

<b>This Sheet Poor Zone Choices</b>	Cranberry sauce 1oz	Roll, dinner 1/2 small	<b>Spices/Teas</b>
<b>For Blood Type A</b>	Dates 2	Taco shell 1	Capers
<b>Yellow EAT-Purple Avoid</b>	Figs 1	Tortilla, corn 6" 1	Gelatin, plain
<b>for your BLOOD TYPE</b>	Kumquat 3	Tortilla, flour 8" 1/2	Pepper, all
<b>Poor Protein Choices 7gm/blk</b>	Mango, sliced 1/3c	Waffle 1/2	Vinegar, all
<b>Meat/Poultry (Protein)</b>	Melon--Honeydew,Cantaloupe 3/4c	<b>Unfavorable Choices-Other 9gm/blk</b>	Wintergreen
Bacon 3 strips	Papaya, cubed 3/4c	Barbecue sauce 2 Tbsp	Catnip
Beef, ground full fat 1oz	Prunes, dried 2	Beer 1 bottle	Cayenne
Beef, Buffalo, Lamb, Mutton, Venison 1oz	Rhubarb 3/4c	Cake, small slice 1/3	Corn silk
Duck, Goose, Partridge, Pheasant, Quail 1oz	Raisins 1 Tbsp	Candy bar 1/4	Red Clover
Hot Dog, pork or beef 1 link	<b>Grains/Breads (Carbohydrates)</b>	Catsup 2 Tbsp	Worcestershire Sauce
<b>Hot Dog, turkey or chicken 1</b>	Bagel, small 1/4	Cocktail sauce 2 Tbsp	Rhubarb
Kielbasa 2oz, Salami 1oz	Biscuit 1/2	Honey 1/2Tbsp	Yellow dock
Liver, Beef 1oz Heart 1oz	Bread crumbs 1/2oz	Jam or Jelly 2tsp	<b>Beverages</b>
Pepperoni 1oz	Bread, whole grain 1/2 slice	Ice cream, regular 1/4c	<b>Beer</b>
Pork Sausage 2 links	Bread, white 1/2 slice	Ice cream, premium 1/6c	Liquor, Distilled
Rabbit 1oz	Breadstick, small 1 (check label)	Liquor, distilled 1 1/2 oz	Seltzer water
<b>Fish/Seafood (Protein)</b>	Buckwheat, dry 1/2oz	Molasses 2 tsp	Soda, club
Anchovy, Barracuda, Caviar, Calamari 1.5oz	Wheat--All Kinds, dry 2oz	Plum sauce 1 1/2Tbsp	Soda, cola
Crayfish, Eel, Flounder, Frog, Haddock 1.5oz	Cereal, dry 1/2oz	Potato chips 1/2oz	Soda, diet
Hake, Halibut, Herring, Lobster, Lox, Sole 1.5oz	Cornbread 1 square	Pretzels 1/2oz	Soda, other
Mussels, Octopus, Oysters, Scallops 1.5oz	Cornstarch 4 tea	Relish, pickle 4 tsp	Tea, black
Shad, Shrimp, Turtle 1.5oz	Couscous 1/2oz	Sodas, Colas, Black Tea, Seltzers	Tea, black decaf.
<b>Poor Carbohydrate Choices 9gm/blk</b>	Cracker, graham 1	Sugar, brown 1 1/2tsp	<b>Top 6 Foods to</b>
<b>Cooked Vegetables (Carbohydrates)</b>	Cracker, saltine 4	Sugar, granulated white 2 tsp	<b>Avoid for Type A</b>
Baked beans 1/4c	Cracker, Triskett 3	Sugar, confectionery 1Tbsp	Beef
Beans--Lima, Copper, Kidney, Navy 1/4c	Croissant, small plain 1/4	Syrup, maple 2tsp	Peppers, Green
Beans--Red, Tamarind 1/4c	Crouton 1/2oz	Syrup, pancake 2tsp	Pepper
Beets, sliced 1/2c	Donut, small plain 1/4	Teriyaki sauce 1/2oz	Parmesan Cheese
Carrot, raw 1, shredded 1c	Lentils, All Kinds 1/4c	Tortilla chips 1/2oz	Tomato Juice
Carrots, sliced 1c	Muffins, English 1/4, Bran 1/4	Wine, red 4oz	
Corn 1/4c	Granola 1/2oz	Wine, white 4oz	
French Fries 5	Grits, cooked 1/3c	<b>Poor Fat Choices 3gm/block</b>	<b>Diseases Common</b>
Mushroom, Shitake 4c	Melba toast 1/2oz	Bacon bits, imitation 2tsp	<b>with BLOOD TYPE A</b>
Parsnip 1/3c	Millet 1/2oz	Butter 1/3tsp	B12 Deficiencies
Peas 1/4c	Muffin, blueberry 1/4	Cheese--American, Brie, Camembert 1oz	Cancer
Pinto beans 1/4c	Noodles, egg (cooked) 1/5c	Cheese--Cream, Cheddar, Colby, Edam 1oz	Diabetes
Potato, baked 1/3c	Pancake, 4" 1	Cheese--Gouda, Gruyere, Jarlsberg, Jack 1oz	Digestive Problems
Potato, mashed 1/4c	Pasta--Semolina, Spinach cooked 1/4c	Cheese--Munster, Parmesan, Provolone 1oz	Gallbladder Problems
Potato--Red, White 1/4c	Pita bread 1/4 pocket	Cheese--Swiss, Emmenthal 1oz	Heart Disease
Refined beans 1/4c	Pita bread, mini 1/2 pocket	Cream, Casein, Whey 1/2Tbsp	Immune Deficiencies
Squash, All Kinds 1/2c	Popcorn, popped 2c	Lard 1/3tsp	Liver Problems
Sweet Potato, mashed 1/5c, baked 1/3	Rice, brown (cooked) 1/5c	Sour cream 1/2Tbsp	Low Stomach Acid
<b>Fruits (Carbohydrates)</b>	Rice, white (cooked) 1/5c	Sour cream, light 1Tbsp	Sinus Problems
Banana 1/3, Plantains 3/4	Rice cake 1		
Cranberries 3/4c	Roll, bulky 1/4	Vegetable shortening 1/3tsp	© wms 2003
<b>WEIGHT MANAGEMENT SYSTEMS</b>	<b>Featuring the Zone and Blood Type Diets</b>	<b>POOR ZONE CHOICES</b>	<b>BLOOD TYPE A</b>