

Nutrition 3A

Assignment 1 – Restricted Diet

Brief Explanation of Diet and Reason for Restrictive Diet

The "blood type diet" theory was popularised by the release of "Eat Right For Your Type" by Peter J. D'Adamo, a naturopathic physician. D'Adamo bases his theories on research he's conducted since the early 1990s on the connections among blood type, food, and disease.

According to the book, Type O's are the dominant, hunter-caveman type and should thus stick to a high protein diet (including red meat), low carbs, enriched with fruits and vegetables. They should limit the intake of wheat germ, whole wheat products, corn, and avoid dairy products and most nuts. Type A's are docile vegetarians, and should basically stick to fruits and vegetables (high carbs / low fat). They have thicker blood than other blood types, a sensitive immune system, and should not consume dairy products, animal fats and meats. Type B's should consume a balanced diet consisting of fruits and vegetables, grains, fish, dairy and meat, but they should avoid chicken. Type AB's should consume a mostly vegetarian diet, and only on rare occasions some fish, meat (no chicken), and dairy. The theory is based on the premise that each blood type has its own unique antigen marker that reacts in a negative way with certain foods. (D'Adamo 1998)

According to D'Adamo, by keeping to the recommended diets, people can expect to be healthy and even lose weight, while not eating according to their blood type may even harm people in the long run, setting them up for digestive problems or even serious ailments, like cancer. D'Adamo bases much of his theory on the action of lectins, proteins found on the surface of certain foods that can cause various molecules and some types of cells to stick together. His opinion is that if a person ate a food containing lectins that are not compatible with their blood type, the lectins can target an organ or system in the body. This can cause serious disruptions in bodily functions, from agglutination of the blood cells to possibly causing disease, including kidney disease and cancer. D'Adamo believes that the only way to avoid these harmful effects is to avoid foods that are incompatible with your blood type. (D'Adamo 1998)

D'Adamo claims that another reason for the differences in diets is that individuals have varying levels of stomach acidity and digestive enzymes, and that a person's ability to digest foods also varies depending on blood type. He claims for instance, that Type O's can efficiently digest meats because they tend to have high levels of stomach acid, while Type A's should be vegetarians as they have low stomach acid and thus store meat as fat. (D'Adamo 1998)

However, not everyone agrees with D'Adamo. The diet is widely criticised by most mainstream nutritionists and medical doctors for the lack of published evidence to prove that it works. Also, while there have been investigations into the association between certain blood types and specific diseases, no conclusions have been reached, and critics feel that D'Adamo is making a huge leap when he claims that a person with a specific blood type will probably contract a specific disease. Nonetheless, the criticism has not deterred tons of people from reading the book, trying out the diet and embracing it as a new lifestyle. (D'Adamo 1998)

Foods to Avoid for Blood Type A

Meat, Offal, Poultry & Game

- bacon / lamb / liver / mutton / partridge / beef / buffalo / duck / goose / ham / heart / kidney / oxtail / pheasant / pork / quail / rabbit / sweetbreads / tripe / veal / venison

Dairy Products and Eggs

- blue cheese / brie / butter / buttermilk / camembert / cheddar cheese / cottage cheese / crème fraiche / edam cheese / emmenthal cheese / fromage frais / gouda cheese / gruyere cheese / high- low-fat soft cheese / ice-cream / jarlsberg cheese / milk / munster cheese / parmesan cheese / provolone cheese / neufachatel cheese / sherbet

Seafood

- anchovy / barracuda / bluefish / catfish / caviar / conch / clams / crab / crayfish / eels / frog's legs / haddock / hake / halibut / herring / lobster / mussels / octopus / plaice / oysters / scallops / shad / shrimp / smoked salmon / sole / squid/calamari / striped bass

Oils and Fats

- corn oil / cottonseed oil / groundnut oil / safflower oil / sesame oil

Nuts and Seeds

- brazil nuts / cashew nuts / pistachio nuts

Beans and Pulses

- chickpeas / kidney beans / lima beans / navy beans / red beans

Cereals

- granola / farina / cream of wheat / familia / grape nuts / wheat bran / wheatgerm / shredded wheat

Breads, Crispbreads and Muffins

- durum wheat bread / English muffins / matzos / multi-grain bread / pumpernickel bread / wheat bran muffins / wholewheat bread

Grains and Pastas

- plain flour / self-raising flour / semolina flour / spinach flour / wholewheat flour

Vegetables and Herbs

- eggplant / broad beans / cabbage / chilli peppers / mushrooms (cultivated) / olives / peppers / potatoes / sweet potatoes / tomatoes / yams

Fruits

- bananas / coconuts / mangoes / melons / oranges / papayas / plantain / rhubarb / tangerines

Juices

- orange / tomato / papaya juice

Spices, Dried Herbs and Flavourings

- gelatine / pepper / vinegar

Condiments

- ketchup / mayonnaise / pickles / relish / Worcestershire sauce

Herbal Teas

- catnip / cayenne / cornsilk / red clover / rhubarb / yellow dock

Misc. Beverages

- lager / distilled spirits / tea / soda / seltzer water

Foods to Avoid	Substitutes
Milk (Dairy)	Soy milk, goat's milk, rice milk, almond milk, oat milk
Cheese (Dairy)	Goat's cheese, soy cheese
Ice-cream (Dairy)	Fruit sorbet, soy ice-cream, soy yoghurt
Butter	Tahini, hazelnut spread, peanut butter, almond butter, mashed avocado
Breads - Wheat	Sprouted wheat Essene bread, rice cakes, soy flour bread, spelt bread, brown rice bread, cornbread, polenta, rye crisps, Ryvita crispbreads, Wasa bread, 100% rye bread
Pastas, Noodles – Wheat	Rice noodles, buckwheat noodles, lentil noodles, corn pasta, quinoa pasta, rice pasta, buckwheat pasta
Flour – Wheat	Buckwheat flour, oat flour, rice flour, rye flour, spelt flour, quinoa flour, tapioca flour, barley flour

Highly Beneficial Foods for Blood Type A (Foods to Eat Freely)

Meat, Offal, Poultry & Game

- nil

Dairy Products and Eggs

- soya cheese / soy milk

Seafood

- carp / cod / grouper / mackerel / monkfish / red snapper / rainbow trout / salmon / sardine / sea trout / snails

Oils and Fats

- flaxseed oil / olive oil

Nuts and Seeds

- peanuts / peanut butter / pumpkin seeds

Beans and Pulses

- aduki beans / black beans / black-eyed beans / lentils / pinto beans / red soya beans

Cereals

- amaranth / buckwheat

Breads, Crispbreads and Muffins

- sprouted wheat Essene bread / rice cakes / soya flour bread

Grains and Pastas

- soba noodles / buckwheat flour / oat flour / rice flour / rye flour

Vegetables and Herbs

- alfalfa sprouts / beetroot leaves / broccoli / collard greens / cos lettuce / dandelion greens / endive / escarole / garlic / globe artichokes / horseradish / Jerusalem artichokes / kale / kohlrabi / leeks / okra / onions / parsley / parsnips / pumpkins / spinach / swiss chard / tempe / tofu / turnips

Fruits

- apricots / cherries / figs / grapefruit / lemons / pineapple / plums / prunes

Juices

- apricot / black cherry / carrot / celery / grapefruit / pineapple / prune / water with lemon juice

Spices, Dried Herbs and Flavourings

- barley malt / blackstrap molasses / garlic / ginger / miso / soy sauce / tamari

Herbal Teas

- alfalfa / aloe / burdock root / camomile / Echinacea / fenugreek / ginseng / ginger / green tea / hawthorn / milk thistle / rose-hip / St John's wort / stone root / valerian

Misc. Beverages

- coffee / green tea / red wine

Helpful Resources

Books

Blood Type Diets

- *Eat Right for Your Type* by Peter J. D'Adamo and Catherine Whitney
- *Blood Types, Body Types and You* by Joseph Christiano
- *The Eat right for Your Type Complete Blood Type Encyclopedia* by Peter J. D'Adamo and Catherine Whitney
- *Cook Right for Your Type* by Peter J. D'Adamo and Catherine Whitney
- *The Answer is in Your Blood Type* by Joseph Christiano
- *The Food Combining/Blood Type Diet Solution* by Dina Khader and Irene Toovey
- *The Blood Type Diet Cookbook* by Karen Vago and Lucy Degremont
- *Healthy Living for Your Blood Type* by C.N.C. Deborah Marcus M.A.

Dairy-Free Cooking

- *The Milk Free Kitchen: Living Well without Dairy Products* by Harold M. Friedman and Beth Kidder
- *Dairy-Free Cookbook* by Jane Zudin
- *101 Fabulous Dairy Free Desserts Everyone Will Love* by Annette Pia Hall
- *Recipes for Dairy-Free Living* by Annette Pia Hall
- *The Uncheese Cookbook* by Joanne Stepaniak
- *Totally Dairy-Free Cooking* by Louie Lanza and Laura Morton
- *366 Simply Delicious Dairy-Free Recipes* by Robin Robertson

Wheat-Free Cooking

- *Wheat Free, Worry Free* by Danna Korn
- *Against the Grain: The Slightly Eccentric Guide to Living Well Without Gluten or Wheat* by Jax Peters Lowells
- *The Gluten-Free Gourmet Bakes Bread: More than 200 Wheat-Free Recipes* by Bette Hagman
- *Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults* by Connie Sarros
- *The Gluten-Free Gourmet: Living Well Without Wheat* by Bette Hagman
- *Gluten, Wheat and Dairy Free Cookbook* by Antoinette Savill
- *Wheat Free Recipes and Menus* by Carol Lee Fenster
- *Enhance Your Health: Wheat-Free, Milk Free Cookery* by Monica Levin
- *Wheat Free, Sugar Free Gourmet Cooking* by Sue O'Brien

Websites

- <http://www.dadamo.com/> (The Blood Type Diet Website)
- <http://www.aboutlife.com.au/> (Health food store and café in Rozelle offering a wide selection of products for healthy living, including specific dietary requirements. Online shopping is available.)

Wheat-Free Recipes and Resources

- <http://www.recipelink.com/wheatfree.html>
- <http://pamelajoy.com/wheatfree/index.php>
- http://www.vitacost.com/science/hn/Index/Wheat_Free.htm
- <http://www.mealsforyou.com/cgi-bin/recipeCategory?category.114>
- <http://www.fitnessandfreebies.com/wheatfree/>
- <http://www.purr.demon.co.uk/Food/Wheatfree.html>
- <http://www.evitamins.com/healthnotes/healthnotes.asp?ContentID=2471009>
- <http://allergies.about.com/cs/recipesg/a/blwfnetrecipes.htm>

Dairy-Free Recipes and Resources

- <http://dspace.dial.pipex.com/town/park/gfm11/index.htm>
- <http://www.allrecipes.com/directory/1385.asp>
- http://www.mycustompak.com/healthNotes/Index/Dairy_Free.htm
- http://www.vitacost.com/science/hn/Index/Dairy_Free.htm
- <http://www.recipezaar.com/r/252/5/ls=d>
- <http://www.fastq.com/~jbpratt/recipes/dairyfree/main.html>
- <http://www.dairyfree.org.uk/>
- <http://www.recipes4us.co.uk/Specials%20and%20Holidays/Special%20Diets%20Allergies/Dairy%20Free%20Recipes.htm>

General Thought Process

Of all the restricted diets that I could have done, I decided to do the blood type diet because I found that generally, it was quite similar to my own. Without realising it, I have been eating quite appropriately for my blood type – a high consumption of vegetables, and relatively little red meat, chicken and dairy products. In addition, even where stress management was concerned, the author also suggested exercises that I naturally feel inclined to – yoga and meditation, as opposed to vigorous aerobic type exercise. I wondered if it was an innate wisdom of the body to just naturally select foods and activities that are beneficial for it. I wanted to see what differences it would make if I strictly stuck with the program.

During the first few days of the restricted diet, I was more at a loss for what to eat, especially when I was out or at school. I became very aware of which foods to avoid and which I could have, and started eating things that I wouldn't even normally have just because they were allowed. For instance, my consumption of chicken increased by leaps and bounds just because it was a "neutral" item. At one point, I even ate chicken ham, which I probably have not had for years! I was also constantly referring to my "beneficial" and "avoid" lists of foods. It felt very tedious and unnatural. However, as each day passed, it became a more natural process, and I was able to confidently buy foods without violating any of the rules.

On the whole, I was concentrating less on which foods were not allowed, and more on noticing the positive changes that were taking place within me. Also I started to feel an inclination to continue with the diet on a daily basis – well, with the occasional indulgence, but generally sticking with what was beneficial. It was actually not as difficult to adhere to as I had imagined, and I was not missing the foods to be avoided as much as I had thought. This was definitely aided by the good variety of substituted items that I could easily find in any major supermarket. And with more brands coming up in the market, the prices of these food items have also become a lot more competitive and thus affordable. I think it also helps that the dietary changes are in terms of quality and not quantity. I have failed miserably in the past when I tried to go on juice fasts, I was constantly hungry and it made me very irritable. With the blood type diet, I could eat as much as I needed, without ever going hungry. That made it a lot easier for me to stick with the diet and not give up half-way.

Also in terms of the health improvements, I find that the changes have been very gradual and gentle. Previously when I tried to do a juice fast or detoxification program, the changes were so drastic that it brought my body into a healing crisis. I broke out in weepy rashes all over my body, and having gone through a harrowing period with skin problems in the not so distant past, I was very reluctant to go through all that distress again and ended up abandoning the fast or detoxification before the rash got worse. However, with the blood type diet, while there have been many health improvements, I have not experienced any negative side-effects.

Thus on the whole, I feel that the advantages definitely outweigh any inconvenience that the diet entailed. The only problem that I can envision with this diet though is when different members of the family have different blood types. In my case, there was only my partner and myself and he does not even know what his blood type is. So it was relatively easier to stick with the diet because we were both basically eating the same things. However, if I had to eat a salad while the rest of my family tuck into a steak, I would imagine it would be a lot harder to stay disciplined. Grocery-shopping would also be a lot more challenging. Nonetheless, having gone through it myself, I feel that the blood type diet definitely works, and I would highly recommend it to anyone who is willing to give it a go.

Times When Adhering to the Diet was Difficult

The biggest challenge in terms of adhering to the diet is definitely eating-out. This is especially so when I'm with a group of friends. When you can't have red meat, wheat and dairy, it really limits your choice of cuisine. For one, most Western type dishes are out, and then I can't have Indian as well, due to the heavy reliance on coconut milk, which I can't have. I also can't have kebabs due to the wheat content, and in any case, personally I don't think a vegetarian kebab is as tasty as one with meat fillings. When it comes to having a Chinese meal, with a group of family or friends, it is fairly common that we all have rice and then order dishes to share. During this period, I found this almost impossible, as it was just too embarrassing to have everyone order things that I could eat.

Other than having to decide on the restaurant and then the dishes, another difficulty when it came to eating out with friends is that any time I mention the word "diet", they just tend to jump to the conclusion that it has to be for weight-loss. They become almost resentful, with the "not another Hollywood fad diet" look written all over their faces, and I'll have to go into a lengthy explanation of how I was doing it for a nutrition assignment before they will relent. However, some friends are less sympathetic and would even try to get me to abandon the diet!

In the end, I found that I actually made a decision to just avoid meeting up with friends as much as I could during this period, it was just easier than having to explain myself all the time, and feeling like a hindrance.

However even between my partner and myself, we found that at the end of a busy, tiring day, we could no longer just grab a quick meal. As I have mentioned, kebabs are out, sandwiches, burgers and pizzas too of course, and just when I thought I could at least have sushi, I remembered that it contains vinegar, and I can't have that. Also, it's really very tricky when someone else is cooking the food, because while you can see the "big" items like the noodles or the vegetables, most often, you have no idea what condiments go into the cooking or what oil they use. So unless you relent a little on the restrictions, I find that it's practically impossible to dine out.

I also found it hard to shop for groceries. Once again, due to the complexity of ingredients, I found that I could no longer buy any pre-prepared packaged, tinned, frozen foods and snacks. This is especially so when a lot of Asian ingredients are not even on the lists in the book, so I can't tell if they are highly beneficial, neutral or to be avoided.

Nonetheless, the most difficult time of having to stick with the diet is when I had my period. In fact, I caved and gave in to all the temptations. It was almost as if the desire to have wheat was super-human, and having had a taste of it, I just wanted more. Also the onset was very insidious. Just the day before I was completely disciplined, but on that particular morning, the urge to have the wheat was uncontrollable until I had it. I didn't even realise until later that my period was to come the very next day. When it did, I comprehended the cause for the cravings and was better able to control myself.

How Palatable the Substituted Foods Were

To my surprise, both my partner and myself rather enjoyed the substituted food items. Being Chinese, soy has always been an integral part of our diet, so I really enjoyed having the tofu and miso in the diet. Even then, I thought to expand my scope of soy foods, and thus tried tempeh and natto (Japanese fermented soy beans), and found that the tastes really agreed with me as well. Next, I thought to try the Westernised soy

foods like soy cheese and soy ice-cream, and once again, I really liked them. Even my boyfriend was won over by the soy cheese and soy ice-cream, he thought they were just as creamy as the dairy versions, and equally tasty. I was greatly encouraged to see him embracing parts of this new diet as it would be just much easier and cost-effective if everyone in the same household was able to eat the same things, rather than having to buy separate items all the time.

However, in terms of the soy, I must admit, I really didn't like the taste of soy milk on its own. I don't mind it in a dandelion "coffee" but I just could not have it straight. However, there is a Chinese version to soy milk, which is sweetened, and I love that. In fact, back in Singapore, I used to have it all the time. The fresh version was readily available in all the hawker centres everywhere, and it was an integral part of breakfast for many Singaporeans. I was happy to find that I could still get that in the Asian supermarkets here. In fact, they've introduced a version that contains ginger juice. Ginger is also highly beneficial for blood type As, so I have been buying that. In terms of milk substitutes, I also love rice milk. I don't typically have a lot of dairy in my diet anyway, so being dairy-free has not really bothered me.

As for wheat, I am finding it a lot harder to replace it. In terms of bread, I actually quite like spelt bread and rice cakes, but unlike normal wheat bread, which I can just have on its own, I find that spelt bread and rice cakes are too bland and dry to have on their own. I often have to moisten them with some spread or fillings to make them more palatable. This seems to be the case for most "healthy" type breads; the words that come to mind are "hard" and "dry". Also I found it tricky when it comes to bread, because while the packaging claims to be a "soy flour bread" or "rye bread" or "buckwheat bread", most often when I look at the ingredients, wheat flour is typically still the first ingredient. The soy flour, rye flour or buckwheat flour comes second at the very best. Also, cutting out wheat often means cutting out all the pastries, cookies, cakes and other sweet treats that we can find at a typical café. While I'm not one to promote a high intake of these items, it's still nice to sit down with a friend to have a coffee and cake once in a while. Finally, cutting out wheat means I can no longer have my favourite egg noodles. Instead, I have been substituting it with rice noodles, which is all right, but ultimately, it's just not the same in terms of the taste.

Thoughts on Any Changing Symptoms and How They Relate to Changes in the Diet

Initially, I thought there weren't many visible changes, nothing that was outstanding anyway. For one, I have been very fortunate not to experience any nasty side-effects like headaches or nausea. With the passing of time, I gradually noticed subtle differences. First of all, there has definitely been an improvement in terms of energy levels. As this was not a change that I was anticipating, I failed to register it until the reverse occurred.

During my period, my craving for wheat was so immense that I gave in to it. Almost immediately after consuming wheat, immense fatigue set in. My partner and I had just left the restaurant where we had yum cha when almost immediately, I started to feel very tired. Soon after, every step I took required effort, and I could hardly keep my eyes open. It was still early afternoon and all we did was have lunch. I had slept well and sufficiently the previous night, and I had not been involved in any energy-draining task, so there was no reason to explain for the immense tiredness. In fact, the only times I've ever felt this way was when I have been up for several nights studying for exams. It was very unusual, as if my body was completely rejecting the wheat after not having it for two weeks.

That episode made me realise how much difference there has been in terms of my energy levels. In the past, even without going to the gym in the morning, I used to get quite lethargic by 2 pm in the afternoon. However, on this new diet, I found that even though I was waking up earlier to visit the gym and doing about an hour of cardiovascular exercise, I was able to comfortably maintain good energy levels until after school at 4 pm. On the weekends, I was even more active, sometimes going until past midnight. My boyfriend mentioned a few times that he can't seem to keep up with me although we are the same age.

Another positive change I've noticed is that my constipation has definitely improved. From moving my bowels only every 4-5 days, I am now able to move them almost every day, or at worst, every other day. In fact, there have even been the occasional days when I go to the toilet twice! That has practically never happened in my life. I attribute the improvement to the increase in fibre intake in the form of fruit consumption. Ever since I came to Australia three years ago, my fruit consumption has dropped drastically, from about 4 servings a day to about 1 serving a day, sometimes not even having any fruit for a whole week. The main reason is that I could no longer find all my favourite tropical fruits, or even if I could find them here, they were often very expensive.

However with this blood type diet, I thought I would make a concerted effort to increase my fruit consumption. Having found that pineapple is supposed to be highly beneficial for type As, I thought I would revisit an old favourite, and thus now I have it on a regular basis, along with many other fruits like peaches, grapes, lychees and even apricots and prunes. The fruit that I miss the most though are mangoes, which should be avoided by my blood group.

Other significant changes I've noticed are related to my menstrual cycle. The most dramatic change is in terms of duration. My usual period lasts about 4-5 days, however this time round, it only lasted 2 days! Also, while I usually get cramps and terrible bloating during my period, this time, these symptoms were barely noticeable. While I can't tell what it was about the diet that might have led to these changes, it must have somehow corrected any hormonal imbalances.

A final observation may have more to do with the energetics of the food rather than its nutritional contents. Ever since I started the diet, I find that on the whole, I have become a lot calmer. While I used to be very reactive to events and people around me, I find that now I am capable of standing back even for a few moments before I respond to a situation. While this is probably due in part to the fact that I started meditating a month ago, I feel that not having red meat also plays a role.

Whether There is Anything I Would Do Differently

I think the biggest change that I would make is to try and eat an even greater variety of foods. I found that actually on many days I was just eating peanuts as meals, and I also "latched" onto some things that I know I can have, like miso soup and tuna on spelt bread sandwiches. Also I found that I was still eating too many items from the "neutral" list. In fact, like with the example of chicken, I even ended up having more of it than I normally would just because it is neutral and I can have it, although at the back of my mind, I know it wasn't really good for me since I was not buying organic chicken meat. If I were to repeat the diet, I would steer even further away from my comfort zone and try more items from the "highly beneficial" list. In addition, I find that I still bought a lot of processed foods. In fact, I'm embarrassed to admit that I scour supermarket aisles looking at the lists of ingredients on snacks to see which ones I can have. I know ultimately that defeats the purpose of the diet. The whole point is to eat more fresh wholesome foods, so I'll definitely make changes in that area as well.

The Differences in Average Costs Between This Diet and My Standard Diet

On the one hand, certain substituted food items like soy cheese, soy ice-cream, spelt bread and rice pastas are more expensive than the regular items. On the other, due to all the aforementioned reasons, I find that I am having meals more regularly at home. By dining out less, I am saving money. Thus personally, there has not been a lot of difference in terms of average costs between the blood type diet and my usual diet. In fact, with the diet being rather restrictive, I probably saved money on all the snacks that I would otherwise have bought when I go to the supermarket.

After some consideration, I thought that I should also assess the situation based on Singapore, which is ultimately where I will be practising. In the case of Singapore, the blood type diet would cost a lot more than my standard diet. While it costs \$8-10 for an average meal here in Sydney, it only costs \$2-3 for the same meal in Singapore. Also, while it is relatively easy to find dairy and wheat-free substitutes here in Australia (i.e. such items can often be found in the health food sections in supermarkets like Coles and Woolworths), such items are only available at a handful of very specialised health food stores in Singapore. That being the case, such items typically costs two to three times the amount of that found in Australia. Hence, while it may amount to the same price here to be on the blood type diet, a meal consisting of wheat and dairy-free substitutes would cost a lot more than an average meal in Singapore.

Whether or Not I Would Put a Client on This Diet

Frankly, if I was to stay and practice in Australia, I would definitely put a client on this diet. Having done it myself with relative ease and having experienced a whole lot of benefits, I find that it is absolutely possible to integrate it as a lifestyle diet. I would get the client to at least try it out for the three week period and then judge for themselves whether the benefits outweigh the disadvantages. I am confident that once they've experienced the diet and see that it is really not that difficult to adhere to, in addition to witnessing the improvements in their health, they will even consider sticking with it for longer than the stipulated time period.

Yet once again, if I was to practice in Singapore, I might be more hesitant to recommend this diet, not that I do not believe it will deliver the same beneficial results, but rather, I am not as confident with regards to patient compliance. As mentioned, the costs and inconvenience of buying substituted food items are factors to consider. In addition, I find that generally the books that describe the blood type diets tend to have a Westernised slant. Most food items that are listed cater to the Western diet and are based on what is available in Western markets.

Take the case of the Type A diet, vegetables like alfalfa sprouts, beetroot leaves, endive, globe artichokes and horseradish (but to name a few) are supposed to be highly beneficial. However, all of these vegetables are rarely ever eaten in a typical Asian diet, nor are they readily available in markets in Asian countries. Conversely, there are many items that are common to the Asian diet that cannot be found in the lists of foods. I find that this discrepancy in information may eventually confuse and frustrate the Singaporean client more than enlighten and support them.

Also, as mentioned previously, it is fairly typical for an Asian lunch or dinner meal to comprise of rice, and a few cooked dishes, which are generally shared by the whole family. So once again, there is the issue of different family members having different blood types. The difficulty of having to prepare different foods for different blood types may be yet another deterrent for Asian families to adopt this diet.

Nonetheless, despite all these challenges, if the client is willing to commit him or herself, I would be more than happy to encourage him or her to go on the diet as well as provide him or her with the necessary details and support. However, for the majority of the Singaporean clients, I see them employing the blood type diet as general guidelines for food consumption, rather than a strict dietary regime. Hence, as much as I would like to put a client on this diet, it could only work if the client is able to stick with the plan. Ultimately, I might have to consider the option of putting them on another diet that they are able to maintain in the longer term.

Specific Brands of Substituted Foods

Wheat-free Breads

Pureharvest – millet rice cakes, buckwheat rice cakes, barley rice cakes

Orgran – cracked pepper rice crispbreads, salsa corn crispbreads

Sun Rice – rice and corn cakes

Real Foods – corn crispbread

Country Life Bakery – rye bread, organic rye bread, rye and soy bread with linseeds, wheat-free and gluten-free bread, wheat-free and gluten-free multigrain bread

Performax – “Peak Performance Bread”

Moore’s – yeast, gluten and wheat free bread

Sourdough House Bakery – gluten and wheat free loaf

Naturis – rice bread, spelt bread

Vertical – sunflower brown rice bread

Wheat-free Cereals

Abundant Earth – puffed millet, puffed corn, puffed rice, gluten-free muesli with psyllium

Biogenic Health Foods – puffed rice

Norganic – apple cinnamon granola

Freedom Foods – rice flakes with psyllium, wholegrain cereal, yeast-free wheat-free muesli with wholegrains, yeast-free wheat-free muesli with psyllium

Nature First – rice flakes

Good Morning Whole Grain Natural – buckwheat puffs, rice puffs

Healtheries – wheat and gluten free hot cereal, wheat and gluten free muesli, bircher muesli (apple and raisin)

Lowan – rice porridge

Wheat-free Noodles and Pasta

Orgran – rice and corn pasta, rice and corn lasagne, corn pasta

Naked Foods – garlic and parsley spirals with poppy seeds (rice and potato-based pasta), spaghetti, brown rice spirals

Casalone Pasta – rice macaroni, rice spirals

Dairy-free Spreads

Mayver's Health Time – tahini, tahini with honey

Melrose Naturals – hazelnut spread

Dairy-free Milk

Pureharvest – organic oat milk, organic rice milk, light soy milk, certified organic soy milk, organic malt-free soy milk

Australia's Own – low-fat rice milk, soy milk, light soy milk

Rice Dream – original rice milk, vanilla soy milk

Sanitarium – organics simply soy

Vita-Soy Calci-Plus – chocolate soy milk, carob soy milk, rice milk, light soy milk, vanilla soy milk, organic soy milk

Bonsoy – soy milk

Sanitarium So Good – soy milk in cappuccino, strawberry, chocolate and vanilla flavours

Soya King – soy milk

So Natural – soy milk, light soy milk, calcium-fortified soy milk

Healtheries – spray dried goat's milk*

Nanny Goat Lane – goat milk*

*Dairy products, but alternatives to cow's milk.

Dairy-free Cheese and Yoghurt

Simply Better Foods – soy cheese

King Land Soy Products – soy cheese, soy cream cheese, soy yoghurt

Lesna – sheep milk yoghurt*

*Dairy product, but alternative to cow's milk.

Dairy-free Ice cream

Fruccio – soy ice cream, flavours: Vanilla, Dutch Chocolate, Caramel n Vanilla

Rice Dream – rice-based ice cream, flavour: Vanilla Swiss Almond, Mint Carob Chip, Vanilla, Cherry Vanilla, Neapolitan, Chocolate, Strawberry

Sanitarium So Good – soy ice cream, flavours: Chocolate Supreme, Creamy Vanilla, Caramel Swirl, Vanilla & Boysenberry Swirl

Weis Sorbet – sorbet, flavours: Tropical, Lemon, Lychee

Blue Ribbon Soy Rich – soy ice cream, flavours: Vanilla, Creamy Chocolate Swirl

Tofutti – soy ice-cream, flavours: Marshmallow Swirl, Better Pecan, Chocolate Fudge, Wildberry Supreme and Vanilla

Nestle Vitari – fruit ice confection, flavours: Wildberry, Tropical, Strawberry

Other Items

Nutrisoy – tofu vegetables burger, tofu tempeh burger, tempeh burger, tofu

Blue Label – molasses

Colonial Farms – barley malt

*I added these items as they are supposed to be highly beneficial for Blood Type As and are readily available in supermarkets.

Of the above mentioned products, the ones I've tried are:

- Simply Better Foods soy cheese: Very creamy and tasty, highly recommended, there are many flavours available too.
- Rice Dream rice milk: Very creamy, taste-wise it is my favourite rice milk but it is the most expensive as it is imported from the US.
- Pureharvest and Vita-Soy Calci-Plus rice milk: These were watery as compared to *Rice Dream*, but they were cheaper.
- Naturis spelt bread: Very yummy, especially when it is toasted, but it is a little expensive at \$5 per loaf. Also it is best to refrigerate it as quite a few times, I noticed that mould was growing before the "use-by" date.
- Mayver's Health Time tahini: Rather tasty at first but I found that the sesame taste got a bit overwhelming after a while but at least it keeps well.
- Sanitarium So Good soy ice-cream: Definitely a winner! It is so rich and creamy I could hardly tell the difference between this and dairy ice-cream!
- Sun Rice rice cakes: Rather bland and dry on its own, personally I can only eat it with some spread like peanut butter.
- Nutrisoy tempeh burgers: Surprisingly, I really enjoyed it! However I did not have it with bread, I did not think it would have suited me. Instead I cut it up into pieces and fried it with brown rice.

- Orgran corn pasta: It takes a really long time to get soft. Taste-wise, I guess it's ok, it basically takes on the taste of whatever sauce it is cooked with.
- Moores yeast, gluten and wheat free bread: There's no nicer way to put it, this tasted foul! It was so bland, so dry and so hard! Even after toasting it and putting spread on it, I still could not stomach it.

The rest of the products are listed merely as a guideline to the variety and availability of substituted foods that are permissible for Blood Type As on this diet.

~ End ~

References

D'Adamo PJ, 1998. Eat Right for Your Type. Century Books Limited, London.