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Grapefruit Diet

Since the 1930s, the Grapefruit Diet has been popular as a quick, short-term weight loss plan. Grapefruit is low in calories and loaded with fiber and vitamin C. It also contains high levels of beta-carotene, which is known to reduce cholesterol levels and help maintain a healthy heart. The white pith of the fruit contains pectin and bioflavonoids, which makes the grapefruit an excellent source of antioxidants.

The belief behind the Grapefruit Diet is that, when eaten with protein, the citrus fruit triggers weight loss. Dieters who consume grapefruit may also experience a reduction in insulin levels and may feel fuller on fewer calories.

The Grapefruit Diet is followed for 12 days and based around eating half of a grapefruit before every meal to provide the body with fat-burning enzymes. After 12 days, if you wish to continue the plan, it's important to take at least two days off before starting again. It's also important to follow the sample meal plan diligently without eliminating any components.

The Grapefruit Diet guidelines include drinking a minimum of two liters of water every day, consuming one half of a grapefruit or eight ounces of unsweetened grapefruit juice before each meal, and no more than one cup of coffee each day. Vegetables, meats, and healthy fats are encouraged in significant amounts, but complex and simple carbohydrates should be avoided.

Dieters should only eat until they are full and avoid eating between meals. Recommendations include avoiding foods that are very hot or very cold in temperature, and refraining from cooking in aluminum pans.

Breakfast on this plan is two boiled eggs, two slices of bacon, and 1/2 grapefruit or 8 ounces of unsweetened grapefruit juice. Lunch includes the same grapefruit requirement as breakfast along with salad and any type of meat in an unlimited amount. Dinner is salad or a red or green vegetable with butter or spices, meat or fish any style, and one cup of coffee or tea. Dinner also includes the standard grapefruit requirement. The recommended bedtime snack is 8 ounces of skim milk.

Foods to include:

- Vegetables
- Fruits
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Low-fat dairy
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Carbohydrates
- Sugar
- Trans fats
- Processed foods

Pros:

- Emphasizes whole foods
- Low-carbohydrate approach may become a sustainable lifestyle for some
- May suit Celiacs and gluten-intolerants

Cons:

- Some thrive on carbohydrates
- Some may not like grapefruit

- May be too limiting and regimented
- Not suitable for those with dairy allergies

Source:

Grapefruit role in Grapefruit Diet www.grapefruit-diet.org [_\(http://www.grapefruit-diet.org\)](http://www.grapefruit-diet.org)