

## The Mayo Clinic Diet

The Mayo Clinic diet (fad diet) is a popular diet that was neither created by nor endorsed by the Mayo Clinic. This diet promises a weight loss of 10 pounds (4.5 kilograms) for the person who follows the plan for 12 days. The dieter wanting to lose more weight takes two days off from the regimen and then starts the diet again. A person supposedly could lose more than 50 pounds (22.7 kilograms) within several months, according to the diet plan. The diet is low in carbohydrates, high in fat, and restricts the consumption of fruits, breads, and dairy products. The Mayo Clinic diet is also referred to as the grapefruit diet because grapefruit or unsweetened grapefruit juice is consumed at every meal.



### Foods that are allowed

- ❖ Red and green onion
- ❖ Red and green bell peppers
- ❖ Radishes
- ❖ Tomatoes
- ❖ Broccoli
- ❖ Cucumbers
- ❖ Lettuce, cole slaw, cabbage, spinach
- ❖ green beans
- ❖ chili peppers
- ❖ cheese
- ❖ hot dogs
- ❖ one tablespoon (28.3 grams) of nuts each day

### Foods Not allowed

- ❖ Potatoes
- ❖ White onion
- ❖ Corn
- ❖ Sweet potatoes
- ❖ Breads
- ❖ Pasta
- ❖ Rice
- ❖ Potato chips
- ❖ Pretzels
- ❖ Fruit
- ❖ desserts

### Remember:

- Only drink one cup of coffee with meals
- Eat the minimum amount required for each meal
- Avoid eating between meals

