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Cabbage Soup Diet

The Cabbage Soup Diet was designed as a short-term approach to rapid weight loss. Some sources claim this diet originated in hospitals, but no one has claimed it as their own. It was popular in the 1980s and many books have been written including *The Ultimate Cabbage Soup Diet* and *The New Cabbage Soup Diet*.

The Cabbage Soup Diet consists of a cabbage-based soup that contains very few calories. According to this diet, the more soup you eat, the more pounds you will drop. This happens because you'll be eating less calorie-dense food. On this diet, you can eat as much cabbage soup as you want in addition to a very restricted set of other foods.

This radical weight loss diet is a low-fat, high-fiber approach that claims to get you in shape quickly before embarking on a more moderate, long-term eating plan. Because the diet is so restrictive, it should only be followed for seven days at a time with at least two weeks in between.

Foods to include:

- Cabbage soup (made of vegetables including cabbage, green onion, peppers, tomatoes, carrots, mushrooms, celery, etc.)
- Limited fruits
- Limited vegetables
- Brown rice
- Meat
- Skim milk, unsweetened teas, cranberry juice, and water

Foods to avoid:

- Dry beans, peas, and corn
- Alcohol
- Anything not included on menu

Pros:

- May jump-start weight loss
- Foods included are allowed in limitless amounts

Cons:

- Very specific, restrictive menu that must be followed
- Narrow diet can lead to boredom
- Short-term dieting may prompt a quick return to old habits and rebound weight gain
- Rapid weight loss not considered healthy

Sources:

Cabbage Soup Diet www.cabbage-soup-diet.com <http://www.cabbage-soup-diet.com>