

food, drink & diet

* REAL-LIFE SLIMMER * WHAT'S NEW IN THE SUPERMARKETS * TASTY RECIPES * 10 FOODS TO BOOST YOUR HEALTH *

The fruit that fights fat!

Start your day with a waist-whittling workout – eat a grapefruit!

Apparently, explorers first stumbled upon the exotic 'forbidden fruit' in Barbados back in 1750 while hunting for Adam and Eve's 'good and evil' tree from the Garden of Eden. But there's certainly nothing sinful about this sweet-and-sour superfood!

A hybrid of orange and pomelo (a type of bitter lime), it's a gift to your immune system, packed with folic acid, potassium, and 73 per cent of your recommended daily intake of vitamin C. You'll get a healthy dose of beta-carotene too, helping to give your skin a tropical golden glow.

With its high fibre content, grapefruit can also lower hunger levels. In fact, Louisiana State University recently found that people who eat half a grapefruit before every meal are likely to lose a healthy 4lb in 12 weeks, as the flavonoid naringenin causes your liver to rapidly break down fat. If it's a little too sharp for your tastes, try sweetening it with a squeeze of honey, a mango-based salad dressing, or a natural sweetener like stevia.

* Taking statins or warfarin? Check with your GP before eating grapefruit as it can interfere with your medication.

NOT JUST A SLIMMING SNACK!

Lotions containing grapefruit extract are a great skin detox and help regenerate essential oils. Try The Body Shop Pink Grapefruit Body Puree, £8

