GENERAL

calories in cabbage soup diet soup

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Introduction

When it comes to quick, low calorie meal options, the **cabbage soup diet soup** often tops the list of popular choices. Whether you're looking to kickstart a weight loss plan, reset your eating habits, or simply enjoy a light, flavorful dish, understanding the **calories in cabbage soup diet soup** is essential. This article delves deep into the nutritional profile of the classic cabbage soup, breaks down its calorie content, compares it with other low calorie soups, and offers practical tips for maximizing taste while keeping the numbers in check.

What Is the Cabbage Soup Diet?

The cabbage soup diet is a short term, low calorie eating plan that has been around for decades. Its premise is simple: consume a large volume of cabbage based soup over a period of seven days, supplemented by a few select foods on certain days. The diet is designed to create a calorie deficit while still providing a sense of fullness, thanks to the high water and fiber content of cabbage.

Typical days on the diet include:

- Day 1: Unlimited cabbage soup, a handful of fresh fruit, and a cup of coffee or tea.
- Day 2: Unlimited cabbage soup, a piece of fruit, and a cup of coffee or tea.
- Day 3: Unlimited cabbage soup, a piece of fruit, and a cup of coffee or tea.
- Day 4: Unlimited cabbage soup, a piece of fruit, and a cup of coffee or tea.
- Day 5: Unlimited cabbage soup, a piece of fruit, and a cup of coffee or tea.
- Day 6: Unlimited cabbage soup, a piece of fruit, a cup of coffee or tea, and a protein source (e.g., lean meat, fish).
- Day 7: Unlimited cabbage soup, a piece of fruit, a cup of coffee or tea, and a protein source.

While the diet's structure varies slightly across different sources, the core element remains the same: a high volume, low calorie soup that keeps you full without overloading on calories.

How Many Calories Are in Cabbage Soup Diet Soup?

The exact calorie count can vary depending on the recipe, portion size, and added ingredients. However, a typical homemade cabbage soup that follows the traditional cabbage soup diet guidelines contains roughly **50–70 calories per cup (240 /ml)** This low number is what makes the diet appealing to those looking to create a calorie deficit quickly.

Breakdown of Calories in a Standard Cabbage Soup Diet Soup

Below is a common recipe and its approximate caloric content:

- 1 cup chopped cabbage (120 /g): 22 /calories
- 1 cup low sodium vegetable broth (240 /ml): 5 /calories
- 1/4 cup diced carrots (35 /g): 12 /calories
- 1/4 cup diced onions (35 /g): 15 /calories
- 1 tablespoon chopped garlic (5 /g): 4 /calories

- 1 teaspoon olive oil (5 /ml): 40 /calories
- Herbs & spices (minimal calories): 0–2 /calories

Adding these together gives a total of approximately 98 calories per cup. However, most traditional cabbage soup diet recipes omit the olive oil or use it sparingly, reducing the count to the 50–70 /calorie range mentioned earlier.

Nutritional Profile of Cabbage Soup

Beyond calories, cabbage soup is a nutritional powerhouse. It offers:

- High fiber content (~2 /g per cup) that aids digestion.
- Vitamin C (approx. 12 /mg per cup) for immune support.
- Vitamin K (around 50 /µg per cup) for bone health.
- Potassium (about 200 /mg per cup) that helps regulate blood pressure.
- Low carbohydrate content (roughly 5 /g per cup), making it suitable for low carb diets.

Calorie Count Per Serving

When you're on a strict calorie plan, portion control is key. A typical serving on the cabbage soup diet is about 2–3 cups, translating to:

- 2 cups: 100–140 /calories
- 3 cups: 150–210 /calories

These numbers can shift based on whether you add oil, use full fat broth, or incorporate other high calorie ingredients.

Comparison With Other Low Calorie Soups

To put the cabbage soup diet soup into perspective, here's a quick comparison with other popular low calorie soups:

Soup Type	Calories per Cup	Key Nutrients
Broccoli Cheddar Soup	120–160 /calories	Protein, calcium
Tomato Basil Soup	70–90 /calories	Vitamin C, lycopene
Chicken Noodle Soup	140–170 /calories	Protein, B vitamins
Cabbage Soup Diet Soup	50–70 /calories	Fiber, vitamin C, potassium

As the table shows, the cabbage soup diet soup is one of the lowest calorie options available, making it ideal for calorie conscious meal planning.

How to Make Cabbage Soup Diet Soup Low Calorie

Here are practical steps to keep your soup as low calorie as possible while maintaining flavor:

1. Choose low fat broth: Opt for homemade vegetable broth or low sodium canned broth to avoid excess sodium and calories.
2. Skip or reduce oil: Use a non stick pan or a splash of water to sauté aromatics instead of oil.
3. Use fresh herbs: Basil, oregano, thyme, and parsley add depth without calories.
4. Limit high calorie add ins: Avoid cheese, cream, or butter. If you want richness, consider a splash of low fat milk or a small amount of Greek yogurt.
5. Control portion size: Stick to the recommended 2–3 cups per meal and use measuring cups to avoid overeating.

Tips for Maximizing Flavor Without Adding Calories

- Use a variety of vegetables: Carrots, onions, celery, and bell peppers can add texture and taste.
- Incorporate citrus zest: A sprinkle of lemon or lime zest brightens the soup.
- Use a pinch of smoked paprika or chili flakes for a subtle kick.
- Finish with a squeeze of fresh lemon juice or a splash of vinegar to enhance brightness.

Common Misconceptions About Calories in Cabbage Soup Diet Soup

1. “It’s calorie free.” While low, the soup still contains calories—usually between 50–70 per cup.
2. “You can eat it all day without gaining weight.” Excessive consumption can lead to a calorie surplus, especially if you add high calorie toppings.
3. “The diet is safe for everyone.” Individuals with kidney disease, certain metabolic conditions, or those on specific medication regimens should consult a healthcare professional before starting.
4. “It provides all necessary nutrients.” The diet is short term; it lacks adequate protein and healthy fats needed for long term health.

Health Benefits of the Cabbage Soup Diet

Beyond the obvious calorie deficit, the cabbage soup diet offers several health advantages:

- Rapid weight loss: Many people report losing 5–10 /kg (11–22 /lb) in a week.
- Improved digestion: High fiber content promotes bowel regularity.
- Reduced inflammation: Cabbage contains antioxidants like sulforaphane that may lower inflammatory markers.
- Boosted immunity: Vitamin C and other micronutrients support the immune system.
- Low glycemic impact: The soup’s low carbohydrate content helps keep blood sugar stable.

Risks and Considerations

While the cabbage soup diet can be effective for short term weight loss, it's not without drawbacks. Here are key concerns:

1. Micronutrient deficiencies: The diet lacks adequate protein, healthy fats, and certain vitamins (e.g., B12, D, iron).
2. Low energy levels: A 500 calorie deficit can cause fatigue, dizziness, and irritability.
3. Metabolic slowdown: Extreme calorie restriction may reduce basal metabolic rate.
4. Potential for binge eating: The restrictive nature can trigger overeating once the diet ends.
5. Not suitable for everyone: Pregnant or breastfeeding women, athletes, and people with chronic illnesses should avoid or modify the plan.

How to Incorporate Cabbage Soup Diet Soup Into a Balanced Diet

If you're looking to use cabbage soup as part of a longer term nutrition strategy, consider these guidelines:

- Use the soup as a meal replacement for lunch or dinner, paired with a side salad or a piece of fruit.
- Add a lean protein source (chicken breast, tofu, or beans) to each serving to increase satiety.
- Include a healthy fat (avocado, nuts, or olive oil) in a controlled portion to support hormone balance.
- Rotate your vegetable choices to ensure a wide range of micronutrients.
- Stay hydrated: Drink water, herbal tea, or sparkling water to support digestion and prevent dehydration.

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