

This Sheet Best Zone Choices	Soybeans, cooked 1/3c	Tomato 1 1/2c chopped	Spices
For Blood Type A	Tempeh 1 1/2oz	Tomato, Cherry 2c	Barley Malt, Molasses
Yellow EAT- Purple AVOID	Yogurt, plain skim 8oz	Fresh Fruits (Carbohydrates)	Garlic, Ginger, Miso
for your BLOOD TYPE	Best Carbohydrate Choices (9gm/block)	Apple, 1/2	Soy Sauce, Tamari
Best Protein Choices (7grams/block)	Cooked Veggies (Carbohydrate)	Apricots 3	Herbal Teas
Meat/Poultry (Protein)	Artichokes, 4 lg or 1c hearts	Blackberries 3/4c	Alfalfa, Aloe, Burdock
Beef 1oz.	Asparagus 12 spears or 1c	Blueberries 1/2c	Chamomile, Echinacea
Chicken 1oz.	Black Beans 1/4c	Cherries 8	Fenugreek, Ginger
Emu 1oz.	Green Beans 1 1/2c	Grapefruit 1/2	Hawthorn, Milk Thistle
Pork 1oz	Kidney Beans 1/4c	Grapes 1/2c	Rose Hips, St. John's Wort
Turkey 1oz.	Navy Beans 1/4c	Kiwi 1	Slippery Elm, Valerian
Fish/Seafood (Protein)	Bok Choy 3c	Nectarine 1/2	Misc. Beverages
Bass, Barracuda, Beluga, Catfish 1.5oz	Broccoli 3c	Orange 1/2	Coffee, Decaf
Cod, Grouper, Mackerel, Snapper 1.5oz	Brussels Sprouts 1 1/2 c	Peach 1	Coffee, Regular
Crab 1.5oz	Cabbage 3c	Pear 1/2 or 1/2c	Green Tea
Haddock 1.5oz.	Cauliflower 4c	Pineapple, cubed 1/2c	Blood Type A
Lobster 1.5oz	Garbanzo beans 1/4c	Plum 1	Top 12 Foods
Trout, Sardine, Perch 1.5oz	Eggplant 1 1/2c	Raspberries 1c	Alfalfa Sprouts
Snail, Whitefish, Abalone, Tuna 1.5oz	Kale 2c	Strawberries 1c	Cherries
Mahimahi, Pike, Sailfish, Shark 1.5oz	Kohlrabi 1c	Tangerine 1	Ginger Tea
Scallops, Shrimp 1.5oz	Leeks 1c	Grains/Alcohol (Carbohydrate)	Molasses
Smelt, Sturgeon, Swordfish 1.5oz	Lentils, cooked 1/4c	Barley, dry 1/2 Tbsp.	Olive Oil
Salmon 1.5oz	Mushrooms Abalone/Portabello/Enoki/Oyster 2c	Oatmeal, cooked 1/3c	Parsley
Tuna 1.5oz	Mustard Greens 4c	Best Fat Choices (3gm/block)	Peanuts
Tuna Steak 1oz	Okra, sliced 1c	Almonds 3	Raspberries
Eggs/Dairy (Protein)	Onions, boiled 1/2c	Avocado 1 Tbsp	Salmon
Egg Whites 2	Spinach 3 1/2c	Canola Oil 2/3tea	Tapioca
Egg Subst. 1/4c.	Swiss Chard 2 1/2c	Cashews 3, Brazil 1, Pistacios 3	Vanilla
Cottage Cheese 2% 1/4c.	Turnip Greens 4c	Macademia 1, Walnut halves 3, Filberts 4	Zucchini
Vegetarian (Protein)	Yellow Squash 2c	Oils, Olive/Canola/Cod Liver/Flax 2/3tsp	Eat SOME of the above EVERY day
Protein Pdr. 1/3c.	Zucchini 2c	Peanuts 6, Peanut butter 1 1/2tsp	
Soy Burger 2/3 patty	Raw Veggies (Carbohydrate)	Pumpkin seeds, Pine nuts 1 1/2tsp	
Soy Burger Crumbles 1/3c.	Bell Peppers, Red/Green/Yellow/Black/All 2c	Poppy, Sesame, Sunflower seeds 1tsp	Exercises for Type A:
Soy Sausage 1	Celery 2c	3 Block Balanced Meals Eating Out	Aerobic (low impact)
Tofu, extra firm 2oz.	Cucumber 1 1/2 med.	Wendy's 12 oz. Chili	Dance
Tofu, firm 3oz.	Fennel 3/4c	McDonald's Grilled McChicken	Gold
Tofu, soft 4oz.	Lettuce-Romaine, Arugala, Buttrhd 10c	(Throw away 1/4 of the bun)	Hatha Yoga
Mixed (1block protein, 1 block carb)	Onions, chopped 1 1/2c	Burger King BK Broiler w/o	Martial Arts
Milk, 1% or Skim 1c	Radishes 4c	mayo & throw away 1/4 of the bun	Stretching
Soy Milk 1c (read labels carefully)	Parsley 10c (Emerald Harvest 2tsp)	Taco Bell Chicken Tacos-2	Swimming
One Balanced Snack equals:	A Balanced Meal is 3-4 Blocks	If a meal is too large you can Graze:	Tai Chi
One Block of Protein	3-4 Blocks of Protein	Two Blocks of Protein	Walking, Brisk
One Block of Carbohydrate	3-4 Blocks of Carbohydrates	Two Blocks of Carbohydrates	
One Block of Fat	3-4 Blocks of Fat	Two Blocks of Fat	
	(3 Blocks for a woman/4 for a man)		© wms 2003
WEIGHT MANAGEMENT SYSTEMS	Featuring the Zone and Blood Type Diets	BEST ZONE CHOICES	BLOOD TYPE A