HEALTH & WELLNESS

Dr Lam Blood Group Diet

Published: November 20, 2026 | Index ID: #-

What Is the Dr Lam Blood Group Diet?

In the ever-expanding world of personalized nutrition, few approaches have sparked as much curiosity—and debate—as the Dr Lam Blood Group Diet. Developed and popularized by Dr. Lam, a practitioner who built upon earlier theories regarding blood type and dietary compatibility, this plan proposes that your blood type (A, B, AB, or O) should determine which foods you eat, which exercises you perform, and even how you manage stress. Unlike a one-size-fits-all diet, the Dr Lam Blood Group Diet aims to align your meals with your genetic and evolutionary heritage.

Dr. Lam's method rests on the premise that the antigens present on the surface of red blood cells influence how your body digests and reacts to certain proteins, known as lectins. When a lectin from a food interacts with an incompatible blood type antigen, the theory goes, it can trigger agglutination (clumping) of blood cells, inflammation, and a cascade of health problems. By avoiding those problematic lectins and emphasizing foods that your blood type recognizes as "friendly," the Dr Lam Diet claims to improve digestion, boost energy, reduce weight, and lower the risk of chronic disease.

Although the diet shares some similarities with the more well-known Blood Type Diet by Dr. Peter D'Adamo, Dr. Lam has refined the recommendations with updated research on lectins, gut health, and individualized biochemistry. The result is a system that feels both ancient—rooted in evolutionary eating patterns—and modern, leveraging lab-based analysis of food sensitivities.

The Science Behind the Dr Lam Blood Group Diet

To understand the Dr Lam Blood Group Diet, you first need a basic grasp of blood type biology. Your blood type is determined by the presence or absence of specific antigens (A and B) on the surface of your red blood cells. These antigens are not just markers for transfusions; they also exist on the lining of your digestive tract and other tissues. Dr. Lam's core hypothesis is that these antigens interact with lectins—proteins found in many plant and animal foods—in ways that are either beneficial or harmful depending on your blood type.

For example, a lectin found in wheat germ agglutinin (WGA) is known to bind to certain carbohydrate structures. According to Dr. Lam, people with blood type O may be more sensitive to WGA than those with blood type A, contributing to intestinal inflammation and autoimmune reactions. The diet therefore categorizes foods as "beneficial," "neutral," or "avoid" for each blood group, based on their lectin reactivity and historical eating patterns of our ancestors.

Dr. Lam also incorporates the concept of secretor status—whether you secrete your blood type antigens into bodily fluids like saliva and mucus. Approximately 80% of people are secretors, and Dr. Lam argues that secretors and non-secretors within the same blood type may need slightly different dietary modifications. This adds a layer of personalization that goes beyond simple blood group categorization.

While the scientific community remains divided on the validity of blood type diets—many studies have found no strong evidence supporting the claimed health benefits—proponents of the Dr Lam Blood Group Diet point to anecdotal success stories and the general wisdom of eating whole, unprocessed foods. Even skeptics agree that

the diet inherently encourages the consumption of vegetables, lean proteins, and healthy fats, which are beneficial for most people regardless of blood type.

How the Dr Lam Blood Group Diet Works: Foods for Each Blood Type

Dr. Lam divides the human population into four primary dietary archetypes, each with its own recommended food list. Below is an overview of what the diet suggests for each blood type, keeping in mind that individual variation (secretor status, existing health conditions) should also be considered.

Blood Type O (The Hunter)

According to Dr. Lam, blood type O is the oldest blood group, dating back to our hunter-gatherer ancestors. Individuals with type O are said to have a hardy digestive system designed to handle animal protein and fat. The ideal diet for type O is high in lean red meat, poultry, fish, and vegetables, while being low in grains, legumes, and dairy. Dr. Lam recommends avoiding wheat, corn, and kidney beans because their lectins may interfere with type O metabolism. Beneficial foods include beef, lamb, kale, spinach, and blueberries. Type O individuals are also encouraged to engage in vigorous aerobic exercise and to manage stress with physical activity.

Blood Type A (The Cultivator)

Blood type A emerged with the advent of agriculture, and Dr. Lam suggests that these individuals thrive on a plant-based diet. Their digestive systems are believed to have lower levels of stomach acid and the enzyme alkaline phosphatase, making animal fats and proteins harder to break down. The Dr Lam Blood Group Diet for type A emphasizes organic vegetables, fruits, tofu, whole grains (especially rice and oats), and small amounts of fish. Red meat and most dairy products are discouraged. Type A individuals often benefit from calming exercises such as yoga and tai chi, and they may be more prone to stress-related disorders if they consume incompatible foods.

Blood Type B (The Nomad)

Blood type B is thought to have arisen in nomadic tribes that consumed a diverse diet of meat and dairy. Dr. Lam notes that type B individuals generally have a robust immune and digestive system that can tolerate a wide range of foods. However, there are notable exceptions: chicken, corn, wheat, and lentils contain lectins that may be problematic. The recommended diet for type B includes lamb, goat, rabbit, eggs, green vegetables, and most dairy products. Type B individuals are said to respond well to moderate exercise combining cardio and balance work. They should avoid processed foods and peanuts, which can cause blood sugar irregularities.

Blood Type AB (The Enigma)

As the rarest blood type, AB is a blend of A and B characteristics. Dr. Lam considers type AB to be both sensitive like type A and adaptable like type B. The diet for AB is therefore a hybrid: it includes some animal protein (especially lamb and fish) but limits red meat, and emphasizes dairy, tofu, and green vegetables. Most grains are acceptable, but corn and buckwheat should be avoided. Dr. Lam also advises type AB individuals to avoid caffeine and alcohol, as they may be more vulnerable to the stress hormone cortisol. Exercises that combine relaxation with movement, such as swimming or hiking, are recommended.

Potential Benefits of the Dr Lam Blood Group Diet

Many people who try the Dr Lam Blood Group Diet report noticeable improvements in energy, digestion, and mental clarity. Because the diet eliminates common inflammatory foods like wheat and dairy for many blood types, it can naturally reduce bloating and fatigue. The diet also encourages the consumption of a wide variety of vegetables and high-quality proteins, which aligns with general nutritional guidelines.

Another benefit is the focus on individualized eating. Rather than following generic weight-loss advice, the Dr Lam Diet empowers you to experiment with foods that your blood type might handle better. This can lead to a greater awareness of your body's unique responses and a more mindful approach to meals.

Additionally, the Dr Lam Blood Group Diet incorporates lifestyle recommendations—such as specific types of exercise and stress management—that can improve overall well-being. The emphasis on sleep, meditation, and movement adds a holistic layer that many restrictive diets lack.

Criticisms and Considerations

Despite its popularity, the Dr Lam Blood Group Diet faces significant criticism from the mainstream medical and nutritional communities. Several large-scale studies have failed to find a consistent link between blood type and dietary responses. Critics argue that any positive outcomes from the diet are likely due to the placebo effect or simply because participants are eating fewer processed foods and more whole foods.

Moreover, the diet can be unnecessarily restrictive. For example, recommending that type A individuals avoid all animal protein may put them at risk for protein deficiency if they do not carefully plan their plant-based meals. Similarly, type B individuals are told to avoid chicken and wheat, which are staples for many people. Such restrictions can make social dining challenging and may lead to obsessive eating patterns in some individuals.

Dr. Lam's work also draws on evolutionary biology, but critics point out that our ancestors did not have access to modern foods such as tofu or quinoa, yet those are recommended in the diet. The evolutionary argument can be inconsistent.

Another concern is the lack of high-quality clinical trials specifically testing the Dr Lam protocol. While he offers some laboratory tests (e.g., lectin sensitivity panels), these are not standard medical tests and may not be covered by insurance. The cost of following the diet—especially if you buy organic, grass-fed, or specialty foods—can be prohibitive.

Nevertheless, many individuals find the framework helpful as a starting point for dietary self-experimentation. The key is to approach it with an open but critical mind, perhaps working with a registered dietitian to ensure nutritional adequacy.

Practical Tips for Following the Dr Lam Blood Group Diet

If you are considering the Dr Lam Blood Group Diet, here are some actionable steps to get started:

- Confirm your blood type. You can ask your doctor for a simple blood test or use a home-testing kit. Knowing your Rh factor and secretor status provides additional information.
- Start with a two-week elimination. Follow the "avoid" list for your blood type strictly for two weeks, and then reintroduce one food at a time while noting any symptoms.
- Emphasize whole foods. Regardless of your blood type, base your meals on vegetables, fruits, lean proteins, and healthy fats. Minimize processed foods and added sugars.
- Listen to your body. The diet is a guideline, not a rigid rule. If you are blood type O but feel great eating quinoa, it may be neutral for you. Keep a food and mood journal.
- Stay hydrated. Dr. Lam often recommends drinking warm water with lemon in the morning to aid digestion. Adequate water intake supports all bodily functions.
- Pair diet with appropriate exercise. Use the exercise recommendations for your blood type to optimize energy and stress management. Type A might prefer walking and yoga, while type O benefits from interval training.
- Consider additional testing. Dr. Lam's protocols sometimes involve food sensitivity tests or gut microbiome

analysis. Discuss these with a healthcare professional before investing in them.

Sample Meal Ideas for Different Blood Types

To give you a practical sense of the Dr Lam Blood Group Diet, here are sample meals for type O and type A.

Blood Type O Sample Day

- Breakfast: Scrambled eggs with spinach and a side of blueberries. Coffee (black) is allowed for type O in moderation.
- Lunch: Large salad with romaine lettuce, cherry tomatoes, cucumber, grilled chicken breast, and olive oil & lemon dressing.
- Snack: A handful of walnuts and an apple.
- Dinner: Grilled lamb chops with steamed broccoli and roasted sweet potatoes (type O can tolerate sweet potatoes in small amounts).

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