

## South Beach Diet by Dr A Agatston

Its not low carb and its not low fat!

Teaches you to rely on the right carbs and the right fats – and enables you to live quite happily without the bad ones. You should lose somewhere between 8-13 pounds in the first two weeks alone.

- You'll eat normal size helpings of meat, chicken, turkey, fish and shellfish
  - You'll have plenty of vegetables, eggs, cheese and nuts
  - You'll have salads with real olive oil in the dressing.
  - You'll have 3 balanced meals a day and it will be your job to eat so your hunger is satisfied
  - You'll have dessert after dinner
  - You'll drink water, plus tea & coffee if you wish
- Phase 1
- For the next 14 days you wont have any bread, rice, potatoes, pasta or baked goods. No fruit, no sweets, cakes biscuits, ice cream, beer or alcohol.
  - During the first week the craving for the above will disappear
  - You will lose between 8-13 pounds
- Phase 2
- Weight loss should be appx 2 lbs a week
  - You can start introducing more food back to your diet
  - Fruit can be added back to the diet, and pasta etc in reduced quantities
  - Phase 2 should last till you hit your target weight

Phase 3 is the rest of your life – when you're into the habits of good healthy eating and back to normal foods - as long as you stick to a few basic rules!

### Good carbs/ Bad carbs

Phase 1 begins to reverse the body's inability to process sugars and starches properly. To do this we need to cut out all carbs but the healthiest ones ie those high in fibre and nutrients (and lowest in sugar and starch) – vegetables and salads only in other words!!

Typical brekkie – two egg omelette with two slices lean bacon cooked in a spray of olive oil This combines protein (eggs & bacon) and good fats (oil and bacon). This will keep your stomach full and occupied with digestion ie no hunger pangs!

An alternative could have been an omelette with vegetables ie mushrooms, peppers, broccoli. Or an omelette with ham or low-fat cheese.

It is essential not to skip breakfast as this allows blood sugar to drop and results in cravings for dodgy carbs!

You can have up to 7 eggs a week.

You should be ready for a mid-morning snack about 10.30am whether or not you feel like you need one. The only low-fat food this diet recommends in low-fat cheese or low-fat yoghurt. (In other low-fat foods, the fat tends to have been replaced with carbohydrates)

Typical lunch could be mixed salad, with grilled chicken or fish, olive oil vinaigrette, grilled prawns, tuna nicoise salad. Eat until you are full.

Aim for good mix of healthy carbohydrates, protein and fats. The aim is to deprive your system of the low-quality sugar and starch that play havoc with your blood chemistry.

Mid-afternoon is another dodgy time as blood sugar levels drop again triggering cravings for chocolate/sweets etc. Nuts are a good thing to eat at this time. Not salted or smoked nuts though. Almonds, or Pistachios. Try and only eat a limited amount ie 15 almonds or 30 pistachios.

Dinner – again we rely on chicken, fish, lean beef and plenty of vegetables and salad to go with them.

Strong recommendation to have dessert after dinner as this is another prime time for blood sugar levels to drop. Two solutions – sugar free jelly (called gelatine in the book but I guess it's the same thing!!) plus ample use of low-fat ricotta cheese.

Main aim is to slow the absorption of the sugars in the carbohydrates into the bloodstream. Fibre is a very good way of slowing this process down. Similar to drinking on an empty stomach – you get drunk faster than if you had food in your stomach to absorb the alcohol.

Fat also slows down the absorption of sugar. As well as acidic foods such as lemon and vinegar, which slow down the speed at which your stomach empties.

Basically anything that helps slow down the absorption of carbohydrate sugars is good!

You can split carb sugars into two groups – slow and fast.

Fast sugar gives us a quick 'hit' but then increases cravings soon after the initial hit. Slow sugar gradually raises our sugar levels but also lowers them slower so the cravings do not reappear so quickly.

Basically when we have low blood sugar, and we raise it quickly then pancreas increases insulin levels in the body, this then reduces the sugar level but often to a level that is too low thus creating more cravings, and so on.

The slower the rate that sugar is released into the body, the slower insulin is released into our bodies to counteract it. Ie no sudden rise/fall in blood sugar = no cravings

Timing your snacks to correspond with the daily lows in blood sugar can also help counteract the craving. There is a lag between your stomach starting to fill and your brain noticing it., so eating i.e. a few nuts before lunch will stop you eating so much

Certain foods cause our sugar levels to rise more quickly – i.e. white bread, white pasta, sugar, beer, rice, certain tropical fruit, anything made with white flour, potatoes and other starchy vegetables,

Phase 1 foods to enjoy :

Beef – Sirloin (including minced), Tenderloin, Top Round, Other lean cuts

Poultry (skinless) – Turkey/chicken breast, Poussin, Turkey Bacon (2 slices per day)

Seafood – all types of fish and shellfish

Pork – Boiled Ham, Lean Bacon, tenderloin

Veal – Leg Cutlet, Top Round, Veal Chop,

Lunchmeat – Non-fat or lower fat only

Cheese (fat-free or lower fat) –American, Cheddar, Feta, Mozzarella, Parmesan,

Ricotta, Provolone, String, Dairy free cream cheese, fat free cottage cheese

Nuts – 30 pistachios, 20 small peanuts, 15 pecan halves, 1 teaspoon peanut butter

Eggs – 7 eggs per week

Tofu – soft, low-fat or lite varieties

Vegetables – Artichokes, Asparagus, Aubergines, Beans (black, butter, Chickpeas, Green, Italian, kidney, lentils, Lima, split peas) Broccoli, Cabbage, Cauliflower, Celery, Courgettes, Cucumbers, Lettuce, Mushrooms, Spinach, Turnips

Fats – olive oil

Spices –all spices that contain no added sugar, extracts (vanilla, almond etc)

Horseradish sauce, low fat butter substitute) pepper (black, white, red, Cayenne)

Sweet treats – limit to 75 calories per day – no added sugar chocolate powder, sugar free ice-lollies, sugar free gelatine, sugar free hard sweets, sugarless chewing gum, sugar substitute.

Foods to avoid :

Fatty cuts of meat, chicken wings/legs, duck, goose, honey bake ham, brie, edam, beets, carrots, corn, potatoes, tomato (limit to 1 whole or 10 cherry per meal) sweet potatoes, apples, apricots, berries, melon, peaches, pears, all starchy food ie bread, cereal, oatmeal, rice, pasta, pastry, frozen yoghurt, ice-cream, milk, soy milk, yoghurt, alcohol of any kind.

Dessert ideas

-Basically all involved 110g low fat ricotta cheese mixed with: -

Sugar substitute, lemon zest, lime zest, vanilla extract, almond extract.

Mix up and serve chilled

After 2 weeks of phase 1 they recommend you switch to phase 2 – ie gradually reintroducing certain healthy carbs ie fruit, granary bread brown rice, wholemeal pasta, sweet potatoes

Foods to reintroduce in phase 2:-

Apples, apricots, blueberries, melon, cherries, grapefruit, grapes, kiwi, mango, oranges, peaches, pears, plums, strawberries, light fruit flavoured yoghurt, light soya milk, plain lowfat or fatfree yoghurt, starches –use sparingly ie all-bran cereal, bran flakes, oatmeal, brown rice, wholewheat pasta, multigrain bread, popcorn, small sweet potato, wholegrain bagels etc, red wine.

Foods to avoid or eat rarely:-

White rice, baked white potatoes, instant potatoes, dinner rolls, white bread, white pasta, pretzels, rice cakes, cornflakes, biscuits, beetroot, carrots, corn, potatoes, banana, fruit juice, canned fruit, pineapple, raisins, watermelon, honey, jam, ice-cream