

# **Fad Diet Presentation Reviews**

## **Cabbage Soup Diet**

### **What's involved with following this diet?**

You are allowed to eat 1–2 other low-calorie foods daily in addition to the soup. However, it is important not to make any other substitutions and to drink only water or other calorie-free beverages, such as unsweetened tea.

Increasing and changing the food consumed with every passing day.

### **Who is it for?**

For people who want to lose weight.

### **Is it backed by scientific research?**

No, because regardless of anecdotal evidence, the cabbage soup diet does not have any scientific evidence backing up its claims. Nor does cabbage or cabbage soup offer any extravagant fat-burning properties it's purported to have.

### **Is it dangerous?**

Yes, it can be dangerous due to the severely restrictive nature of the diet.

### **Would you recommend?**

I would not recommend this diet because it is not sustainable long-term. I personally do not see any health benefits to discuss. It seems very dangerous and restrictive.