



Not shifting the weight? Try the slimming plan which matches your diet to your genes

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Struggling dieters can relax. It's not all your fault - weight gain is in your genes.

That, at least, is the claim of diet guru Dr Peter D'Adamo.

In his book, *The GenoType Diet*, he says that our genes dictate what sorts of food will make us gain pounds.

This is apparently why some of us struggle to lose weight, even while dieting.

Dr D'Adamo's book, due out here in January, isolates six genetic types and the perfect diet to match.

He said: 'We all fall into six basic gene types but you don't need a blood test to determine which one you are.'

'Physical characteristics, such as body shape and health problems are more telling.

'Each GenoType has its own problems regarding weight and metabolism, which is why they need their own diet.'

The U.S.-based doctor has modelled his technique on the once-fashionable Blood Type Diet.

Oprah Winfrey, whose weight has fluctuated wildly over the years, is said to be a fan of his method.



GenoType Diet fan: Oprah Winfrey

WHICH EATING PLAN IS RIGHT FOR YOU?

The Hunter

Tall, thin, and intense with excess adrenalin and nervous energy. Sensitive to allergies and asthma attacks

■ **Eat:** Meat-rich, low-gluten diet

■ **Superfoods:** Beef, lamb, salmon, hard cheese, wild or brown rice, artichokes, broccoli, grapefruit

■ **Avoid:** Nuts, grains, seeds interfere with insulin production. Wheat and soft cheese

The Teacher

Strong, sinewy and stable with great stamina. Tolerates a wide variety of unfamiliar bacteria

■ **Eat:** Plant-based diet. White meat and fish

■ **Superfoods:** Turkey, white fish, black beans, peanuts, peas, tofu, flaxseeds, olive oil, avocado, carrots

■ **Avoid:** Sugary food and white carbohydrates. Also red meat

The Explorer

Muscular and adventurous with broad shoulders, narrow hips and low body fat. May have trouble processing caffeine and alcohol

■ **Eat:** Copper-rich foods such as legumes and liver, and beans, cheese and meat

■ **Superfoods:** Calves' liver, lamb, ricotta and mozzarella cheese, lentils, parsnip, ginger, raspberry

■ **Avoid:** Alcohol, coffee, painkillers

The Gatherer

Full-figured, even when not overweight. A tendency towards obesity

■ **Eat:** High-protein, low-GI diet
■ **Superfoods:** Lamb, turkey, haddock, sole,

eggs, cottage cheese, flaxseed, walnuts, quinoa, spinach

■ **Avoid:** Fried and microwaved food

The Warrior

Long, lean, and healthy in youth, subject to middle aged spread

■ **Eat:** Plant-based, low-GI diet

■ **Superfoods:** Seabass, cottage cheese, peanuts, pine nuts, edamame beans, tofu, walnut oil, cauliflower

■ **Avoid:** High GI foods such as white bread and pasta, high fat dairy and meat

The Nomad

Large boned and muscular with longer legs than torso. Vulnerable to immune problems

■ **Eat:** Foods rich in fatty acids like salmon and mackerel, red meat and dairy

■ **Superfoods:** Beef, calves' liver, halibut, herring, caviar, cheddar, cottage cheese, pecan nuts, cod liver oil

■ **Avoid:** Gluten, barley, oats and rye - can cause diarrhoea, constipation and vomiting



Fan: Oprah Winfrey