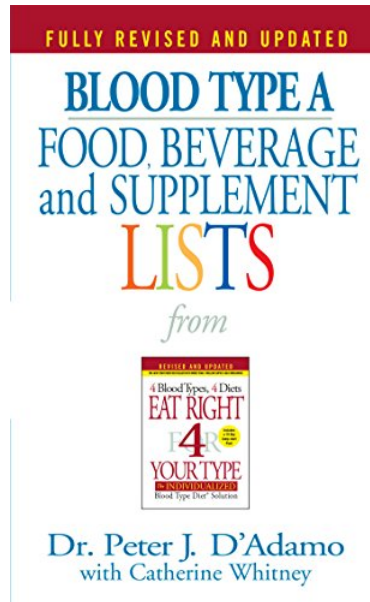


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The Eat Right 4 (For) Your Type portable and personal guide that will help people with blood type A stay healthy and achieve their ideal weight. Different blood types mean different body chemistry. If your blood type is A, enjoy your best health on a vegetarian diet. Carry this guide with you to the grocery store, restaurants, even on vacation to avoid putting on those extra pounds, or getting sick from eating the wrong thing. Inside you will find complete listings of what's right for Type A in the following categories: meats, poultry, and seafood oils and fats dairy and eggs nuts, seeds, beans, and legumes breads, grains, and pastas fruits, vegetables, and juices spices and condiments herbal teas and other beverages special supplements drug interactions resources and support. Refer to this book while shopping, dining, or cooking and soon, you will be on your way to developing a prescription plan that's right for your type.

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