

## **The South Beach Diet**

The South Beach Diet was created by a cardiologist and a dietician. Arthur Agatston (cardiologist), and Marie Almon (dietician). They used a low-fat diet that was similar to the Ornish Diet and Pritikin Diet. Both of these diets were supported by the American Heart Association back in the 80's.

The South Beach Diet was designed to lower the cholesterol levels which in return by having low cholesterol levels it would reduce the risk of heart disease.

The diet also uses the Glycemic Index to rank food by their glycemic load.

The Glycemic Index measures blood glucose levels after a person eats certain types of foods. Cutting carbs and fats from your diet isn't a key to losing weight fast...Its choosing the right carbs and fats according to Arthur Agatston, M.D.

Agatston developed a three-step system that would help his heart patients lose weight and also help them lower their cholesterol.

The South Beach Diet didn't start to gain popularity until the early 2000's and has become one of the most popular diets.

The name "South Beach" came from the Miami area where the company is based.

The South beach Diet is similar to the Atkins Diet in the sense of low carb diets but both have chosen different avenues to use the low carb diet to help their patients lose weight.

The South Beach Diet maintains a balance between good carbs ad good fats but wants you to avoid sweet, sodas and baked goods.

The South Beach Diet does say that it will help you lose those cravings, boost your metabolism and shed those unwanted pounds for life.

All diet do work has long has you follow the guidelines and do a regular exercise program also. Diets alone cannot do it alone; you have to include an exercise program also.

While on the South Beach Diet you can eat 6 meals a day. Like most diets: you have your main meals, a few snacks and a dessert.

Now that we got the basics has to what the diet is all about; now let's look at the 3 steps that make up the diet.

### **Step 1**

Agatston says that you will probably lose between 8-13 pounds in the first 2 weeks of the diet. Step 1 will be the hardest of the 3 steps.

#### **Cravings**

Help you stabilize your blood-sugar levels and lose those sugary food cravings.

#### **Weight Loss**

Help kick start your weight loss and if you have more than 10 pounds to lose.

#### **14 Days**

You'll eat plenty of foods you still enjoy so you'll never get hungry.

No fruit is allowed when going through step 1. It will be added in slowly after you complete step 1.

## **Step 2**

### **More Foods**

Re-introduce foods from the avoid list from Step 1. You choose which food you want to add back into your diet: potatoes, cereal, fruit, rice, bread or pasta. The idea here is to choose wisely and to eat in moderation.

### **Weight Loss**

More slowly than on Phase 1. Your weight loss will be between 1 and 2 pounds a week. So don't get discouraged but continue on the plan and you will reach your weight loss goal.

### **Goal Weight**

You will stay on Step 2 till you reach your weight-loss goal.

## **Step 3**

This is the final step in the diet which is life time maintenance.

You can add any food you want at this point.

### **Foods in Moderation**

At this point enjoy any food in moderation.

### **Goal Weight**

If you start getting off track you can go back to Phase 1 or 2.

### **Weight Off for Good**

Maintain your weight and healthy lifestyle for the rest of your life.