

What is the South Beach Diet?

The South Beach Diet is a weight loss plan created by Arthur Agatston, MD.

This diet consists of 3 phases, with different food recommendations for each phase. It focuses on healthy choices of “good” carbohydrates and fats, and incorporates many lean

Vegetables
Cheeses
Lean Meats

How to Supercharge

The South Beach Diet remains relatively the same with the addition of an exercise plan and additional foods in Phase 1 of the diet.

The exercise portion is where the diet becomes **SUPERCHARGED**. They have added 20 minutes of daily interval walking or total body exercising. This interval training burns more calories and boost metabolism which will result in faster weight loss.

Diet WITH exercise has been a standard recommendation for years. This South Beach change shows **it is vital to include exercise in any plan!**

For more information on the South Beach Diet
Supercharged visit:

www.southbeachdiet.com

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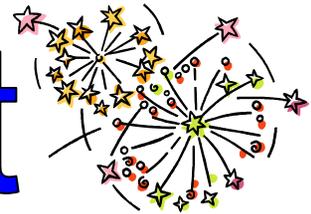
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The South Beach Diet



EXAMINED

The Three Phases of the South Beach Diet



Phase 1: This phase last 2 weeks and it is the strictest phase. You are prohibited from eating sugars, candy, alcohol, starches, this includes whole grains and fruits. This phase helps to rid the cravings for refined starches and fatty foods. Foods that are permitted consist of lean meats and cheeses, vegetables, legumes, eggs, and tofu. There is also a 75 calorie per day allowance for certain sugar-free sweets.

Phase 2: This phase lasts 2 weeks or more depending on the individual. During phase 2, you may continue eating all the foods from Phase 1, but you will reintroduce whole grains, fruits, dairy products, wine and light beer (on occasion) back into the diet.

Phase 3: There are no food restrictions in Phase 3. However, Phase 3 encourages you to stick to the healthy fat and carbohydrate choices, which are encouraged in the beginning of the diet.

Supercharge It!

Don't forget your 20 minutes of interval walking or total body exercise daily.

What's good about the South Beach Diet



- ▶ **Drinking at least 8 glasses of water or caffeine free beverages a day, which has been proven to help lose weight and keep it off.**
- ▶ **Avoiding low fat prepared foods. These foods often replace the fat with processed sugars and extra calories. Low fat dairy products are a good substitute for these foods.**
- ▶ **Eating low fat whole grains for your source of carbohydrates. Whole grains provide much of the necessary energy and nutrients your body requires to stay active during the day. So, get your carbs from whole grain sources, like whole wheat bread, not processed sources like baked goods and soft drinks.**



What the EXPERTS say:

The Tuft's University School of Nutrition Science and Policy has evaluated the South Beach Diet.

In their study they found problems with the basis of the diet. **Research shows that in a healthy individual, blood sugar stays within a normal range at all times instead of the big fluctuations that South Beach claim.** Tuft's also says that changes in blood sugar contributes only slightly with how hungry you feel, because there are too many hormones and other factors that affect your appetite.

The experts at Tuft's also warn about the type of weight loss you have on the South Beach Diet. On any diet you want the weight you lose to be fat weight, not muscle or fluid weight. **By cutting out carbohydrates the weight you lose is mostly water.**

Here's Why:

In the body carbohydrates are stored with a molecule of water attached to them. When carbohydrate is cut out of the diet (like in Phase 1 of South Beach) you use up all of your stored reserves of carbohydrates. When this carbohydrate is burnt up for energy and not replaced in the diet the water molecule is removed from the