

South Beach Diet Phase 1 Food List

Food Allowed		Food to Be Avoided	
Beef	Lean cut such as sirloin, tenderloin	Beef	Brisket, liver, rib steaks and other fatty cuts
Poultry (skinless)	Cornish hen, turkey breast, turkey bacon, chicken breast	Poultry	Chicken wings, thighs, turkey wings, duck, goose and processed poultry products.
Seafood	All types of fish and shell fish		
Pork	Boiled ham, Canadian bacon, tenderloin	Pork	Fatty cuts an honey baked ham
Veal	Chop, cutlet, top round	Veal	Breast
Cheese	Fat-free or low fat cheddar, cottage cheese, cream cheese substitute (dairy free)	Cheese	All Full fat cheese
Vegetables and Legumes	Asparagus, beans and legumes, broccoli, cauliflower, celery, cucumbers, eggplant, lettuce, mushrooms, spinach, tomatoes, zucchini	Vegetables and Legumes	Barley, beets, black eyed peas, carrots, corn, pinto beans, sweet potatoes, white potatoes, yams.
Others		Others	
Eggs	Unlimited whole eggs unless directed by doctor. Use egg substitute as desired	Fruits	Avoid all fruits and fruit juices during phase 1.
Nuts	Peanut butter, peanuts, pecans.	Starches	Avoid all starchy food in Phase 1. Bread , cereal, matzo, oatmeal, rice, pasta, pastry, potatoes, and all bake goods
Fats	Canola and olive oil	Dairy	Avoid all dairy foods in Phase q including ice cream, milk, soy milk, yogurt
Spice	Seasonings that contain no added sugar, broth, butter sprays, pepper.	Alcohol	Including beer and wine
Sweets	Limited to 75 calories per day, chocolate powder without added sugar, hard candy, sugar substitute.		

South Beach Diet Phase 2 Food List

Food Allowed		Food to Be Avoided or Eat Rarely	
Fruit	Apples, blueberries,, grapefruit, grapes, mangoes, oranges, peaches	Fruits	Bananas, canned fruit, fruit juice, pineapple, raisins, watermelon.
Starches (used sparingly)	Bagels (whole grain), bran muffins, bread (multigrain, bran, whole wheat), cereal (high-fiber, oatmeal, pasta (whole wheat), pita, rice (brown, wild)	Starches	Bagels (refined wheat), bread (white, refined wheat), cookies, cornflakes, dinner rolls, pasta (white), potatoes (white bakes, instant) oatmeal (instant), rice cakes, white rice
Vegetables and Legumes	Barley, black-eyed peas, pinto beans, sweet, potatoes, yams	Vegetables and Legumes	Beets, carrots, corn white potatoes.
Dairy	Milk (fat-free, or 1%), yogurt	Dairy	Full cream
Others		Others	
Chocolate (bittersweet or semisweet, sparingly), pudding (fat free)		Honey, ice cream, jam	