

TYPE A - AVOID LIST

Below you will find a checklist of foods to avoid. I recommend becoming your own case study. Remove and reintroduce these foods to see how you feel. (Only 1 at-a-time) You might save this doc to your device or print off and keep handy for reference until you have created a habit of avoiding these foods for optimal digestion.

MEATS & POULTRY

Bear, Beef, Beef heart, Beef liver, Beef tongue, Bone soup, Buffalo-Bison, Calf liver, Caribou, Duck, Duck liver, Goat, Goose, Goose liver, Ham, Horse, Kangaroo, Lamb, Marrow soup, Moose, Mutton, Opossum, Partridge, Pheasant, Pork and bacon, Quail, Rabbit, Squirrel, Sweetbreads, Turtle, Veal, Venison

SEAFOOD

Anchovy, Barracuda, Bass-Bluegill, Bass-striped, Blue fish, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Grouper, Haddock, Hake, Halibut, Harvest fish, Herring-fresh- smoked-pickled, Lobster, Mussels, Octopus, Opaleye fish, Oyster, Salmon-smoked (lox), Scallop, Scup, Shad, Shrimp, Skate, Sole-grey-Dover Squid-calamari, Tilefish

DAIRY & EGGS

American cheese, Blue cheese, Brie cheese, Butter, Buttermilk, Camembert cheese, Casein, Cheddar cheese, Colby cheese, Cottage cheese, Cream cheese, Edam cheese, Emmental-Swiss cheese, Gorgonzola cheese, Gouda cheese, Gruyere cheese, Half-and-half, Ice cream, Jarlsberg cheese, Milk-cow (skim or 2%), Milk-cow (whole), Monterey Jack cheese, Muenster cheese, Neufchatel cheese, Parmesan cheese, Provolone cheese, Romano cheese, Roquefort cheese, Sherbet, Stilton cheese, String cheese, Whey protein

OILS & FATS

Castor oil, Coconut oil, Corn oil, Cottonseed oil, Hazelnut oil, Lard, Margarine, Palm oil, Peanut oil

NUTS & SEEDS

Brazil nut, Cashews, Cashew butter, Pistachio

BEANS & LEGUMES

Copper Bean, Garbanzo bean, Chickpeas, Kidney bean, Lima bean, Navy bean, Tamarind bean

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GRAINS & CEREALS

Cream of wheat, Familia, Farina, Garbanzo bean (chickpea) flour, Grape-Nuts, Lima bean flour, Seven grain, Shredded wheat, Teff, Wheat-bran-germ, Whole wheat flour

VEGETABLES

Cabbage, Capers, Eggplant, Juniper, Mushroom-shiitake, Olive-black-greek-Spanish, Pepper-cayenne-chili-green-jalapeno-red-yellow, Rhubarb, Sauerkraut, Sweet potato, Tomato, Yam, Yucca

FRUITS

Banana, Bitter melon, Coconut, Honeydew melon, Loquat, Mango, Orange, Papaya, Plantain, Tangerine

BEVERAGES, TEAS & COFFEE

Beer, Black tea-all forms, Cabbage juice, Catnip tea, Cayenne tea, Coconut milk, Corn silk tea, Liquor-distilled, Mango juice, Orange juice, Papaya juice, Red clover tea, Rhubarb tea, Seltzer water, Soda (such as cool as and diet colas), Tangerine juice, Tomato juice, Yellow dock tea

HERBS & SPICES

Chili powder, Pepper-black-cayenne-peppercorn-white, Wintergreen

CONDIMENTS, SWEETENERS & ADDITIVES

Acacia (gum arabic), Aspartame, Carrageenan, Gelatin, Guar gum, High-fructose corn syrup, High-maltose corn syrup-maltodextrin, Ketchup, MSG, Mayonnaise, Methyl cellulose, Mustard-with vinegar and wheat, Pickle relish, Polysorbate 80, Sodium carboxymethyl cellulose, Tamarind, Tragacanth gum, Vinegar-all types, Worcestershire sauce