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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What is the South Beach Diet?

By Adam Waxler

What is the South Beach Diet?

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The South Beach Diet was developed by cardiologist Arthur Agatston to help his patients lose weight and maintain a healthy diet for a lifetime. The South Beach Diet is designed in phases, like the Atkins Diet, with different eating recommendations in each phase of the diet.

All phases of the South Beach Diet have the same underlying philosophy, though...weight loss and maintenance depends on establishing a balanced diet that avoids 'bad' fats and carbohydrates.

The proponents of the South Beach diet claim that you can lose weight and maintain the weight loss without counting calories, weighing portions or depriving yourself of good-tasting, satisfying foods. This is accomplished by cutting out empty, high-carbohydrate foods like sugars, potatoes, rice and white bread. Each phase of the diet is specially designed to accomplish a particular goal.

Phase I of the South Beach Diet: Adjusting your Metabolism

In Phase I of the diet, you eat three meals and two snacks daily, eating until you are no longer hungry. Phase I of the South Beach Diet lasts two weeks, during which time your body will shed 8-13 pounds. These items are not allowed during Phase I of the South Beach Diet: bread, rice, potatoes, pasta, baked goods, fruit, candy, cake, cookies, ice cream, sugar or alcohol

Phase II of the South Beach Diet: Weight Loss

The aim during Phase II of the South Beach Diet is to lose weight, with weight loss averaging 1-2 pounds per week. During this phase of the diet, you will gradually add the restricted foods from Phase I back into your diet, but you will eat less of them. The daily diet on Phase II should consist of:

All the protein you want

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Minimum of 4 1/2 cups of vegetables

Up to 3 servings of fruit

Up to 3 portions of starch 1 1/2 cups of milk/dairy (including yogurt)

3 tbs. fat

In real terms, a typical menu for a meal on the South Beach Diet might include something like this:

½ grapefruit

2 scrambled eggs mixed with Monterey Jack cheese and salsa

1 slice of whole grain toast

Decaffeinated coffee or tea, fat-free milk and sugar

substitute if desired

The eating plan recommended by the South Beach Diet emphasizes low carbohydrate foods, restriction of sweets, processed starches, white sugar and 'unhealthy fats', and all the protein you want. It specifies minimum amounts of low carb vegetables to be eaten daily that are remarkably close to the recommendations made by the USDA and the American Diabetes Association.

A key concept in the South Beach diet is the Glycemic Index. Foods are ranked on a scale of 1–100 according to their Glycemic index – the amount by which they raise blood sugar levels after meals. The focus of your diet should be on foods low on the GI level, such as yogurt, cucumbers and broccoli and whole grain cereal, while avoiding those high on the GI scale such as white bread, potatoes and pretzels.

In addition to the above, the South Beach Diet offers the following guidelines:

- * Drink a minimum of 8 glasses of water and other decaffeinated beverages per day (excluding fruit juices)
- * Limit your intake of caffeine-containing beverages to 1 cup each day
- * Take one multivitamin and mineral supplement daily
- * Take between 500 and 1,000 mg of calcium daily

Phase III of the South Beach Diet: Lifetime Maintenance

The lifetime maintenance phase of the South Beach Diet is nearly identical to the weight loss phase of

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the diet, with more portions of foods allowed.

Dr. Agatston cautions that patients being treated for diabetes, impaired kidney function, pregnancy or other chronic illness should consult their physician before embarking on any weight loss regimen, including the South Beach Diet.

Adam Waxler publishes the *Weight-Loss-Power-Package*...a collection of six weight loss ebooks guaranteed to help you lose weight. Check out the complete package here:

<http://www.weight-loss-power-package.com>

and check out his blog for free weight loss tips here:

<http://www.weight-loss-machine.com/blog>

Diet Information: The South Beach Diet

By Jason Hulott

Diet Information: The South Beach Diet by Jason Hulott

Developed by cardiologist Dr. Arthur Agatston, this diet first became popular in Miami. It was developed into book form, and is now a worldwide best seller.

The weight loss advice focuses on a healthy balance between good carbohydrates and fats. The idea is to decrease 'bad' carbs (eg baked goods and soft drinks) to help you metabolise what you eat better. The South Beach dietary programme also claims to improve insulin resistance, leading to weight loss. While there are three phases to the plan - the first of which is about banishing your cravings and, to some, can be daunting - this diet plan aims to change your dietary lifestyle. The last phase is meant to change the way you eat forever.

While for the first two weeks of the plan you are not allowed bread, rice potatoes etc, for most of the diet you'll eat normal-size helpings of meat, poultry and fish as well as vegetables, eggs, cheese, and nuts.

You'll gradually re-introduce foods as the plan progresses, albeit in smaller portions. To maintain your healthy weight for the rest of your life, you'll follow the South Beach 'rules'. Not as scary as it sounds, healthy eating is something that we should all follow, lifelong.

Like the Atkins diet, if there are lots of foods you don't enjoy or you cannot stick to a diet where food stuffs are restricted (even in the short term), this may not be the diet for you.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available.

Download as FREE copy of the *Tasty Weight Loss and Muscle Building Recipes Book*, a 33 page book which you can download for free to get some ideas for weight loss recipes.

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