

# YOUR ROAD MAP TO SOUTH BEACH SUCCESS

Welcome! I'm glad you've decided to try the South Beach Diet and have taken the first step toward a future filled with health and vitality.

The South Beach Diet can't be classified as a low-carb diet, a low-fat diet, or a high-protein diet. Its rules: Consume the right carbs and the right fats and learn to snack strategically. The South Beach Diet has been so widely successful because people lose weight without experiencing cravings or feeling deprived, or even feeling that they're *on* a diet. It allows you to enjoy "healthy" carbohydrates, rather than the kinds that contribute to weight gain, diabetes, and cardiovascular disease. You can eat a great variety of foods in a great variety of recipes. This prevents repetition and boredom, two obstacles to long-term success. Our goal is that the South

Beach Diet becomes a healthy lifestyle, not just a diet. The purpose of this guide is to help you to accomplish this with ease. Read on for more on the principles of the diet, how to use this Guide, and shopping and dining-out tips.

## Good Fats, Bad Fats

Fat is an important part of a healthy diet. There's more and more evidence that many fats are good for us and actually reduce the risk of heart attack and stroke. They also help our sugar and insulin metabolism and therefore contribute to our goals of long-term weight loss and weight maintenance. And because good fats make foods taste better, they help us enjoy the journey to a healthier lifestyle. But not all fats are created equal—there are good fats and bad fats.

“Good” fats include monounsaturated fats, found in olive and canola oils, peanuts and other nuts, peanut butter, and avocados. Monounsaturated fats lower total and “bad” LDL cholesterol—which accumulates in and clogs artery walls—while maintaining levels of “good” HDL cholesterol, which carries cholesterol from artery walls and delivers it to the liver for disposal.

Omega-3 fatty acids—polyunsaturated fats found in cold-water fish, canola oil, flaxseeds, walnuts, almonds, and macadamia nuts—also count as good fat. Recent studies have shown that populations that eat more omega-3s, like Eskimos (whose diets are heavy on fish), have fewer serious health problems like heart disease and diabetes. There is evidence that omega-3 oils helps prevent or treat depression, arthritis, asthma, and colitis and help prevent cardiovascular

deaths. You'll eat both monounsaturated fats and omega-3s in abundance in all three phases of the Diet.

“Bad fats” include saturated fats—the heart-clogging kind found in butter, fatty red meats, and full-fat dairy products.

“Very bad fats” are the manmade trans fats. Trans fats, which are created when hydrogen gas reacts with oil, are found in many packaged foods, including margarine, cookies, cakes, cake icings, doughnuts, and potato chips. Trans fats are worse than saturated fats; they are bad for our blood vessels, nervous systems, and waistlines.

As this Guide went to press, the Food and Drug Administration (FDA) ruled that by 2006, food manufacturers must list the amount of trans fats in their products on the label. (The natural trans fats in meat and milk, which act very differently in the body than the manmade kind, will not require labeling.) Until then, here are a few ways to reduce your intake of trans fats and saturated fats, South Beach style.

**Go natural:** Limit margarine, packaged foods, and fast food, which tend to contain high amounts of saturated and trans fats. **Make over your cooking methods:** Bake, broil, or grill rather than fry. **Lose the skin:** Remove the skin from chicken or turkey before you eat it. **Ditch the butter:** Cook with canola or olive oil instead of butter, margarine, or lard. **Slim down your dairy:** Switch from whole milk to fat-free or 1% milk.

## Good Carbs, Bad Carbs

Carbohydrates, foods that contain simple sugars (short chains of sugar molecules) or starches (long chains of sugar

*(continued on page 8)*

## The Trans-Fat Hot List

You've probably heard a lot in the news lately about trans fats—a particularly nasty type of fat that can wreak havoc on your health. Food manufacturers have not been required to list this type of fat on their food labels in the past, but because of new government regulations, manufacturers will be required to list the amount of trans fats in their products by 2006. Until then, here is what you need to know to identify trans fats present in foods.

Look for the words “hydrogenated” or “partially hydrogenated” oil on the list of ingredients. If it is listed as the first, second, or third ingredient, the food has a lot trans fats in it. The common names for trans fats to look for on food labels include partially hydrogenated soybean oil, partially hydrogenated corn oil, partially hydrogenated soybean and/or cottonseed oil, partially hydrogenated palm kernel oil, partially hydrogenated coconut oil, and partially hydrogenated vegetable oil shortening.

You can also refer to this “Hot List” of foods that are known to harbor trans fats. To keep your weight loss on track, and to maintain good health, it's best to avoid these foods as much as possible. There are plenty of great-tasting, healthier alternatives you can have instead—just check the food chart in this book!

### **BREADS AND BREAD PRODUCTS**

|   |   |
|---|---|
| Biscuits, made from mix                         | Stuffing mixes                            |
| Biscuits or rolls, made from refrigerated dough | Taco shells                               |
| Coating mixes for fish, meat, or poultry        | White and wheat flour breads (some types) |

### **BREAKFAST FOODS**

|  |   |
|--|---|
| Most commercial bakery items, such as: | Pastries or bakery items with icing or frosting |
| Cinnamon buns                          | Sweet rolls                                     |
| Danish                                 | Toaster tarts or strudel, plain or iced         |
| Doughnuts                              |   |
| Muffins                                |   |

### **CANDY**

|   |   |
|---|---|
| Most commercial confectionary, such as: | Hard candies with a creamy texture (some types) |
| Caramels                                | Seasonal candy                                  |
| Chocolate                               | Taffy-like candy                                |
| Fruit chews                             |   |

### **DESSERTS**

|   |   |
|---|---|
| Most commercially prepared items, such as:        | Pie crusts, such as traditional, graham cracker, and cookie crumb, and some pie fillings, such as chocolate |
| Cake sprinkles, decorettes, or baking chips       | Pound cake and fat-free pound cake  |
| Cakes and cake mixes                              | Ready-to-spread frostings   |
| Cakes or cupcakes prepared with icing or frosting |   |
| Ice cream cakes                                   |   |

*(continued)*

**DESSERTS (CONT.)**

Refrigerated cookie dough

Refrigerated cookie kits with icing

**DIPS AND SNACKS**

Bean dips (some types)

filled sandwich-type, saltine-

Cheese and pretzel snack kits

type, snack crackers and some types of wheat crackers

Cheese and cracker snack kits (some types)

Nacho cheese dips

Cheese puffs

Popcorn packaged for the microwave

Chocolate- or yogurt-covered snacks (most types)

Potato chips and potato sticks

Cookie snack kits

Pretzels filled with imitation cheese

Cookies, most types such as chocolate chip and vanilla wafers

Pudding snacks, prepared

Corn chips

Tortilla chips (some types)

Crackers, including cheese-filled sandwich-type, cream-

Weight-loss snack bars (some types)

**FAST FOODS**

Breakfasts with biscuit topping, made from biscuit mixes

Fried chicken

Biscuits served with fast-food dinners

Fried fish sandwiches

French fries

Mixed meals from a box that contain buttermilk biscuit topping, cornbread topping, dumplings, or pouched seasoning mix

Fried apples or fast-food fruit pies

Most deep-fried fast foods

### **FATS AND OILS**

|   |   |
|---|---|
| Light spreads (some types)                  | Vegetable shortening, regular and butter-flavored |
| Margarine, hard stick and regular tub types |   |

### **FROZEN FOODS**

|                           |   |
|---------------------------|---|
| Breaded fish sticks       | Pastries, heat-and-eat or pastries with icing |
| Entrées (some types)      | Pizza and pizza crusts                        |
| French fries              | Pot pies                                      |
| Fruit pies and pie crusts | Waffles and waffle sticks                     |
| Pancakes and French toast |   |

### **MILK AND MILK PRODUCTS**

|  |   |
|--|---|
| International and instant latte coffees (some types) | Refrigerated nondairy creamers (some types) |
| Refrigerated fat-free nondairy creamers              | Whipped toppings                            |

### **SALADS AND SALAD DRESSINGS**

Commercially prepared salad dressings (some types)

### **SOUPS AND STEWS**

|                              |   |
|------------------------------|---|
| Bouillon cubes (some types)  | Ramen noodle and soup cups (some types) |
| Boxed onion soup and dip mix |   |

molecules), have been blamed for our epidemic of obesity and diabetes. This is only partially true, because there are both good and bad carbohydrates. The good carbs contain the important vitamins, minerals, and other nutrients that are essential to our health and that help prevent heart disease and cancer. The bad carbs, which have been consumed by Americans in unprecedented quantities (largely in an attempt to avoid fats), are the ones that have resulted in the fattening of America. Bad carbs are refined carbs, the ones where digestion has begun in factories instead of in our stomachs. The good carbs are the ones humans were designed to consume—the unrefined ones that have contributed to our health since we began eating! Unrefined carbohydrates are found in whole, natural foods, such as whole grains, legumes, rice, and starchy vegetables. They're also called complex carbohydrates, so named for their molecular structure. Besides being packed with fiber, vitamins, and minerals, good carbs take longer to digest—a good thing, as you'll soon see.

Refined carbohydrates, on the other hand, are found in packaged, processed foods, such as store-bought baked goods, crackers, pasta, and white bread.

Refined carbohydrates are made with white flour and contain little or no fiber. In fact, many products made with white flour are advertised as fortified with vitamins and minerals, because the process of turning grain into white flour strips away its fiber and nutrients. One of our South Beach Diet rules is to avoid foods labeled as “fortified.” Current

evidence is that fortification with vitamins does not recreate the benefits of the natural vitamins that have been removed.

Despite the fact that good carbs are a critical part of a healthy diet, the typical American diet is filled with the bad kinds. And when we're overweight as a result of a diet laden with bad carbs, our bodies' ability to process *all* carbohydrates goes awry. To understand why, you need to understand the role of the hormone insulin.

## Insulin, Fat, and “Fast Sugar”

All foods, even natural foods like fruits and beans, contain naturally occurring sugar in some form. But there's a critical difference among these sugars: The body digests and absorbs them at different speeds.

When sugars from food enter the bloodstream, the pancreas produces insulin. It's insulin's job to move sugars out of the blood and into the cells, where they're either used or stored for future use. Insulin is the key that “unlocks” our cells and lets sugars in.

How much insulin is required to do that job depends on the foods we eat. Foods that are broken down and absorbed into the bloodstream quickly require a lot of insulin. Those that are metabolized and enter the blood more slowly require a gradual release of insulin.

In a nutshell, the quicker sugar floods the bloodstream, the quicker insulin rises. This is bad, both for your weight and for your general health.

Here's why: When glucose is absorbed slowly, the rise in

*(continued on page 12)*

## Beyond Weight Loss: The South Beach Diet Benefits Your Health, Too

Has your doctor told you that you must lose weight to stave off heart disease or diabetes? Then the South Beach Diet may be the one for you.

Why? Because the Diet that's helping millions across the nation shed their extra pounds *didn't start out as a weight-loss diet at all*. I created the Diet to help my patients lower their levels of cholesterol and triglycerides and to lower their risk of pre-diabetes (the condition that precedes full-blown type 2 diabetes and that has been linked to risk of heart attack and stroke).

And it's been proven to do just that.

To give just one example, one of my male patients in his midfifties had high blood pressure, high cholesterol, high triglycerides, and narrowing in his coronary arteries. His previous doctor had prescribed the usual medications. But once on the Diet, his cardiac profile quickly improved. His triglycerides, which had been over 400, fell below 100—a normal level—after just a month. He also lost 30 pounds, which he's kept off, and no longer takes all those heart medications.

The results of the Diet have also been measured in a scientific setting. My colleagues and I conducted a study pitting the Diet against the strict “step 2” American Heart Association diet. They randomized 40 overweight volunteers to either of the diets, meaning that half went on the Heart Association program and half got the South Beach Diet. None of the subjects knew where their diet had come from.

After 12 weeks, five patients on the Heart Association diet had given up, compared with one on the South Beach plan. The South Beach patients also showed a greater decrease in waist-to-hip ratio, suggesting a true decrease in cardiac risk. Triglycerides dramatically decreased for the South Beach dieters, and their good-to-bad cholesterol ratio improved more than that of the Heart Association group. Finally, the South Beach dieters experienced a mean weight loss of 13.6 pounds, almost double the 7.5 pounds lost by the Heart Association group.

blood sugar is gradual—and so is its fall, once insulin begins to work. A slow decline in blood sugar means fewer cravings later.

But when blood sugar rises quickly, the pancreas pumps out a correspondingly high level of insulin. The result? Blood sugar drops so low that it triggers new cravings. Often, we satisfy cravings by overeating (typically bad carbs like chips and candy bars), which leads to weight gain. Worse, the excess weight caused by overeating can lead to insulin resistance, the precursor to full-blown type 2 diabetes. In insulin resistance, cells ignore insulin's signal to accept glucose from the blood. As a result, the pancreas must crank out huge amounts of insulin until eventually the exhausted organ wears out.

Those of us who have grown protruding bellies while our arms and legs stay relatively thin are likely to have the syndrome of insulin resistance or “pre-diabetes.” This occurs commonly in people with a family history of diabetes. Another sign of this syndrome is the occurrence of fatigue, weakness, headaches, irritability, shakiness, and cravings in the late morning or late afternoon. These are signs of exaggerated falls in blood sugar levels. The consumption of refined carbohydrates has unmasked this syndrome in approximately 25 percent of Americans and in the great majority of those of us who are overweight.

While eating the South Beach way will result in weight loss, it will also correct the way your body reacts to the very foods that made you heavy. It increases your body's sensitivity to insulin, thereby decreasing the swings in blood sugar that cause us to be hungry again, too soon after we finish a meal.

This metabolic transformation occurs in three phases. The

purpose of Phase 1 is to eradicate your cravings. You will accomplish this by eliminating all starches including all breads, potatoes, and rice. You will also eliminate all sugars, including all fruits and alcoholic beverages. You will enjoy strategic snacking, eating healthy snacks like nuts or low-fat cheese before your blood sugar dips too low in the late morning afternoon and/or evening. It takes much fewer calories to prevent those afternoon cravings than it does to satisfy those cravings once they hit. In Phase 1, nutrient rich vegetables and healthy salads are encouraged. You can expect to lose between 7 and 13 pounds during Phase 1.

In Phase 2, you'll gradually add back good carbohydrates, such as whole fruits and whole grains. Here's the principle for adding more carbs back safely: Do it gradually and attentively. The goal is to eat more carbs again while continuing to lose weight. If you add an apple and a slice of bread a day and you're still dropping pounds, that's great. If you try having an apple, two slices of bread, and a banana daily and notice that your weight loss has stalled, you've gone too far. It's time to cut back, or try some different carbs and monitor the results. You can enjoy a glass of red or white wine with a meal; drinking wine with a meal actually helps slow digestion. In this phase, weight loss is about 1 to 2 pounds per week. You learn which carbs you can enjoy without the return of cravings.

Once you have reached your weight loss goal, it is time for Phase 3, the maintenance phase. There are no absolute restrictions here, but you have learned the "pecking order" of the important food groups. You have learned to choose

brown rice instead of white rice, sweet potatoes instead of white potatoes, and pita bread rather than white bread. This is where the South Beach Diet becomes a lifestyle. (For an idea of which foods to avoid and which foods to enjoy on the South Beach Diet, see the lists on the next pages.)

In the next section, you'll be introduced to a system that can help you limit foods that cause unhealthy, fat-producing spikes and dips in blood sugar and insulin and choose those that keep blood sugar steady, making it easier to lose weight and keep it off.

## Introducing the Glycemic Index

The glycemic index (GI) is a system that ranks foods by how fast and how high they cause blood sugar to rise after eating a particular food. The GI of any particular food is always compared to a standard reference food, which is either one slice of white bread or a small amount of glucose, both of which have a numerical value of 100. The higher the glycemic index, the greater the swings in blood sugar produced. So, in general, the lower the glycemic index, the better the food choice. For mixed meals, the total glycemic index is approximately the average of the indices of the individual foods.

Generally speaking, you can think of GI in 3 ranges: “low” (55 and below), “medium” (56 to 69), and “high” (70 or above).

Foods with a low GI are converted to glucose more slowly, and so their sugars enter the bloodstream more slowly. Foods with a medium or high GI, which are converted to

glucose more quickly, release their sugars into the bloodstream more rapidly. This results in a swifter rise in insulin.

Unrefined carbs often fall lower on the GI scale because they're rich in fiber, which takes longer to digest and so results in a slow, gradual rise in blood sugar.

How about refined, bad carbs? Not surprisingly, their processed sugars enter the bloodstream quickly. This quick conversion makes blood sugar and insulin rise and fall quickly—definitely not so good.

On the South Beach Diet, you'll tend to eat foods that fall lower on the GI, prepared or eaten in ways that allow your body to digest and absorb them more slowly. After Phase 1, the strictest phase of the Diet, you'll reintroduce good carbohydrates with a higher GI.

While the GI is an astounding breakthrough in our understanding of how carbohydrates affect our metabolism, there are a few important things you need to know to use the system successfully. First, the GI doesn't account for portion size. The solution: the concept of the glycemic load (GL), which takes into account a food's GI (the quality of carbohydrate) as well as the amount (the quantity of carbohydrate) per serving. It also represents the load, or stress, placed on the pancreas from the amount of carbohydrates consumed from a particular food or meal.

For this Guide, our evaluation of each food choice is based on the glycemic index, glycemic load, and on other factors as well. We don't include a dedicated column with a GI number for each entry because that information is not available for all of the 1,200 foods that are listed in these pages.

*(continued on page 22)*

# Phase 1

The following is a list of foods that you can feel free to enjoy (as well as foods you'll need to avoid) when you begin Phase 1 of the South Beach Diet. These lists will help you stay on track and avoid carbohydrates that may crop up in foods where you don't expect them.

## Foods to Enjoy

### **BEEF**

Lean cuts, such as:  
Sirloin (including ground)  
Tenderloin  
Top round

### **DAIRY**

1% or fat-free milk  
Plain fat-free yogurt  
Low-fat plain soy milk (4 g of fat or less per serving)  
1% or fat-free buttermilk

### **POULTRY (SKINLESS)**

Cornish hen  
Turkey bacon (2 slices per day)  
Turkey and chicken breast

### **SEAFOOD**

All types of fish and shellfish

### **PORK**

Boiled ham  
Canadian bacon  
Tenderloin

### **VEAL**

Chop  
Cutlet, leg  
Top round

### **LUNCHMEAT**

Fat-free or low-fat only

### **CHEESE (REDUCED FAT)**

American  
Cheddar  
Cottage cheese, 1%, 2%, or fat-free  
Cream cheese substitute, dairy-free

Feta  
Mozzarella  
Parmesan  
Provolone  
Ricotta  
String

### **NUTS**

Almonds, 15  
Cashews, 15  
Macadamias, 8  
Peanut butter, 2 tbsps  
Peanuts, 20 small  
Pistachios, 30

### **EGGS**

Whole eggs are not limited unless otherwise directed by your doctor. Use egg whites and egg substitute as desired.

### **TOFU**

Use soft, low-fat, or lite varieties

### **VEGETABLES AND LEGUMES**

Artichokes  
Asparagus  
Beans  
Broccoli  
Cabbage

Cauliflower  
Celery  
Collard greens  
Cucumbers  
Eggplant  
Lettuce (all varieties)  
Mushrooms (all varieties)  
Snow peas  
Spinach  
Sprouts, alfalfa  
Tomatoes  
Turnips  
Water chestnuts  
Zucchini

### **FATS**

Oil, canola  
Oil, olive

### **SPICES AND SEASONINGS**

All spices that contain no added sugar  
Broth  
Extracts (almond, vanilla, or others)  
Horseradish sauce  
I Can't Believe It's Not Butter! spray  
Pepper (black, cayenne, red, white)

*(continued)*

## Foods to Enjoy (cont.)

### **SWEET TREATS (LIMIT TO 75 CALORIES PER DAY)**

Candies, hard, sugar-free  
Chocolate powder, no sugar  
added  
Cocoa powder, baking type

Fudge pops, no sugar added  
Gelatin, sugar-free  
Gum, sugar-free  
Popsicles, sugar-free  
Sugar substitute

---

## Foods to Avoid

### **BEEF**

Brisket  
Liver  
Other fatty cuts  
Rib steaks

### **POULTRY**

Chicken, wings and legs  
Duck  
Goose  
Poultry products, processed

### **PORK**

Honey-baked ham

### **VEAL**

Breast

### **CHEESE**

Brie  
Edam  
Non reduced-fat

**VEGETABLES**

Beets  
Corn  
Potatoes, sweet  
Potatoes, white  
Yams

**FRUIT**

Avoid all fruits and fruit juices in Phase 1, including:

Apples  
Apricots  
Berries  
Cantaloupe  
Grapefruit  
Peaches  
Pears

**STARCHES AND CARBS**

Avoid all starchy food in Phase 1, including:

Bread, all types  
Cereal  
Matzo  
Oatmeal  
Pasta, all types  
Pastry and baked goods, all types  
Rice, all types

**DAIRY**

Avoid the following dairy in Phase 1:

Ice cream  
Milk, whole or 2%  
Soy milk, whole  
Yogurt, cup-style and frozen

**MISCELLANEOUS**

Alcohol of any kind, including beer and wine

## Phase 2

As with Phase 1, Phase 2 also has recommendations for which foods to eat. The first list tells you which foods to reintroduce into your diet. The second list includes foods that you'd best eat only rarely—any more than that could affect your blood glucose levels and derail your weight-loss efforts as well.

### Foods You Can Reintroduce to Your Diet

#### **VEGETABLES/LEGUMES**

Barley  
Beans, pinto  
Black-eyed peas  
Carrots

Muffins, bran, sugar-free (no raisins)

Pasta, whole wheat  
Peas, green

Pita  
stone-ground  
whole wheat

#### **STARCHES (LIMIT)**

Bagels, small, whole grain  
Bread  
multigrain  
oat and bran  
rye  
whole wheat

Popcorn  
Potato, small, sweet

Rice  
brown  
wild

#### **Cereal**

Fiber One  
Kellogg's Extra-Fiber All-Bran  
Oatmeal (not instant)  
Other high-fiber  
Uncle Sam

#### **FRUIT**

Apples  
Apricots, dried or fresh  
Bananas (medium)  
Blueberries  
Cantaloupe

Cherries  
Grapefruit  
Grapes  
Kiwi  
Mangoes  
Oranges  
Peaches  
Pears  
Plums  
Strawberries

#### **DAIRY**

Artificially sweetened nonfat  
flavored yogurt, 4 oz cup per  
day

#### **MISCELLANEOUS**

Chocolate (sparingly)  
    bittersweet  
    semisweet  
Pudding, fat-free, sugar-free  
Wine, red or white

---

### **Foods to Avoid or Eat Rarely**

#### **VEGETABLES**

Beets  
Corn  
Potatoes, white

#### **STARCHES AND BREADS**

Bagel, refined wheat  
Bread  
    refined wheat  
    white  
Cookies  
Cornflakes  
Matzo  
Pasta, white flour  
Rice cakes  
Rice, white  
Rolls, dinner

#### **FRUIT**

Canned fruit, juice-packed  
Fruit juice  
Pineapple  
Raisins  
Watermelon

#### **MISCELLANEOUS**

Honey  
Ice cream  
Jam