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The Blood Type Diet



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What is The Blood Type Diet?

By eating a diet based on your blood type (either blood type O, A, B, or AB); you will be able to stay lean and healthy according to the diet's founder, a naturopathic physician, Peter J. D'Adamo.



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Is the Blood Type Diet gluten-free?

This is not a "gluten-free" diet if that is important to you, but you can make gluten-free choices.

What is the premise?

D'Adamo states that certain foods you eat have a chemical reaction with your specific blood type.

So, he suggests that by following a diet specifically designed for your blood type, you will be able to digest and process food more efficiently. The endpoint is the ability to lose weight, with more energy, and even have a role in disease prevention



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