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## Oprah endorses latest diet craze

The latest diet fad to emerge from America means waning dieters can rest easy – weight loss is all in the genes apparently.

The **GenoType Diet** is the newest **weight loss programme** taking the States by storm and already has the best celebrity endorsement it could wish for: **Oprah Winfrey** is a fan.

Created by diet supreme **Dr Peter D'Adamo**, the diet follows the theory that it is our **genes** that determine what types of food will cause weight gain. D'Adamo explains that this is the reason many people struggle to lose weight, even when dieting.

According to D'Adamo: '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 diet is based on an older weight loss programme dubbed the **Blood Type Diet**. Once your **genetic make-up** has been determined, a diet programme can be developed around you.

[Click here for more info on The GenoType Diet.](#)

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