

## GenoType Diet: What to eat

Here are some of the best foods for each of the different GenoTypes to seek out – and to avoid.

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Last Updated: 1:07PM GMT 23 Dec 2008

There are certain foods from which all GenoTypes can benefit such as eggs, which are a source of inexpensive protein, and enzyme-rich plant foods such as vegetables, kelps and mushrooms. But with key food types such as carbohydrates or meat, the six GenoTypes will find that different ones suit them. Here are some of the best foods for each to seek out – and to avoid.



Some of the best foods for each of the different GenoTypes to seek out. Photo: DIAMOND SKY IMAGES

### HUNTERS

**Meat** Organic red meat is vital for the Hunter, who has to worry less than other types about fat content.

**Fish and seafood** Hunters should go for ocean fish, rich in omega-3 and omega-6 fatty acids, to raise their capacity to respond to stress, especially salmon and sardines.

**Dairy products** Hunters do badly on most, if not all, cheeses; stick to hard ones such as Manchego, Parmesan and pecorino.

**Fats and oils** Reactive GenoTypes such as the Hunter do best on monounsaturated oils – hemp seed oil, cod liver oil and walnut oil.

**Fruit/Vegetables** Try cranberries, grapefruit, chicory and turnips.

**Carbohydrates** Gluten-sensitive Hunters need to watch their intake of wheat, bran, and white flour; try basmati rice or quinoa instead.

**Spices** Hunters do best with spices that support the immune system by reducing stress, such as cinnamon, curry

and turmeric.

**Beverages** Avoid coffee.

## GATHERERS

**Meat** Red meats such as goat, lamb and mutton are good, particularly leaner, rangier cuts.

**Fish and seafood** Gatherers should eat herring, mullet and sardines.

**Dairy products** Cottage cheese, paneer and ricotta suit the Gatherer best; stay away from feta, manchego and mozzarella.

**Fats and oils** A proper choice of oils is essential for getting the thrifty metabolism of the Gatherer into shape; best ones include olive oil and walnut oil.

**Carbohydrates** Gatherers should include more low-glycaemic carbohydrates such as millet, quinoa, rice bran and basmati rice.

**Fruit/Vegetables** Exotic fruits such as guava, loganberry and papaya suit the Gatherer; avoid avocados, cucumbers and kale.

**Spices** Gatherers should choose thermogenic spices such as cinnamon, parsley and turmeric to enhance their metabolism.

**Beverages** Drink coffee, but in moderation. Try ginseng tea.

## TEACHERS

**Meat** Teachers can eat goat and mutton, but need to keep their intake of chicken low .

**Fish and seafood** The best choice is white fish such as cod or chubb, which have proteins that help heal the intestinal lining.

**Dairy products** Blue cheeses such as Gorgonzola, Stilton or Roquefort can help rebuild the digestive tract in Teacher GenoTypes.

**Fats and oils** Teachers do better with short-chain fatty acids such as the butyrate in ghee .

**Carbohydrates** Teachers are prone to a bacterial overgrowth problem, so eat foods that produce only a slight residue, such as flaxseed bread and quinoa. Avoid white rice and wheat.

**Fruit/vegetables** Avocados, pak choi and Brussels sprouts and from citrus fruits such as lemon .

**Spices** Teachers suit basil, garlic, oregano and rosemary.

**Beverages** Coffee, green tea, grapefruit, pineapple juice and almond milk can be beneficial.

## EXPLORERS

**Meat** The Explorer does well on organic red meat. They also thrive on poultry, especially ostrich, partridge and

quail.

**Fish and seafood** Explorers are best off with oily ocean fish, like sea bream and turbot – and should select wild rather than farmed fish.

**Dairy products** Explorers should avoid blue cheeses and eat mozzarella, paneer and ricotta.

**Fats and oils** They do best on oils that are monounsaturated including shea nut oil, camelina oil and rice bran oil.

**Carbohydrates** Explorers thrive on carbohydrates such as millet and basmati rice.

**Fruit/vegetables** Explorers should eat raspberries, cranberries, Kohlrabi and artichokes.

**Spices** Explorers can benefit from the detoxifying effects of spices: try cilantro, garlic and thyme.

**Beverages** Drink rose hip or verbena tea, and avoid coffee.

## NOMADS

**Meat** Red meat is suitable for Nomads, and they don't have to worry much about the fat content; calves liver can be on their menu.

**Fish and seafood** Nomads do best with white fish, such as hake or cod, which have proteins that help heal the intestinal lining.

**Dairy products** Soft cheeses such as Brie and Camembert suit Nomads.

**Fats and oils** Nomads do better with short-chain fatty acids; they can benefit from linseed, olive and flaxseed oils.

**Carbohydrates** Nomads must watch their intake of gluten and lectin and avoid poppadoms, rye and rye flour.

**Fruit/vegetables** Cabbages, carrots and cauliflower are all superfoods for Nomads, as are blueberries and nectarines.

**Spices** Nomads may find allspice, anise, caraway and pepper do not agree with them; better options include basil and parsley.

**Beverages** Coffee should be used only in moderation by Nomads, although they can drink beer, red wine and watermelon juice.

## WARRIORS

**Meat** There are no recommended red meats for the Warrior, nor poultry items.

**Fish and seafood** With their thick, viscous blood, Warriors do best with oily ocean fish. Try anchovies, red snapper or cod.

**Dairy products** Soft cheeses such as cottage cheese, paneer or quark are tolerated well.

**Fats and oils** The thrifty metabolism of the Warrior means that s/he must choose fats and oils carefully. Walnut oil or wheat germ oil are worth looking at.

**Carbohydrates** Warriors should stick to low-glycaemic carbohydrates such as brown rice, barley or rye.

**Fruit/vegetables** It's best for Warriors to swap broccoli and cabbage for Brussels sprouts and cauliflowers. Avoid pears, bananas and oranges.

**Spices** Warriors can enhance their metabolism by using garlic, chocolate, cinnamon and oregano.

**Beverages** Coffee can be beneficial for Warriors, as can cranberry juice, black tea and red wine.

• This is just a taster of the GenoType diet; full details about which foods to eat and which to avoid can be found in 'The GenoType Diet' by Dr Peter J. D'Adamo (Bantam Press). It is available from Telegraph Books for £10.99 plus £1.25 p&p: call 0844 871 1515 or visit [books.telegraph.co.uk](http://books.telegraph.co.uk) (<http://books.telegraph.co.uk>)

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