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