

## Introduction

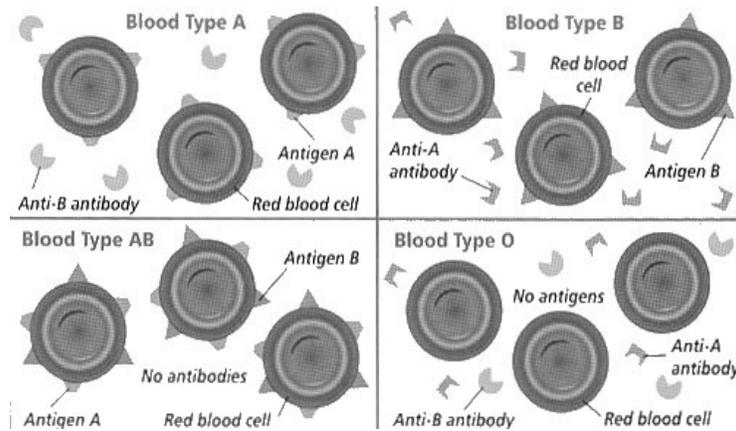
- o Diet for your blood type is created by **Dr. Peter D'Adamo**, who published a book on the diet in 1996
- o Provides a guideline to eating according to your blood type
- o There are 4 Blood Types: O, A, B, and AB (in order of evolutionary appearance)
- o Diet includes: foods to eat, foods to avoid, type of exercise

- o WHY? – Lectins
  
  
  
  
  
  
  
  
  
  
- o Basic premise of diet: following it strictly makes you stay healthy and away from diseases and infections.
  
  
- o Variations within each blood group result from thousands of years of assimilation and adaptation to different climates and habitats.

## Purpose & Goals

- o Diets like this one can be very popular
  
- o Meal Manager: Important to be informed about the diet to:
  - be able to inform our clients and/or patients more accurately
  - make more informed decisions
  
- o Goal: to find out if the diet is reliable, valid, and healthy and if it has actually worked for those who have followed it.

## The 4 different blood types



## Blood Type O

- o The first blood type thought to have evolved
- o Contains no antigens making it the universal donor but cannot accept blood from another blood type
- o Diseases: blood clotting disorders, inflammatory diseases, hypothyroidism, and ulcers



## Diet for Blood Type O



- o Resembles the diet of ancient times and the hunter-gatherer lifestyle
- o High-protein, low-carbohydrate, enriched with some fruits and vegetables
- o Recommended foods:
  - o Meat, including red meat
  - o Fish
  - o Certain fruits and vegetables
- o Intense physical activity is recommended

## Foods to Avoid for Type O

- o Dairy and eggs
- o Grains, especially whole-wheat
- o Beans and legumes
- o Most nuts
- o Avocados
- o Corn
- o Cauliflower
- o Oranges and tangerines
- o Cantaloupe and strawberries
- o Corn oil, peanut oil, safflower oil

## Sample Menu for Blood Type O

Breakfast	2 Slices toasted Ezekiel bread with butter 6 ounces vegetable juice Banana Herbal tea
Lunch	Organic Roast Beef, 6 ounces Spinach Salad Apple or pineapple slices Water
Snack	1 slice of cake Herbal tea
Dinner	Lamb and asparagus stew, steamed broccoli, sweet potatoes Mixed fresh fruit Herbal tea

## What's Wrong with This Diet?

- ✓ Significantly lacking in carbohydrates
- ✓ May be an undesirable amount of meat
- ✓ Lacking dietary fiber for digestive health
- ✓ Lacking good monounsaturated fats
- ✓ Too much saturated fat from animal sources
- ✓ Lacking vitamins and minerals
- ❖ Provide an adequate amount of calories?
- ❖ Satisfying?
- ❖ Something you would stick to?

## Blood Type A

- o The second blood type thought to have evolved
- o Contains A antigens
- o Thought to have evolved from their more settled and less war-like ancestors
- o Blood Type A prone to diseases such as Heart Disease, Cancer, Type I Diabetes, Anemia, and Liver & Gall Bladder Disorders
- o Should engage in light exercises only (e.g. yoga, stretching)

## Diet for Blood Type A

- o Flourishes on a vegetarian diet and should stay away from meats and dairy
- o Tofu should be a staple for blood type A
- o Recommended Foods
  - o Fruits and Vegetables in general
  - o Poultry- Chicken and Turkey
  - o Fish- Salmon, Cod, and Mackerel
  - o Tofu, Peanuts, and Buckwheat
  - o Yogurt and Mozzarella Cheese are ok

## Foods to Avoid for Blood Type A

- o All Meats- Beef, Pork, Lamb, etc.
- o Dairy- Milk and most cheeses
- o Most breads
- o Beans and some nuts like Brazilian nuts, pistachios, and cashews.
- o Some fruits- melons, cantaloupe, papaya, mango, orange, and coconut.

## Sample Menu for Blood Type A

Breakfast	Water with lemon Oatmeal with soy milk and maple syrup Grapefruit juice Coffee or herbal tea
Lunch	Greek salad Apple 1 slice sprouted wheat bread Herbal tea
Snack	2 rice cakes with peanut butter 2 plums Green tea or water
Dinner	Tofu Pesto Lasagna, Broccoli, Frozen yogurt Coffee or herbal tea (red wine if desired)

## What's Wrong with this Diet?

- ✓ Significantly lacking in meat source
- ✓ Lacking in carbohydrate consumption which can be unhealthy
- ✓ Lacking in dairy consumption which can put the person at risk for calcium deficiency
  
- ❖ Enough calories and nutrients?
- ❖ Satisfying?
- ❖ Something you would stick to?

## Blood Type B

- o Third blood type to evolve
- o Antigen B and corresponding antibodies
- o Evolutionarily, seems to be a combination of Type A and Type O
- o Diseases: Type I Diabetes, Chronic Fatigue Syndrome, autoimmune disorders, multiple sclerosis, and neuromuscular disorders, among others

## Diet for Blood Type B

- o Said to be the most balanced of the four diets.
  
- o Recommended foods:
  - Fruits and Vegetables in general
  - Meat: lamb, mutton, fish
  - Milk and dairy products – the only blood type for which these are recommended

## Foods to Avoid for Blood Type B

- o Meat: chicken and bacon
  - whole-wheat products
  - pumpkin
  - tomatoes
  - tofu
  - corn
  - peanuts
  - beans and lentils
  - sesame seeds
  - (the list goes on!)
  
- o Exercise: moderate – light jogging or agile walks

## Sample Menu for Blood Type B

Breakfast	Fluidizer cocktail Rice bran cereal with banana and skim milk Grape juice
Lunch	Sandwich - thin slice of cheese, thin slice of turkey breast, two slices of bread, mustard or mayonnaise Green salad Herbal tea
Snack	Fruit juice Sweetened yogurt Herbal tea
Dinner	Broiled Fish with steamed vegetables Fresh fruit Herbal tea or coffee

## What's Wrong with this Diet?

- ✓ Low-fat dairy?
- ✓ Meat choices may not be desirable
- ✓ Very low in grains, which are nutrient-rich!
- ❖ Enough calories and nutrients?
- ❖ Satisfying?
- ❖ Something you would stick to?

## Blood Type AB

- o Youngest and rarest of the four blood types
- o Contains both A and B antigens
- o Prone to diseases in which both Type A and Type B are prone

## Diet for Blood Type AB

- o Should consume a mostly vegetarian diet
- o Recommended foods:
  - o Whole-wheat products – the only blood type that can tolerate wheat germ
  - o Small portions of meat, fish, and dairy
  - o Most fruits and vegetables
- o Moderate isotonic exercise like hiking, swimming, bicycling and yoga is recommended

## Foods to Avoid for Blood Type AB

- o Chicken
- o Corn
- o Buckwheat
- o Sesame seeds

## Sample Menu for Blood Type AB

Breakfast	Water with lemon, 8 ounces diluted Grapefruit juice 2 slices Ezekiel bread Yogurt-herb cheese coffee
Lunch	4 ounces sliced turkey breast, 2 slices rye bread Caesar salad 2 plums Herbal tea
Snack	Tofu cheesecake Iced herbal tea
Dinner	Tofu omelet Stir-fried vegetables Mixed-fruit salad Decaffeinated coffee

## What's Wrong with This Diet?

- ✓ Not enough fruits and vegetables
- ✓ Lacking in adequate amounts of carbohydrates and dietary fiber
- ✓ Deficient in good monounsaturated fats
- ✓ Lacking in vitamins and minerals
- ❖ Enough calories?
- ❖ Satisfying?
- ❖ Something you would stick to?

## For Your Information (FYI...)



- Dr. Peter D'Adamo is an N.D., which is known as a naturopathic doctor. He is not an M.D. and although he has been in the blood type analysis field for a number of years, his diet plan does not have any research or backup to prove that it works and if it is healthy for an individual to follow this diet.

## How it came about

- o Dr. Peter D'Adamo N.D. has worked with his father, Dr. James D'Adamo N.D. for several years in the same field.
- o Dr. James D'Adamo noticed that most patients in the European Spas who were on low-fat or strict vegetarian diets were not losing weight.
- o He suspected that their blood type might be the cause of not being able to lose the weight.
- o Dr. Peter D'Adamo expanded from his fathers findings and wrote a book called Eat 4 Your Type.

## Naturopathic Doctors

- o ND vs. MD
- o In some states naturopathic doctors can practice without a license!
- o Research and use critical-thinking!

## Is This Diet Safe to Follow?

- o No scientific studies have been published
  - o No controlled studies
  - o No support for claims made
  - o Unreliable
  - o Lacking validity
- o Little published evidence that supports the claim that digested food attacks and agglutinates blood cells
- o Evolution of blood types not supported by evidence
- o Huge restrictions on certain foods makes it hard to follow
- o Can result in vitamin and mineral deficiencies when complete food groups are omitted

## How to Spot a Fad Diet

- ✓ The diet promises fast weight loss (more than 2 pounds per week)
- ✓ Dramatic statements that are not supported by sound scientific research or organizations
- ✓ Based on findings from a single study
- ✓ Limits or discourages consumption of entire food groups
- ✓ Lists of “good” and “bad” foods
- ✓ Recommendations that help sell a product