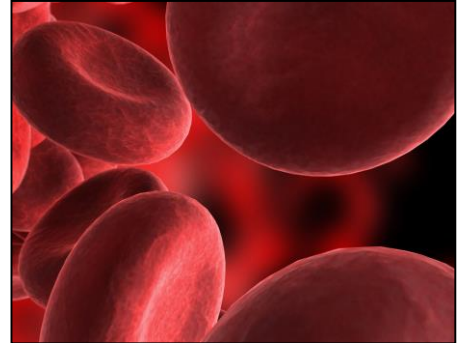




Eating for your Blood Type – A

It is believed by some that blood types affect the digestive system, the way you exercise, and your susceptibility to various diseases.



Blood Type A – Agrarian

- Cooperative
- Sensitive
- Orderly
- Settled
- Cultivator

Strength	Weakness	Health Risk	Diet Profile	Weight Loss	Supplements	Exercise
Adapts well to changes in diet and environment. Little need for animal foods. Immune system preserves and metabolizes nutrients more easily.	Sensitive digestive tract Vulnerable immune system, open to microbial invasion	Heart disease Cancer Anemia Liver and gallbladder disorders Type 1 diabetes	Classic Vegan Vegetarian Classic Vegan Vegetarian Vegetables Tofu Seafood Grains Beans Legumes Fruit	Reduce: Meat Dairy Kidney Beans Lima beans Wheat Increase: Vegetable oil Soy foods Vegetables Pineapple	Vitamin B-12 for vegan Folic acid Vitamin C Vitamin E Hawthorn Echinacea	Calming and centering exercises, such as: Yoga Tai chi

Western European 47%, Jewish 41%, Caucasian Americans 40%, Japanese 38%, Korean 32%, Hispanic 31%, African Americans 27%, Chinese 25%, Indians 22%, American Indians 16%

Blood Type A evolved when agriculture began.

Eat Right for Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight. *Peter D-Adamo*