

# THE GenoType Diet™

**ABO** January 2009

## The GenoType Bread Basket

Do You Know Your GenoType?

Get yourself measured : <http://www.genotypediet.com>

Find out more about the bread: <http://www.artisanbread-abo.co.uk>

## Eat the right ABO bread and lose weight!

Each GenoType can eat bread — you just need to eat the right types of bread to improve health and increase weight loss.

**Hunter GT1** : Hunters are prone to gut problems like coeliac disease — a digestive intolerance to wheat, rye, and barley. To avoid intestinal damage, stick with:

**ABO bread: Rice – Linseed – Quinoa – Buckwheat (bread & pizza base).**

**Gatherer GT2** : As a Gatherer, your GenoType Diet emphasizes low-glycaemic foods — those low in sugar and carbohydrates. For your bread options, avoid most whole-grain varieties, stick with:

**ABO bread: Essene – Linseed – Quinoa – Rice.**

**Teacher GT3** : The wrong bread choices can feed bacteria by leaving a carbohydrate residue in the digestive tract. Avoid Toxins made from durum (pasta), sprouted, or white wheat flour, while emphasizing Teacher Superfood breads made from emmer, kamut, and spelt wheat flour.

**ABO bread: Kamut – Spelt – Spelt Pizza Bases – Quinoa – Rice – Buckwheat (bread & pizza base) – Linseed.**

**Explorer GT4** : Spelt or 100 percent sprouted wheat flour makes for an ideal Explorer bread choice. Yet white, whole-grain, and flaxseed breads will inhibit your metabolism and should be avoided to ensure proper calorie burn.

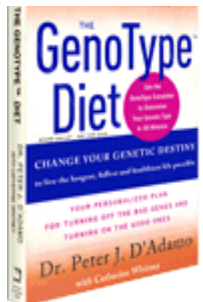
**ABO bread: Essene - Quinoa – Rice.**

**Warrior GT5** : A Warrior's metabolism does well with whole grains. Look for breads made from flaxseed, oat bran, brown rice, emmer, kamut, spelt, sprouted, and whole grain.

**ABO bread: Kamut – Quinoa – Rye – Rye & Spelt - Linseed – Rice - Spelt – Spelt Pizza base – Pumpkin seed.**

**Nomad GT6** : Stick with gluten-free and maize (corn)-free breads to avoid irritating your already compromised gut lining. Brown- and white-rice flours make great wheat alternatives for bread flour and won't cause fatigue and inflammation in Nomads.

**ABO bread: Quinoa - Linseed – Rice.**



*The GenoType Diet* is the latest evolution of Dr. Peter J. D'Adamo's Blood Type Diet. Learn about the link between genes and fat loss, and how eating for your GenoType can help you achieve maximum results!

[Buy the book now!](#)



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