

### Abstract:

In the book [Eat Right For Your Type](#), Dr. Peter D’Adamo has developed a diet for each specific blood type. I hypothesized that the Blood Type Diet has no viable proof for the claims that D’Adamo makes, and that the diet lacks essential nutrients that all humans should have. I have outlined each diet prescribed for each blood type, and then assessed the nutritional validity of those diets. I found that the O blood type diet may be harmful to long term health because it prescribes a diet high in fat with almost no room for other foods. The other diets (A, B, and AB types) offer an acceptable spectrum of nutrients. Though only one of the four diets offered in Adamo’s book is seriously flawed, the Blood Type Diet may not be effective. Even the terminology describing the diets is vague. Of most concern is that the Blood Type Diet, published in 1996, still lacks support in 2007 from any peer-reviewed studies.

### Introduction:

Dr. Peter D’Adamo has developed a diet for each specific blood type. He has published his findings in his book, [Eat Right For Your Type](#). The diet is based on the assumption that food that goes against your particular blood type is wrong for you and could cause the blood to agglutinate in a way that could have a negative, if not deadly effect on your health. D’Adamo attempts to remedy this problem with his diet. He claims it is a long term lifestyle change leading to better health. I hypothesize that the Blood Type Diet has no viable proof for the claims that D’Adamo makes, and that the diet lacks essential nutrients that all humans should have. This poster outlines the specific nature to each diet that D’Adamo prescribes. I evaluate the nutritional value of each diet and investigate the basis of its scientific claims.

### Method:

Through reading D’Adamo’s book, I describe his proposed diets for each blood type. I then assessed the nutritional validity of each one based peer-reviewed publications about nutrition.

### Results:

#### ***O Type Diet:***

Claim 1: The theory behind O blood types (**O**) is that anthropologically they come from the first blood type to evolve. Claim 2: Their ancestors were mainly hunter-gatherer types who ate a diet composed mainly of lean meats and some vegetables. The diet for **O** is based on these two claims, for which he provides no evidence. D’Adamo claims the major hazard for **O** is gluten in wheat, since **O** lacks the capability to properly digest the gluten.

#### **The Diet:**

1. A serving size of meat is 4-6 oz, the size of a deck of cards, and a healthy diet allows 0-2 servings per day (7). The basic tenet of the **O** diet is to eat as much as one wants of lean beef, turkey, chicken or fish. 2. **O** should severely restrict their intake of dairy products. 3. **O** should avoid all beans, because they “inhibit the metabolism of other important nutrients”. 4. The most important thing that **O** should avoid is all wheat products. Carbs are the eventual killer. Wheat contains “lectins that react with both the blood and the digestive tract and interfere with the proper absorption of nutrients”. 5. Vegetables also need to be carefully regulated. One cannot eat them “indiscriminately” and need to focus on certain vegetable such as leafy green vegetables and avoiding cabbage, Brussel sprouts, ect. at all costs. 6. **O** can also only eat a certain variety of fruits, avoiding oranges, strawberries, etc. as much as possible.

#### **Summary of Diet:**

Meats: Eat abundantly  
Dairy: Avoid  
Wheat products: avoid  
Vegetables: focus mostly on leafy greens such as spinach, lettuce and broccoli  
Fruit: focus mostly on figs, plums, and prunes.

# The Blood Type Diet: A Diet According to Your Blood

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#### **Nutritional Critique:**

The prescription for mass quantities of meat is hazardous (5). Mass quantities of meat also means mass quantities of fat in ones diet. The Nutritional Committee of the Council on Nutrition found that diets high in protein restrict healthful food in the diet, so much so that such a diet may “increase total mortality” if “pursued for extended periods” (5). For example, the limiting of vegetables and fruits within the diet cause certain vitamins not to be absorbed. The **O** diet prescribes these exact nutritional restrictions. In conclusion, to follow a high-protein low carbohydrate diet (like the **O** diet) has been proven to severely limit long-term survival (5).

#### ***A Type Diet:***

Claim: Anthropologically those of the A blood type (**A**) stem from more vegetarian ancestors (4). **As** evolved when these hunter/gatherers settled and began farming land. Their blood changed with their food, thus **As** should mimic early farmer’s diets as closely as possible.

#### **The Diet:**

1. **A** advocates a vegetarian lifestyle, one that completely eliminates meat from it. 2. The consumption of large amounts of vegetables is the primary goal for this diet, though certain vegetables should be avoided, such as cabbage, mushrooms, peppers and tomatoes. 3. Dairy also should be removed from the diet as much as possible. 4. **As** should supplement their dairy consumption with soy products. 5. **As** should consume a large amount of nuts and seeds, along with beans. 6. Wheat products generally are healthy for **As** but they should limit their intake to just a couple of times a day. 7. Fruits should be consumed three to five times a day.

#### **Diet Summary:**

Meats: Avoid  
Dairy: limit, supplement with soy products  
Wheat products: eat a few times a day  
Vegetable: eat in abundance though avoid cabbage, mushrooms and peppers  
Fruit: eat three to five servings a day.

#### **Nutritional Critique:**

This diet is generally a vegetarian diet. It requires that one does not eat meat but supplements this lost protein with other foods. The limitations on dairy may prevent a healthy intake of certain bacteria, yeast, and minerals.

#### ***B Type Diet:***

Claim 1: B blood types (**B**) possess “chameleon-like” qualities within their blood (4). Claim 2: They evolved from nomadic people and thus are the bridging force between two cultures. Where **Os** and **As** are limited, **Bs** are not, possessing some of their weaknesses and strengths.

#### **The Diet:**

1. **Bs** can consume large amounts of dairy products. 2. The most problematic foods are corn, buckwheat, lentils, peanuts and sesame seeds (4). 3. Like **Os**, they have a similar reaction to wheat germ and whole wheat products. 4. Red meats should be reduced to times when the individual is feeling fatigued or sick. 5. **Bs** should consume large amounts of sea foods. 6. They should avoid nuts and beans. 7. Vegetables are open to **Bs** though they should avoid tomatoes and corn at all costs. 8. Fruits are to be eaten in abundance

#### **Diet Summary:**

Meats: Red meats when sick, seafood the rest of the time  
Dairy: In abundance  
Wheat products: Avoid  
Vegetables: eat a lot of, though avoid tomatoes and corn  
Fruits: eat in abundance

#### **Nutritional critique:**

This diet is basic, balancing all the elements for good nutrition. The only thing concern with **B**’s diet is the unlimited allotment of dairy products. There have been studies pointing to fatal diseases such as cancer and Parkinson’s developing in people who are on a high dairy diet (2). Dr Honglei Chen of the Department of Nutrition at the Harvard School of Public Health found that men who eat large amounts of dairy products have an increased chance of developing Parkinson’s disease (2). D’Adamo, like with the **O** diet, does not even address these concerns. Also, since dairy products come from animals, there is a high content of fat within them, thus to eat in abundance, unchecked, may prove hazardous for long term health (2).

#### ***AB Type Diet:***

Claim: AB blood types (**AB**) are somewhat of an enigma. They have inherited qualities from both A and B blood types. It is the rarest of all blood types, claiming only 2 to 5% of the population (4).

#### **The Diet:**

The focus is to balance the different qualities required for this diet. 1. Meat should be restricted to very small and limited servings in this diet, avoiding chicken though meats such as lamb, mutton, rabbit and turkey are better to eat for **ABs**. 2. Like **Bs**, dairy can be enjoyed in abundance, especially cultured and sour products. 3. Nuts should be eaten in limited amounts, and beans should be avoided. 4. Wheat should be limited as well, since its affect on the digestive system mimics that of **Bs**. 5. Vegetables should be eaten a couple of times a day, especially since this blood type tends to have weaker immune systems. 6. **ABs** should consume more alkaline fruits such as grapes, plums and berries.

#### **Diet Summary:**

Meats: Limited, focusing on rabbit, lamb and turkey.  
Dairy: eat in abundance  
Wheat products: Limited  
Vegetables: Eat in abundance  
Fruits: focus on grapes, plums and berries

#### **Nutritional Critique:**

Protein is a definite issue in the **AB** diet since all the foods that supply abundant protein are limited here. There have been studies that have found that the limiting of protein, in conjunction with other things, may help longevity (3). Thus following an **AB** diet may support a longer life. Once again, the abundance of dairy products is a concern (see information on the **B** diet). However, for the most part this diet follows the fundamentals of nutrition.

### Discussion:

Until this diet was examined critically, it seemed legitimate. But throughout his book, D’ Adamo fails to provide peer-reviewed sources for the claims he makes. In the text there are virtually no footnotes or end notes to complement the claims. The references in the back of the book are loosely associated with the actual text, which makes one suspicious whether D’ Adamo has any scientific backing for this diet.

### Conclusion:

The Type O diet is the only one of the four that is seriously flawed. Its prescription of unlimited meat consumption is a danger to long-term health. However, all the diets suffer from a lack of peer reviewed literature and proper references. D’Adamo is quick to make claims for proper nutrition according to blood type, but fails to provide persuasive research for those conclusions

### References

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