

[IMAGE]

Grapefruit: More Than Just a Tangy Treat?

Grapefruit is a good source of vitamin C, potassium, and dietary fiber, and it's a good way to get your recommended five daily servings of fruit and vegetables. Recently, researchers added diabetes protection to the potential list of benefits associated with regular grapefruit consumption.

Researchers surveyed 100 overweight volunteers who were on varying diets: One group ate half a grapefruit three times a day; another group drank a glass of grapefruit juice prior to every meal; while group did not consume any grapefruit. After 12 weeks, grapefruit eaters had shed an average of 3.6 pounds - with some losing as much as 10 pounds. Juice drinkers lost an average of 3.3 pounds, and those without grapefruit in the diet lost only 0.5 pounds apiece.

Researchers attributed the grapefruit-mediated weight loss to the burning of sugar, facilitated by insulin and indicated by lowered glucose levels, which could be good news to the estimated 18.2 million people in the U.S. that have diabetes. Moreover, this study paves the way for further research on a larger scale, researchers said.

Get a jump-start on the next round of results by consuming grapefruit (and a regular supply of fruits and vegetables) to maintain health, and if for nothing else - the taste.

Reference:

A full copy of the article is available from the SCI press office. Email: [press -at- soci.org](mailto:press-at-soci.org)"> [press -at- soci.org](mailto:press-at-soci.org).

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