

The South Beach Diet

By Student C & Student G

Background

- ▶ Started by Cardiologist Arthur Agatston
- ▶ Made for his patients
- ▶ Fad diet of the early 2000's
- ▶ Named after Miami's South Beach

South Beach!!



Phase 1

- ▶ First two weeks
- ▶ Jump start Weightloss (8-13 pounds)
- ▶ Cut out all Carbohydrates
- ▶ Eat only lean proteins, high fiber veggies, low fat dairy, health unsaturated fats

Foods in Phase 1

- ▶ Chicken, fish, lean ground beef, turkey, bison
- ▶ Low fat milk, cottage cheese, Greek yogurt
- ▶ Nuts, avocados,
- ▶ Broccoli, carrots, leafy greens, etc.

Phase 2

- ▶ Begins after 2 weeks
- ▶ Long term weight loss phase
- ▶ Stay here until weight loss goal is achieved
- ▶ Slowly add healthy carbs

Foods in Phase 2

- ▶ Begin eating fruits again
- ▶ Whole-grain bread, rice and pasta
- ▶ Sweet potatoes

Phase 3

- ▶ Maintain your weight
- ▶ No food list to follow
- ▶ Able to make healthy choices
- ▶ If weight gets off track return to phase 1 or 2

Pros

- ▶ Rapid weight loss at the start
- ▶ Tells you foods to eat and what not to
- ▶ Relatively low maintenance
- ▶ Decreases likelihood of diseases if weight-loss is achieved

What the South Beach website shows



Cons

- ▶ Electrolyte imbalance
- ▶ Ketosis
- ▶ Lack of energy during phase 1

What South Beach shows



Challenges

- ▶ Eating healthy is expensive
- ▶ No accountability or support group built into the program
- ▶ Eating in moderation
- ▶ Food allergies