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THE RIGHT BLOOD GROUP DIET

Here's how eating according to your blood type could help you keep healthy

By KARISHMA KUENZANG

THERE was a recent post on a social media platform wherein a 25-year-old resident of the capital claimed that she had just found that her blood group was different than what was given in her birth certificate, and hence, she'd been following till date. Well, in today's day and age, it's important to know one's blood group for a tad more than obvious reasons (like surgery, blood donation or transfusion). New research has found that eating according to your blood type could be quite beneficial for you.

Tanu Arora, head of department, clinical nutrition and dietetics, Aakash Healthcare, says, "People with different blood types digest lectin differently. This is based on the principle that food type is compatible with a particular blood group."

Deepthi Uma, dietitian, Mutation Diet Clinic, says, "The blood group determines how the body handles and digests different nutrients. Blood type diet is based on eating specific foods in order to facilitate better digestion, increase energy levels and prevent certain diseases and illnesses."

Dr Namita Nadar, chief dietitian, Fortis Hospital, Noida, "When people adhere to a diet specific to one's blood type, they improve their health and decrease risk of chronic illness like CAD. In his book *Eat Right For Your Type*, Dr Peter J D'Adamo says that some microorganisms can trigger an unexpected response from the immune system of people with certain blood types. An infection due to particular virus, yeast or bacteria may lead to excessive and unwanted levels of inflammation in a certain blood type. This could compromise the body's response to the infection and generate added stress and shock."

According to the book, some bacteria also have a preference for one blood type as opposed to another and consume that blood type antigen as a source of energy. Many of the byproducts are beneficial to the digestive tract.

Studies also show that microorganisms can use the blood type antigens found on cells and in the mucus lining the digestive system as a way to attach to cells and tissues. This can lead to an increased risk of certain infections between people of different blood types and differences in the severity of the symptoms, doctors say.

Studies have found that people with blood type O have a lower risk for heart disease, but a higher risk for developing stomach ulcers. People with blood type A have higher risk of microbial infections. However, women with type A blood experience a higher rate of fertility. Studies also state that people with type AB and B blood have a much higher risk of developing pancreatic cancer.

Blood type also affects stress levels. Type A people naturally have higher levels of the stress hormone cortisol in their bodies and produce more in response to stressful situations. Those with type O blood, have a 'fight or flight' reaction to stress which results in the overproduction of adrenaline. It takes type O's longer to recover from stress because it is more difficult for

them to clear the adrenaline from their bodies.

Here's how to tweak your diet in accordance with your blood type:

Blood Group: O

PEOPLE with O blood type should follow a high protein diet.

full of lean meats, fish, eggs, kale, lettuce, broccoli, onions, pumpkins, turnip, red peppers, olives, garlic, ginger, cherries, figs, plums, prunes, raspberries, cranberries and gooseberries. They should avoid consumption of wheat, barley, corn rice, potato, cauliflower, lentil, cabbage, kidney beans, alcohol, caffeine, spinach, mushrooms, oranges, kiwi, strawberry, black-

People with O blood type should follow a high protein diet, full of lean meats, fish, kale, lettuce etc. They should avoid consumption of wheat, barley, corn rice, potato, cauliflower, lentil, cabbage, kidney beans, alcohol, caffeine, mushrooms and oranges.



B blood type should eat meat.