body when under stress or at bedtime. **Vital's Rooibos** is another fine caffeine-free tea, rich in antioxidants and magnesium. It is especially nice with fresh lemon, mint, and honey.

Herbal tea can also be a good remedy when feeling ill. For example, fresh ginger tea with raw ginger (consumption), alleviates the discomfort of food poisoning.

For a healthy coffee substitute, try the many delightful caffeine-free flavors by **Teecino** <http://teecino.com/>. They also make a nice variety of gluten-free (barley-free) dandelion flavors. *Dandelion Mocha Mint* is my favorite.

Four Elements (America) has a unique selection of very effective organic herbal tea formulas. <https://fourelementsherbals.com/>

Celestial (America) produces the largest varieties of herbal teas. <http://www.celestialseasonings.com/>.

Teecino (America) has a variety of quality coffee substitutes and herbal teas. <https://teecino.com/>

Traditional Medicinals (America) produces a potent ginger tea. <http://traditionalmedicinals.com/>

Vital Health Foods (South Africa) produces the best Rooibos tea for Australia and New Zealand. <http://www.vitalhealthfoods.com.au/>

Nerada, (Australia) produces the best Rosehip tea (rosehip, ginger, lemon grass), which is good in the morning or when ill. They also have a nice mint tea. <http://www.neradatea.com.au/>

Make sure the teabags you use do not contain formaldehyde. Select organic herbal teas and coffee substitutes that are caffeine-free and suitable for your blood type.

BENEFICIAL: Camomile, dandelion, ginger, green tea, holy basil, rooibos, rosehip, alfalfa, aloe, burdock, fenugreek, gentian, ginkgo biloba, ginseng, hawthorn, milk thistle, parsley, rooibos, slippery elm, st. John's wort, stone root, valerian

NEUTRAL FREQUENTLY: Chickweed, coltsfoot, dong quai, elderberry, goldenseal, horehound, licorice root, linden, mulberry, mullein, peppermint, raspberry leaf, sage, sarsaparilla, shepherd's purse, skullcap, spearmint, strawberry leaf, thyme, white birch, white oak, bark, yarrow

NEUTRAL INFREQUENTLY: Hops, senna

JARRED & CANNED FOOD ITEMS

Certain jarred or canned food items provide a backup for a quick meal, snack, or survival. Cans should be BPA-free and only contain natural healthy ingredients, and NO added sugar, HFCS, damaged fats/oils, fluoride, preservatives, additives, MSG, or GMOs. Choose products from reputable companies only. Jarred tomatoes, artichoke hearts, beans, etc. are better than canned ones.

Along with exercise, stress management, and eating the right foods, below are some key lifestyle strategies for Type As.

- Cultivate creativity and expression in your life.
- Establish a consistent daily schedule.
- Go to bed no later than 11:00 PM and sleep for eight hours, or more. Don't linger in bed, as soon as you get up, get going!
- Take at least two, twenty-minute breaks during the work day. Stretch, take a walk, do deep breathing exercises, or meditate.
- Don't skip meals.
- Eat more protein at the start of the day and less towards the end.
- Don't eat when you are anxious.
- Eat smaller, more frequent meals.
- Engage in thirty to forty-five minutes of calming exercise at least, three times a week.
- Plan regular screening for heart disease and cancer prevention.
- Always chew food thoroughly to enhance digestion. Low stomach acid makes digestion more difficult.

NOTE: These lists are based on the research and work of Drs. James and Peter D'Adamo.