

Snacks

The first thing we all go into the pantry for is to grab a quick bite on the run or pack a snack to ship off to school with the kids. It is important that these midday treats are balanced and wholesome, especially to keep your blood sugar balanced, so the best way to make that happen is to stock that pantry right. Here are a few staples for Blood Type A:

- Brown rice cakes
- Flaxseeds
- Peanut butter
- Pumpkin seeds
- Dark chocolate (70 percent or higher)
- Dried fruit (apricots, cherries, figs, prunes)
- Fresh fruit (pineapple, blueberries, cherries, grapefruit, plums)
- Nuts (walnuts, peanuts, almonds, pecans, macadamias)

If you want to prep ahead for those times when you are in a rush, make individual servings of combinations of nuts, dried fruit, and maybe even a little dark chocolate. Store in small, glass, sealable containers and take them in the car, on the plane, or anywhere you are headed.

Drinks

Yet another reason you are lucky to be Type A: coffee and red wine are actually highly Beneficial for you. Of course it's not advisable to drink either of them throughout the day, so aside from water, when you want to add a little flavor to your beverage repertoire, dabble in these Beneficial teas or fruit juices, plain or with a touch of lemon/lime or mint. In fact, as a Type A, it is a good idea to start the day with warm water with a squeeze of lemon. Here's a quick list of Beneficial drinks for Blood Type A:

- Aloe juice
- Coffee
- Red wine
- Fruit juice (black cherry)
- Teas (chamomile, echinacea, green, ginger, rose hip)

Grains/Legumes

Whole grains and legumes are Beneficial to your diet, so try to incorporate them when you can. Always keep these ingredients on hand so they are readily available for your use.

- Adzuki beans
- Buckwheat
- Black beans
- Oat Flour
- Black-eyed peas
- Oatmeal
- Fava beans
- Rye Flour
- Lentils
- Barley
- Soybeans
- Couscous
- Pinto beans
- Quinoa

Seasonings

Making healthy food taste good is non-negotiable. One quick trick is knowing your way around your spice cabinet. Herbs and spices are calorie free and flavor packed. The spices listed below also happen to be terrific for Blood Type A's. Keep a jar of homemade Basic Bread Crumbs on hand for a quick topping on a casserole, to use as turkey breading or to bread seafood. Olive oil is also a good thing to keep on hand. Additionally, as much as we would like to repress our sweet tooth, it is an unrealistic expectation for most, so stock up on natural sweeteners like agave and maple syrup, but use sparingly. Here's a list of essentials for the Blood Type A Pantry:

Agave nectar

Blackstrap molasses

Honey

Maple syrup

Miso

Olive oil

Soy sauce

Vanilla

Basic Bread Crumbs NS

Spices (garlic, ginger, horseradish, mustard, tamari, allspice, basil, bay leaf, caraway, cardamom, chives, cinnamon, clove, coriander, nutmeg, oregano, paprika, peppermint, saffron, rosemary, sage, tarragon, thyme, sea salt)

**Editors note: This is an excerpt for the Eat Right 4 Your Type Personalized Cookbook for Type A by Dr. Peter J. D'Adamo with Kristin O'Conner, copyright 2013*