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## Who wants a Banana Diet?

Posted by Researcher - 2008/10/22 22:44

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I'm still trying to make sense of this: they're running out of Bananas in Japan. Prices have risen, and they're still slipping off the shelves (pardon the pun).

An opera singer revealed that she had lost 15 pounds on a pretty  
=<http://www.smh.com.au/news/lifeandstyle/diet/japanese-go-bananas-for-new-diet/2008/10/20/1224351139324.html>]easy diet: a banana and a warm glass of water for breakfast every morning. No limit to servings the rest of the day (save for abstaining from dessert).

Sounds easy, doesn't it?

From a calorie standpoint, it makes sense. You're consuming less than 100 calories for breakfast with this diet. That leaves a lot of calorie room for eating the rest of the day.

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## Re:Who wants a Banana Diet?

Posted by shelisheli - 2009/03/24 23:37

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i know its bad but i normally skip breakfast. im just not hungry in the morning.

but..ill try just about anything. :) lets see how it works!

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