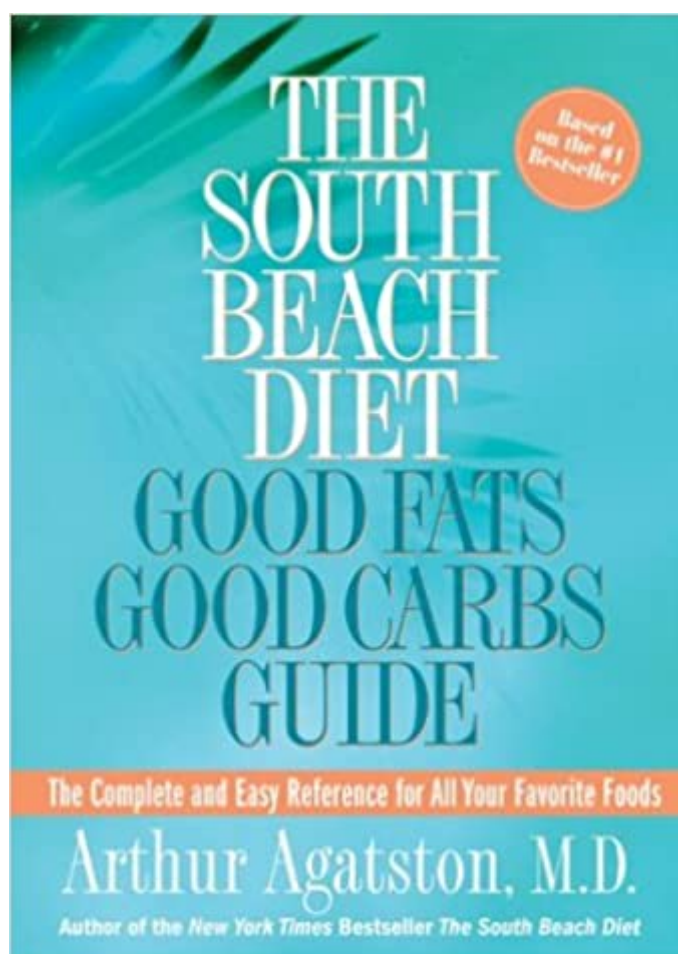


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# The South Beach Diet Good Fats/Good Carbs Guide: The Complete And Easy Reference For All Your Favorite Foods



## Synopsis

You Don't Have to Give Up Fat or Carbs-- You Just Need to Choose the Right Ones! All fats and carbohydrates aren't created equal. The good kinds nourish your body as they help you lose weight. The bad kinds--found in sugary, fatty foods like doughnuts, snack foods, and fast-food meals--damage your body's ability to burn off what you eat. Worse, eating them actually triggers cravings and makes you even hungrier! On the South Beach Diet, by best-selling author and Miami Beach cardiologist Arthur Agatston, M.D., you eat plenty of good carbs and good fats--delicious, healthy foods that crush cravings, curb overeating, and leave you satisfied rather than starving. And now, with The South Beach Diet Good Fats/Good Carbs Guide, you have all the information you'll need to make the right meal choices--anytime, anywhere. This Guide Does All the Work--More Than 1,200 Food Listings at Your Fingertips You'll know at a glance if a food is compatible with the South Beach Diet--each entry lists its carbohydrate, sugar, and fat grams, plus all the foods are ranked "Good," "Limited," "Very Limited," or "Avoid," according to the nutritional principles Dr. Agatston explains in his introduction. Packed with essential information, food lists, shopping tips, meal makeovers, a Dining-Out Guide to stay on track at your favorite restaurants, and more, The South Beach Diet Good Fats/Good Carbs Guide is your key to lifelong health and weight loss.

## Book Information

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## Customer Reviews

Arthur Agatston, M.D., is an associate professor of medicine at the University of Miami School of Medicine and has authored more than 100 scientific publications, as well as reviewed manuscripts

for medical journals such as the New England Journal of Medicine and the American Journal of Cardiology. He is the author of the best-selling book *The South Beach Diet* and has appeared on national television shows, including *Dateline*, *Good Morning America*, *CNN*, and *20/20*. In addition, Dr. Agatston is frequently quoted as an expert in cardiac health and diet in the media. He maintains a private practice in Miami Beach where he lives with his wife, Sari, and their two children.

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 coldwater 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 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.

This paperback by Dr. Agatston further assists people already using the South Beach Diet and provides some updates. It does not replace the original South Beach Diet book by the same author. For the many foods included, each listing includes: portion size; total carbs; total sugar; fat/saturated fat; fiber; and "phase 1, 2, and 3." The KEY to the charts starts back on page 31. For example, cheesecake is "A" for avoid, except for phase 3, where it is a "V" for very limited. Canadian bacon gets a "G" for good. The "Steak" heading lists various types of beef steaks under it. The "foods to enjoy list," the "trans-fat hot list" and frequently asked questions are included. As an appendix to the main diet book and the various recipe books, this is recommended to help the dieter answer more questions.

I ended up buying 2 of these books so I must really like it LOLI will give extra to my sister & have her diet with me. This is a healthy diet recommended by my doctor.

I carry this small book in my purse so that I can quickly determine what fits within the South Beach diet plan no matter where I am. It's comprehensive and includes information about fast foods and restaurant meals too! Love it!

I like the book, and it does have a goodly number of name brand items in it. Since I love to cook though, I would have liked to have seen ratings for basic ingredients also included - like different kinds of flours, for example - so I could be sure what I am cooking or baking follows the low glycemic theory. I have basically stopped eating any processed foods, so I don't use the lists of prepared snacks. This guide is easy to use, and easy to understand. Its smaller size makes it handy to take with you if you need to.

its a quick guide to use on watching carbs.

My husband and I chose an odd time to go back to the South Beach diet--starting the day after Thanksgiving and through the Christmas holidays! I ordered the "Good Fats Good Carbs Guide" because we had been on SB before and I didn't need all the pages on the how' and why's of the diet with me all the time. My favorite part is the user-friendly phase-1, phase-2 and phase-3 columns that tell which foods are Good, Limited, Very Limited or Avoid for each of the phases at a glance.

Much easier to use than the lists in the original and Super-Charged SB books. I keep in those in the kitchen for the recipes and meal planning, but use GFGC for travel or to throw in a purse or brief case.

I keep buying these and giving them away. This is a very successful, cheap, effective way to lose weight and change eating habits permanently.

My wife buys these books and never reads them. But it makes her feel good about herself so that's OK with me.

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