

# The South Beach Diet

## 3 Phases to Success

The South Beach Diet is truly a food lover's diet. It's about living well and loving what you eat. But it's also practical, flexible, easy, and effective. [The South Beach Diet plan](#) is divided into three phases. **Phase 1** lasts two weeks and is designed to eliminate cravings and kick-start weight loss. Phase 2 is intended to produce long-term, steady weight loss. You'll stay in Phase 2 until you reach a healthy weight. Then you'll move to Phase 3, the lifestyle Phase. This is how you'll eat and live 365 days a year — and it's the key to maintaining your new, healthy weight.

Most people are sick of trying new diets for one reason – they do not work! What makes the South Beach Diet different is that it teaches a *way of life* where you rely on the *right carbohydrates and fats*. This new way of eating allows you to live contently without eating the bad carbohydrates and fats. In contrast, when a person eats bad carbohydrates and fats they feel hungrier, causing them to eat more, which causes weight gain.

With this new approach, you can stop counting calories, stop weighing food portions, and stop feeling as though you are deprived from eating good-tasting and satisfying food! Actually, you will be eating three, normal-size meals, but wait, that not all! You will also get two snacks each day and with meal plans that are designed to be flexible, you can enjoy a variety, based on what sounds good to you on any particular day.

Best of all, you will see amazing results in a short amount of time. Your hips, thighs, and stomach will be thinner, the number on the scales will go down, and all those overwhelming food cravings will be gone! Just imagine losing weight while still enjoying many of your favorite foods.



### *Phase 1: Eliminate Cravings and Kickstart Weight Loss*

Phase 1, the shortest Phase, lasts for just two weeks and is designed to eliminate cravings for sugar and refined starches - and to jump-start your weight loss. The purpose of Phase 1 is to stabilize blood sugar (which minimizes cravings), making it ideal for people who are prediabetic or diabetic, as well as for those who need to lose a lot of weight.

The focus of this two-week period is on eating plenty of nutrient-dense, fiber-rich (and guaranteed delicious!) foods that satisfy your appetite. Your meals include lean protein, such as fish and other seafood; skinless white-meat poultry, and lean cuts of beef (vegetarians can enjoy meat substitutes, tofu, and beans); high-fiber veggies; reduced-fat cheeses; eggs; low-fat dairy; and healthy, unsaturated fats, such as those found in avocados, nuts and seeds, and extra-virgin olive and canola oils.

The South Beach Diet encourages snacking, so you'll also get to choose two tasty snacks each day, like nuts, reduced-fat cheese, and veggies with a variety of dips. There is also room in this phase for a daily dessert!

## Phase 2: Lose Steadily

Phase  
2

Phase 2 is the long-term weight-loss Phase of the plan. It's also the perfect place to start for those people who have 10 pounds or less to lose, who don't have problems with cravings, who don't have excess belly fat, or who simply want to improve their health.

In Phase 2, you'll eat everything in Phase 1 plus good carbs, such as whole-grain bread, brown rice, whole-wheat pasta, fruits, and even more veggies, like sweet potatoes, pumpkin, and peas. Of course, you'll continue to enjoy snacks and dessert too, including dark chocolate!

## Phase 3: Maintain for Life

Phase  
3

By now, you've adopted the South Beach Diet lifestyle, making smart food choices that fit the way you live. That's what Phase 3 is all about, and it begins once you reach your healthy weight. In Phase 3, you'll continue to follow the principles you learned in Phases 1 and 2, but because it's the lifelong stage of the plan, it includes almost every kind of food and it allows for additional occasional indulgences. It is the key to maintaining a healthy weight for life.

## Mindset Change for South Beach Diet

You have learned what the South Beach Diet is, how it works, and what to eat. Now, you need to get prepared to change the way you eat, for life. Start by accepting that the first couple of weeks will be a big change but one you will not regret. The first morning of this diet, you will eat a breakfast that may consist of a two-egg omelet with two slices of Canadian bacon, cooked in either spray canola or olive oil. In your old life, you may have toasted bread or a bagel and had fresh fruit or fruit juice to go along with your omelet. However, with the South Beach Diet, the bread will have to wait.



Most people have been conditioned their entire life to add bread to meals. You have toast with breakfast, sandwiches on bread for lunch, dinner rolls with dinner, and cake, cookies, or pie for dessert. However, during Phase 1, you will have to forget about the bread. It may take a few days to leave old habits behind but keep in mind that it is during this time that your body's inability to process sugars and starches is being reversed. After trying numerous diets, most leave you feeling hungry, is one of the most difficult aspects of any diet.

A common denominator seen with overweight people is that most of them skip eating breakfast. When this happens, blood sugar drops, which then increases the desire for bad carbohydrates to escalate until lunch when the entire meal is blown.

## **Planning for South Beach Diet**

Planning will help you stay away from snacking or substituting things that are not healthy and could cause weight gain. Remember that once you start into Phase 2, carbohydrates will start being introduced back into your diet along with fruits. You also need to remember to eat your mid-morning and mid-afternoon snacks, even if you do not feel like it. Some of the greatest low-fats foods to incorporate into your planning include cheese and yogurt to replace the fats since they have no bad carbohydrates. In addition, the sugar is found in the lactose, milk sugar, is one of the things you can have with the South Beach Diet.

The South Beach Diet is a lifetime change, lifetime commitment, and a lifetime of health and vitality!

## **WHAT IS GLYCEMIC INDEX?**

Glycemic Index or GI Index is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels. It measures how much your blood glucose increases after eating. Low Glycemic Index foods (less than 55) produce small rise in blood sugar and insulin level. Foods with GI index between 55 and 70 are consider intermediate GI foods. High Glycemic Index foods (more than 70) make our blood sugar and insulin levels rise fast.

Research has shown that low GI foods can:

- improve glucose and lipid levels
- help control appetite and delay hunger
- reduce insulin levels and insulin resistance
- reduce the risk of heart disease

### **South Beach Diet and Glycemic Index**

The success of the south beach diet depends on glycemic index. Rule of thumb: always choose low glycemic index foods with good carbs. Phase1 of South Beach Diet consists of low glycemic foods. In later phases, you can mix foods with higher glycemic numbers.

