**SC CATERING – The Blood Type Diet**

**Section A: Learning about the Blood Type Diet**

**Focus:** Eating based on your blood type (A,B,AB,O). The idea is that different blood types digest food differently; and eating for your type improves your overall health.

**Typical Foods:**

1. **TYPE O:** Includes a high-protein, meat heavy diet.
2. **TYPE A:** Plant-based, and vegetarian-like diet.
3. **TYPE B:** Includes a balanced diet, including dairy.
4. **TYPE AB:** Includes a mix of type A and B blood type recommendations.

*Once you determine your blood type, I will be more than happy to send you lists of foods that are recommended. Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. We can try different cuisines and experiment a ton. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* This is a highly individualized diet.
* You can find more information on this diet by purchasing the book titled ***‘Eat Right 4 Your Blood Type by Peter D’Adamo’.***
* You can follow this link for more information.

[**https://www.webmd.com/diet/blood-type-diet**](https://www.webmd.com/diet/blood-type-diet)

**Section C: Health Benefits**

*It is important to note that while scientific studies are still limited on this diet, the benefit results below are from supporters of this diet.*

1. Personalized nutrition approach.
2. Improved digestion.
3. Better weight management.
4. Increased energy.
5. Stronger immune system.
6. Balanced hormones.