

Grapefruit Diet Burns Fat

Contributed by Skinny Myths Team

SKINNY MYTH: "A diet consisting mostly of grapefruit, celery, or cabbage burns fat"

Myth.

No foods can burn fat.

Eating grapefruits to help you lose weight is one of the most persistent among the diet myths. There is NO "fat-burning food" that magically melts fat from your body. Food does not burn fat—exercise does.

Foods like grapefruit, tomatoes, and watermelon are rich in the antioxidant lycopene, and as part of a well-rounded diet, are great... but don't count on it to burn your fat.

And P.S. that cabbage diet can have some nasty side affects...gas!