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Results. Because a diabetes diet recommends generous amounts of fruits, vegetables and fiber, following it is likely to reduce your risk of cardiovascular diseases and certain types of cancer. And consuming low-fat dairy products can reduce your risk of low bone mass in the future.

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### **Mayo Clinic Diabetic Diet**

Recommended Foods on the Mayo Clinic Diabetic Diet. Foods that are high in fiber are a large part of the diet, including beans, peas, lentils, vegetables, fruits, nuts, and whole-wheat flour and wheat bran. This diet also includes eating fish at least twice a week, preferably tuna, sardines, bluefish, salmon, or mackerel,

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The phony "Mayo Clinic" diet is a low-carb, high-fat plan that attributes miraculous fat-burning powers to grapefruit. Dieters go on the plan for 12 days, then off for two days, and continue this cycle for 10 weeks with the promise of a 50- to 55-pound weight loss.

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