

SOUTH BEACH DIET™

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PURPOSE

This diet is intended to assist in weight loss while teaching participants to be more aware of the nutritional value of the foods they eat. This diet is based on the theory that cravings for carbohydrates with low nutritional value create an unhealthy cycle of high-carb/sugar intake, resulting in a surge of energy that eventually declines and causes even more cravings for high-carbohydrate foods.

DESCRIPTION

The intake of high-carbohydrate foods with little nutritional value is controlled. This is done in three phases. In *phase one* the goal is to break the cycle of carbohydrate cravings. This phase involves 2 weeks of strict carbohydrate restriction, and participants experience a quick weight loss (consisting mostly of water loss). In *phase two* participants gradually add the healthier carbohydrates back into their diet while continuing to lose weight. During this phase participants learn to avoid the foods that trigger their cravings. Participants stay in *phase two* until they achieve their desired weight loss. *Phase three* is the lifetime maintenance phase. Participants are encouraged to keep eating healthily, but they are allowed to periodically indulge in high-carbohydrate/high-sugar items as long as eating such foods does not cause weight gain.

BASIC INFORMATION

- **PHASE ONE:** In this phase the participant limits all foods that are high in carbohydrates and sugar while eating normal-size portions of meat, vegetables, eggs, cheese, and nuts. Foods that are not allowed during this phase include bread, rice, potatoes, pasta, baked goods, sugar, and alcohol. Caffeine and milk are limited to 1 to 2 servings per day. Participants are encouraged to eat 3 meals, 2 snacks, and a healthy dessert each day. Portion sizes should be large enough to satisfy hunger.
- **PHASE TWO:** After 14 days on *phase one*, the participant moves to *phase two*. In this phase, some of the foods that were not allowed in *phase one* are added gradually back to the diet. Foods that remain limited include: Processed carbohydrates (e.g., white bread and rice), baked goods, refined sugars, and caffeine. Participants remain on this phase until they attain their weight loss goal.
- **PHASE THREE:** This is the lifetime maintenance phase in which participants are encouraged to maintain the eating habits they learned on this diet. Although eating anything is allowed during this phase, it is important for participants to monitor their weight for any gain.

NUTRITION ADEQUACY

This diet may be too low in calcium for some participants (especially women) during *phase one*. Calcium supplements are highly recommended

SAMPLE MENU: PHASE ONE	
BREAKFAST Meat Substitute Beverage	Scrambled Eggs and Mushrooms Decaffeinated Coffee/Tea (Nonfat Milk and Sugar Substitute)
MORNING SNACK Dairy	1 Mozzarella Stick
DINNER-NOON OR EVENING MEAL Salad Meat	Baby Spinach Salad with Tomato and Mozzarella Baked Chicken Breast
AFTERNOON SNACK Vegetable	Hummus with Celery
SUPPER-EVENING OR NOON MEAL Salad Meat Substitute/Vegetable Dessert	Tossed Salad Grilled Salmon with Vegetables Sugar-Free Frozen Fudge Bar

Nutrient Analysis

Calories	1540 Kcal	Niacin	59 mg
Protein	173 gm	Riboflavin	2.27 mg
Carbohydrate	51 gm	Thiamin	1.8 mg
Fat	70 gm	Calcium	935 mg
Cholesterol	619 mg	Phosphorus	2219 mg
Dietary Fiber	6 gm	Iron	10 mg
Vitamin A	1832 IU	Sodium	1252 mg
Vitamin C	126 mg		

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SAMPLE MENU: PHASE TWO	
BREAKFAST Cereal Fruit Beverage	High-Fiber Cereal with Nonfat Milk Fresh Strawberries Decaffeinated Coffee/Tea (Nonfat Milk and Sugar Substitute)
MORNING SNACK Meat Substitute	Hard-Boiled Egg
DINNER-NOON OR EVENING MEAL Meat/Bread	Open-Faced Roast Beef Sandwich
AFTERNOON SNACK Dairy	Nonfat Plain Yogurt
SUPPER-EVENING OR NOON MEAL Salad Meat/Vegetable Dessert	Caesar Salad Stir-fry Chicken and Vegetables Sugar-Free Gelatin

Nutrient Analysis

Calories	1273 Kcal	Niacin	54 mg
Protein	105 gm	Riboflavin	5.5 mg
Carbohydrate	166 gm	Thiamin	3.7 mg
Fat	38 gm	Calcium	1042 mg
Cholesterol	408 mg	Phosphorus	2866 mg
Dietary Fiber	44 gm	Iron	24.5 mg
Vitamin A	1081 IU	Sodium	1778 mg
Vitamin C	221 mg		

SAMPLE MENU: PHASE THREE	
BREAKFAST Cereal Fruit Beverage	High-Fiber Cereal with Nonfat Milk Fresh Berries Decaffeinated Coffee/Tea (Nonfat Milk and Sugar Substitute)
MORNING SNACK Dairy/Vegetable	Cottage Cheese and Cucumbers
DINNER-NOON OR EVENING MEAL Meat/Bread	Chicken Salad Sandwich on Whole Wheat Bread
AFTERNOON SNACK Bread	Whole Wheat English Muffin
SUPPER-EVENING OR NOON MEAL Salad Meat/Vegetable Dessert	Chef's Salad Broiled Sirloin Steak with Creamed Spinach Vanilla Pudding

Nutrient Analysis

Calories	1775 Kcal	Niacin	58 mg
Protein	140 gm	Riboflavin	5.8 mg
Carbohydrate	252 gm	Thiamin	4.2 mg
Fat	42 gm	Calcium	1421 mg
Cholesterol	227 mg	Phosphorus	3688 mg
Dietary Fiber	51 gm	Iron	29.7 mg
Vitamin A	1846 IU	Sodium	4302 mg
Vitamin C	284 mg		