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What Is The Atkins Grapefruit Diet All About?

The Atkins Grapefruit diet seeks to cash in on the popularity of the fad grapefruit diet and the less fad but still fad [Atkins diet](#), although it has nothing to do with the Atkins estate or company. Here is some information that shows the diet may be a fraud, or at least misleading.

You'll be hard pressed to find information about the Atkins Grapefruit diet, such as any details of the company that produces it. Smart people know that when someone is perpetrating a deception, or a con, they will often gloss over facts. This is what the Atkins grapefruit diet seems to do in an attempt to get people to associate it with two supposedly effective diets.

Does the Atkins grapefruit diet have anything to do with the actual Atkins diet? Nope – the Atkins company doesn't mention the diet on its web site, and the most critical phase of the famous diet called the Induction phase does not allow any fruit.

The induction phase includes the following foods – sorry Atkins grapefruit diet, no fruit here:

An type of fish Flying game such as turkey and chicken Shellfish of any variety Any meat such as beef or pork Any style egg Any variety of cheeses Any vegetable you can name A variety of herbs and spices Fats and Oils Drinks low in carbohydrates such as diet soft drinks

Notice one thing – fruit is not on that list. Later phases of the Atkins diet for [fat loss](#) do include limited amounts of fruits such as cantaloupe and even lemon juice, and the pre-maintenance and maintenance phases even specifically allow small quantities of grapefruit. But there is far more grapefruit in the Atkins Grapefruit diet than Dr. Atkins would ever dream of allowing.

There's a lot of grapefruit in the Atkins grapefruit diet – up to 18 carbs. But the Atkins diet calls for no more than 7 grams of carbs in a day. That's a direct contradiction of one diet to the other.

When they hear about the Atkins grapefruit diet people should naturally visit the Atkins web site to read more about it. It isn't found there, and that turns off a lot of folks.

[Truth about diets review](#): Don't forget the following. Any diet that relies too heavily on one food or food group is going to be unhealthy. The Atkins Grapefruit Diet is not associated with the Atkins diet, and may interfere with the results of the Atkins diet in its early phases.