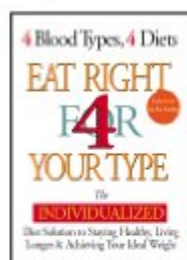


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Blood Type A Food, Beverage And Supplemental Lists

BLOOD TYPE A FOOD, BEVERAGE and SUPPLEMENT LISTS

from



Dr. Peter J. D'Adamo
with Catherine Whitney



Synopsis

The Eat Right 4 (For) Your Type portable and personal blood type guide to staying healthy and achieving your ideal weight. Different blood types mean different body chemistry. If your blood type is A, enjoy your best health on a vegetarian diet. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing. You'll never have to be without Dr. D'Adamo's reassuring guidance again. Inside you will find complete listings of what's right for Type A in the following categories: * meats, poultry, and seafood * oils and fats * dairy and eggs * nuts, seeds, beans, and legumes * breads, grains, and pastas * fruits, vegetables, and juices * spices and condiments * herbal teas and other beverages * special supplements * drug interactions * resources and support. Refer to this book while shopping, dining, or cooking and soon, you will be on your way to developing a prescription plan that's right for your type.

Book Information

File Size: 215 KB

Print Length: 94 pages

Publisher: Berkley; 1st edition (December 31, 2001)

Publication Date: December 31, 2001

Sold by: Digital Services LLC

Language: English

ASIN: B000YI1JWQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #58,826 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets #112 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting #160 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

Customer Reviews

For those of you who have doubts about whether blood type should really be a reason for eating a certain way, I feel you. If you do, I strongly recommend that you take a good look at a few of the

online breakdowns of the Blood Type diets online (likely very brief, doesn't include all the info of the book though) & see if: 1) some of the foods you favor are amongst the "Beneficial", & 2) while other people go crazy for a type of food (eg: seafood, mushrooms, pickles, etc.. anything!) are what you're not quite a fan of (or hate). After I checked this out was when lots of things suddenly started to make sense. I am Type A blood. This may sound a bit weird, but I tend to enjoy my foods a little blandly (oatmeal w/ nothing to flavor, black iced/hot coffee w/o cream or sugar, etc) Lots of the time I will eat something without condiments or I ask for my salad w/ no dressing b/c dressing is just gross to me). This is in part, due to the way I grew up but also is mainly how I've responded to my reactions to moderate or even very small quantities of sugar, salt, or other things like spices & vinegar: I always got swollen the next day (eyes, fingers, puffy cheeks...etc..) But more than how I've grown to like how I eat now, I've never been a huge fan of certain foods (like the above mentioned) & while my friends all go crazy for lobster/crab/shrimp, sweet pastries, Korean bbq (all-you-can-eat-till-you-explode-quantities-of-meat), I typically felt whatever about eating them & then felt like crap the next day after eating that stuff. The list goes on about what kinds of foods make me swell up by the next day (which I didn't realize, was an allergic reaction to the foods I was eating--you should never swell up or react badly over something you ate if it's good for you) but I'd rather not.

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