

GRUPA SANGUINA A		
BENEFICE	NEUTRE	DE EVITAT
CARNE		
	Curcan	Bivol
	Gaina Cornwall	Carne de porc
	Pui de gaina	Carne de vitel
		Costita
		Carne tocata de vita
		Fazan
		Ficat
		Gasca
		Inima
		iepure
		Miel
		Oaie
		Prepelita
		Potarniche
		Sunca
		Rata
		Vita
		Vanat
ALIMENTE MARINE		
Alba	Abalone	Ansoa
Biban galben	Albacore (ton)	Baracuda
Biban argintiu	Biban oceanic	Beluga
Crap	Biban alb	Bluefish
Cod	Mahimahi	Biban cu branhii albastre
Curcubeu	Peste spada	Biban dungat
Macrou	Porgy	Broasca
Monkfish	Rechin	Broasca testoasa
Melc	Sailfish	Caracatita
Pastrav marin	Smelt	Caviar
Pastrav	Snapper	Crab
Red Snapper	Sturion	Calamar
Somon	Stiuca	Calcan
Sardina	Weakfish	Creveti
Stiuca	Yellowtail	Drac-de-mare
		Egrefin
		Halibut
		Hake

		Hering proaspat
		Hering murat
		Homar
		Lox
		Molusca
		Midii
		Platica
		Platica cenusie
		Rac cu platosa
		Scoici
		Skallop
		Scoica
		Tipar
		Tilefish
PRODUSE LACTATE SI OUA		
Branza de soia	Branza farmer	Branza americana
Lapte de soia	Branza feta	Branza cheese
	Branza de capra	Branza de Brie
	laurt	Branza cheddar
	laurt de fructe	Branza Colby
	laurt congelat	Branza cottage
	Kefir	Branza cu smantana
	Lapte de capra	Branza Edam
	Mozzarella	Branza Emmenthal
	Ricotta	Branza Gouda
	String cheese	Branza Gruyer
		Branza jarlsberg
		Branza Munster
		Branza Neufchatel
		Branza sherbet
		Camembert
		Cazeina
		Lapte batut
		Lapte integral
		Lapte ecremat
		Monterey
		Parmezan
		Schweitzer
		Inghetata
		Zer

ULEIURI SI GRASIMI		
Ulei de seminte de In	Ulei de canola	Ulei de arahide
Ulei de masline	Ulei din ficat de cod	Ulei de porumb
		Ulei din seminte de bumbac
		Ulei de sofran
		Ulei de susan
NUCI SI SEMINTE		
Arahide	Alune	Nuci braziliene
Seminte de dovleac	Castane	Nuci de mahon
Unt de arahide	Migdale	Fistic
	Nuci americane	
	Nuci litchi	
	Nuci macadamia	
	Nuci pignola	
	Nuci	
	Seminte de mac	
	Seminte de susan	
	Seminte de floarea-soarelui	
	Unt de migdale	
	Unt de susan	
	Unt de floarea-soarelui	
FASOLE SI LEGUME		
Fasole aduke	Fasole alba	Fasole aramie
Fasole azuki	Fasole cu boabe late	Fasole garbanzo
Fasole neagra	Fasole cataratoare	Fasole lima
Fasole verde	Fasole cannellini	Fasole mare
Fasole pinto	Fasole fava	Fasole navy
Linte verde	Fasole jicama	Fasole rosie
Linte rosie	Mazare de iarna	Fasole tamarind
Linte domneasca	Mazare pastai	
Mazare neagra	Mazare verde	
Soia Rosie		
CEREALE		
Amarant	Crema de orez	Crema de grau
Hrisca	Faina de ovaz	Cereale combinate
	Fulgi de porumb	Granola

	Faina de porumb	Germeni de grau
	Faina de ovaz	Grape nuts
	Mei expandat	Faina de cartofi
	Orez expandat	Familia
	Orz	Tarate de grau
	Secara alba	
	Tarate de ovaz	
	Tarate de orez	
PAINES SI BRIOSE		
Paine din grau germinat	Briose de porumb	Briose englezesti
Paine esene	Briose din tarate de ovaz	Briose din tarate de grau
Paine ezekiel	Fin Crisp	Grau arnaut
Paine de orez	Fulgi crocanti de secara	Matzos de grau
Paine din faina de soia	Lipie ideala	Paine din grau integral
	Mei	paine poli-cerealica
	Paine de secara alba	Pumpenikel
	Paine de secara 100%	Paine hiperproteica
	Paine fara gluten	
	Paine din orez brun	
	Secara vita	
CEREALE SI PASTE FAINOASE		
Faina de ovaz	Basmati de orez	Faina alba
Faina de ovaz	Faina de cus-cus	faina de grau integral
Faina de orez	Faina de grau bulgur	Paste fainoase semolina
Faina de secara	Faina de grau arnaut	Paste fainoase cu spanac
Faina de soba	Faina cu gluten	
Hrisca	Faina graham	
Paste fainoase de anghinare	Faina de grau germinat	
Taitei Soba	Faina de secara alba	
	Faina de orz	
	Orez brun	
	Orez alb	
	Orez salbatic	
	Taitei de secara alba	
	Quinoa	
LEGUME		
Anghinare domestica	Arugula	Ardei verzi
Amghinare de jeruslim	Avocado	Ardei Rosii

Brocoli	Andive	Ardei galbeni
Cicoare	Alge	Ardei jalapeno
Cepe Rosii	Asamanturi	Cartofi dulci
Cepe spaniole	Arpagic	Cartofi rosi
Cepe galbene	Bok choy	Cartofi albi
Dovlecel	Chimion	Ciuperci de casa
Gulie	Conopida	Fasole lima
Frunze de sfecla	Coriandru	Ingame
Muguri de alfalfea	Chimion dulce	Masline negre
Morcovi	Castravete	Masline grecesti
Escarole	Ciuperci abalone	Masline spaniole
Hrean	Ciuperci enoki	Rosii
Nap	Ciuperci Portobello	Vinete
Laptuci romaine	Ciuperci tree oyster	Varza rosie
Patrunjel	Ciuperci shiitake	varza alba
Praz	Ciuperci maitake	varza chinezeasca
Ridichi	Ceapa verde	
Spanac	Castane de apa	
Sfecla	Dovlecel	
Tofu	Ferigi fiddlehead	
Tempeh	Laptuci bibb	
Usturoi spaniol	Laptuci boston	
Uturoi galben	Laptuci iceberg	
	Muguri de bambus	
	Mustar	
	Masline verzi	
	Nap suedez	
	Nasturel	
	Porumb alb	
	Porumb galben	
	Ridichi daikon	
	Ridichi	
	Rappini	
	Radicchio	
	Radish sprous	
	Salota	
	Sparanghel	
	Sfecla	
	Varza de Bruxelles	
	Varza mung	
	Varza sprouts	

	Zucchini	
FRUCTE		
Afine	Agris	Banane
Ananas	Boabe de soc	Mango
Boysenberries	Capsuni	Mandarine
Caise	Curmale	Nuci de cocos
Cirese	Carambola	Portocale
Grapefruit	Curmale japoneze	Pepene dulce
Mure	Guava	Pepene cantalup
Merisor	Fructe de tei	Papaya
Prune negre	Loganberries	Rubarba
Prune verzi	Kumquat	
Prune rosii	Kiwi	
Prune uscate	Lubenita	
Smochine uscate	Piersici de toamna	
Smochine proaspete	Piersici	
Lamai	Pere	
	Pepene de canang	
	Pepene de Craciun	
	Pepene spaniol	
	Pepene crenshaw	
	Stafide negre	
	Stafide rosii	
	Stafide	
	Struguri negri	
	Struguri verzi	
	Struguri rosii	
	Rodii	
	Zmeura	
SUCURI SI LICHIDE		
Apa	Cidru de mere	Portocala
Ananas	Castravete	Papaya
Caise	Mar	Rosie
Cirese negre	Merisor	
Grapefruit	Struguri	
Morcov	Suc de legume	
Prune uscate	Varza	
Telina		

MIRODENII		
Ghimber	Agar	Boia
Malt de orz	Anason	Capere
Melasa blackstrap	Asamanturi	Gelatina simpla
Miso	Arpagic	Otet balsamic
Sos de soia	Boia	Otet din vin rosu
Usturoi	Busuioc	Otet din cidru de mere
Tamari	Cuisoare englezesti	Piper alb
	Ciocolata	Piper negru macinat
	Coriandru	Piper cayenne
	Crema de tartru	Perisor
	Chimion	
	Curry	
	Cuisoare englezesti	
	Cimbru	
	Dulse	
	Frunze de dafin	
	Esenta de migdale	
	Hrean	
	Mustar	
	Maioran	
	Mentha aguatica	
	Mentha crispa	
	Marar	
	Miere	
	Nucsoara	
	Sofran	
	Salvie	
	Sare	
	Sirop de orez	
	Sirop de artar	
	Sirop de porumb	
	Sofran de India	
	Scortisoara	
	Rozmarin	
	Roscove	
	Patrunjel	
	Pergamut	
	Tamarind	
	Tapica	
	Tarhon	

	Vanilie	
	Varec	
	Zahar alb	
	Zahar brun	
CONDIMENTE		
	Condimente pentru salata	Ketchup
	Gem	Maioneza
	Jeleu	Muraturi
	Mustar	Muraturi picante
		Sos worchestershire
CEAIURI DE PLANTE		
Alfalfa	Dude	Ardei rosu
Aloe	Dong qui	Iarba matei
Brusture	Cimbru	Matasea porumbului
Ceai verde	Coaja de stejar	Stevie galbena
Ciulin laptos	Coadă soricelului	Rubarba
Ghimbir	Gura lupului	Trifoi rosu
Ginseng	Frunze de capsuni	
Echinacee	Frunze de zmeura	
Iarba sfantului Ion	Goldenseal	
Macese	Gentiana	
Musetel	Hamei	
Schinduf	Soc	
Stone root	Salvie	
Valeriana	Sarsaprila	
	Siminichie	
	Mentha crispera	
	Mesteacan alb	
	Mentha piperita	
	Papadie	
	Podbal	
	Patrunjel	
	Radacina de lemn dulce	
	Tei	
	Traista ciobanului	
	Tei	
	Voronic	
	Verbina	

DIVERSE BAUTURI		
Cafea decofeinizata	Vin alb	Apa carbogazoasa
Cafea obisnuita		Bauturi distilate
Ceai verde		Bere
Vin rosu		Cola
		Ceai negru decofeinizat
		Ceai negru obisnuit
		Sifon ditetic
		Alte tipuri de sifon