

commonly eaten foods. Lectins, also known as phytohemagglutins, were first identified in 1888, at which time it was discovered that lectins interact with sugar-containing molecules on the surface of cells. This discovery allowed certain lectins to be used in blood typing, since blood type is determined by the presence (or absence) of specific sugar-protein residues on the surface of red blood cells.

Although most of the lectins found in food are destroyed by cooking, digestive enzymes, or are inactivated within the gut, at least 5% of the lectins we take in through our diet are absorbed into the bloodstream, and some of these are incompatible with our blood type. Many food lectins look very similar to the antigen that determines one of the four blood types or else bind directly to blood type antigens. In either case, this resemblance can lead to agglutination. According to Dr. D'Adamo "simply put, when you eat a food containing lectins that are incompatible with your blood type antigen, the lectins target an organ or bodily system and begin to agglutinate blood cells in the area". It is believed that if a person want to prevent health problems, it is important to eat foods that are compatible with his blood type based upon their lectin content.

The research done by Nachbar and Oppenheim done in 1980 ⁽²⁾ support Dr. D'Adamo support his work, they studied the edible portions of 88 commonly eaten foods including fresh fruits, roasted nuts, and processed cereals, and found that 29 of the 88 foods tested possessed significant lectin-like activity. The researchers also determined that dry heat does not completely destroy the lectin activity in wheat germ, peanuts, and the dry cereals. in addition, wheat germ

agglutinin, tomato lectin, and navy bean lectin have been found to resist breakdown by digestive juices. As a result, it can be concluded that at least some of the lectins found in food make it into the blood stream.

In the Blood Type Diet, foods are divided into sixteen categories: meats and poultry; seafood; dairy and eggs; oils and fats; nuts and seeds; beans and legumes; cereals; breads and muffins; grains and pasta; vegetables; fruit; juices and fluids; spices; condiments; herbal teas; and miscellaneous beverages. For each blood type, lists of foods described as "highly beneficial", "neutral", or "avoid". in support of his dietary recommendation, Dr. D'Adamo points to research that provides evidence for the presence of lectins in food, the agglutination effects of lectins, and the connection between blood type and the development of disease.

Type O was the blood type of the earliest humans, who were skilled hunters and subsisted on a diet of wild game and edible plants growing wild in the forests. As a result, the diet for individuals with Type O blood emphasizes the importance of animal flesh and vegetables.

Individuals with Type A blood thrive on a plant-based diet and should consume large amounts of raw or steamed vegetables, lentils, soy beans, pinto beans, black beans and whole grains. Berries and plums are also beneficial. Occasional consumption of poultry and fermented dairy products is also well tolerated.

The diet for individuals with Type B blood is more varied than the other blood type diets. They can eat seafood, beef, lamb, and dairy products. Oats and millet, green vegetables, and all fruits are beneficial.