

Nutritional benefits of grapefruit

While low in calories, grapefruit contains a whole host of nutrients. In particular, they're a good source of *vitamin A*, which is important for supporting the immune system and keeping the eyes and skin healthy, folate, which is key for a baby's *development during pregnancy*, and vitamin C, helping to *maintain healthy skin*.

Half a grapefruit counts as one of your five a day .

Eating grapefruits can't deliver the dramatic weight loss touted in some fad diets, however, there is some evidence that shows consuming grapefruit may help with weight loss. A 12-week Japanese study looked at the effects of grapefruit versus a placebo, and there was a significant *reduction in weight as well as blood glucose* levels, in participants who consumed half a grapefruit before meals. Further research has also looked at the beneficial role grapefruit juice may play in reducing blood glucose levels and *improving insulin resistance*, although this was conducted in animal studies.

