

Cabbage Soup Diet

The cabbage soup diet contains negligible calories and it can be easily referred as a fat burning soup. This diet was initially made for obese patients in order to lose weight before their surgery. The cabbage soup diet is generally made up of cabbage, green peppers, onions and water. This diet is for a seven-day period and it is not recommended for longer than seven days. Along with soup, dieters can also have additional foods such as tomatoes, meats, vegetables and skim milk, but it all depends on the day of the week. One must understand that the cabbage soup diet allows certain foods on certain days. It can be considered as more nutritionally unbalanced than other low calorie diets with regard to protein, calcium and vitamin D.

The cabbage soup diet being extremely low in calories can boast of losing up to 10 pounds in just seven days. But it should not be considered as long-term eating plan because it is dangerously low in calories and could do more harm than good to you. The cabbage soup diet deprives your body of essential nutrients and so some people find it difficult to concentrate and they also feel it difficult to concentrate and they also feel disoriented and weak. This is basically due to lack of calories and nutrients.

The cabbage soup can act as a nice low-calorie option diet to be consumed once in a while when watching your weight. The cabbage diet should be considered as a short term diet because what you are really losing isn't fat but water and muscle tissue which is simply unsafe. Before you decide on having the cabbage soup diet, you must be in good health. You must be mentally prepared to accept this diet. You must also take a multi-vitamin diet in order to prevent from getting dizzy and light headed. You can also do some sort of exercising. While you are on a diet, see that you don't do it half way by stopping and going back to old eating habits and expect to stay at that size. You must change your eating habits and also stick to the entire seven day cabbage soup diet plan in order to achieve your desired weight loss goal.

About the Author

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