



South Beach Diet



FOODS to AVOID:

***Starches/Breads-** Refined breads/cereals/rolls, cookies, cornflakes, matzo, white flour pasta, white rice, white potatoes, rice cakes, corn

***Vegetables-** Beets, Carrots

***Fruits-** Banana, canned fruits in juice, fruit juice, pineapple, raisins, watermelon

***Sweets-** Honey, Jelly/Jam, Ice Cream



Guides:

***Phase I-** 2 weeks, longer if needed- Goal: decrease 8 to 13 lbs., almost no CHO

-Avoid- Baked goods, rice, potatoes, breads, pasta, fruit, cake, cookies, pies, pastries, ice cream, sugar, candy, alcohol, beer

***Phase II-** stay on till desired weight, slow reintroduction to CHO, On Going
-Fruit- apples, apricots, blueberries, cantaloupe, cherries, grapefruit, grapes, kiwi, mangoes, oranges, peaches, pears, plums, strawberries

-Dairy- Milk-1%, fat free, light soy, yogurt- light-plain/fruit flavored, low fat/fat free

-Starches (limited amount) all whole grains- bagels, bread- bran, oat, rye, multigrain; barley, pinto beans, blackeyed peas

-Other Foods- Chocolate (bittersweet/semisweet), Fat Free Pudding, Red Wine

***Phase III-** Maintenance, Maintain CHO level, healthier foods, still CHO restricted

What can I do?

***See your Physician**

***See RD for help as needed**

***See FFF RD on line for help**

***Do not exceed 5 hours without eating, Exercise Daily**

***READ LABELS- Check CHO content**

***Constipation- Add ground flaxseeds/psyllium husks**



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