

South Beach Diet

What is the South Beach Diet?

The South Beach Diet says that its balance of complex carbs, lean protein and healthy fats makes it a nutrient-dense, fiber-rich diet that you can follow for a lifetime of healthy eating. Food sources of complex carbs, or so-called good carbs, include fruit, vegetables, whole grains, beans and legumes. Simple carbs, or "bad" carbs, include sugar, syrup and baked goods made from refined white flour.

The South Beach Diet also teaches about the different kinds of dietary fats and encourages you to limit unhealthy fats while eating more foods with healthier monounsaturated fats. The South Beach Diet emphasizes the benefits of fiber and whole grains and encourages you to include fruits and vegetables in your eating plan.

How to Eat:

The South Beach Diet has three phases:

- **Phase 1.** This two-week phase is designed to eliminate cravings for foods high in sugar and refined starches to jump-start weight loss. You cut out almost all carbohydrates from your diet, including pasta, rice, bread and fruit. You can't drink fruit juice or any alcohol. You focus on eating lean protein, such as seafood, skinless poultry, lean beef and soy products. You can also eat high-fiber vegetables, low-fat dairy and foods with healthy, unsaturated fats, including avocados, nuts and seeds.
- **Phase 2.** This is a long-term weight-loss phase. You begin adding back some of the foods that were prohibited in phase 1, such as whole-grain breads, whole-wheat pasta, brown rice, fruits and more vegetables. You stay in this phase until you reach your goal weight.
- **Phase 3.** This is a maintenance phase meant to be a healthy way to eat for life. You continue to follow the lifestyle principles you learned in the two previous phases. You can eat all types of foods in moderation.

Tips for Success:

The South Beach Diet is lower in carbohydrates than is a typical eating plan, but not as low as a strict low-carb diet. On a typical eating plan, about 45% to 65% of your daily calories come from carbohydrates. Based on a 2,000-calorie-a-day diet, this amounts to about 225 to 325 grams of carbohydrates a day.

In the final maintenance phase of the South Beach Diet, you can get as much as 28% of your daily calories from carbohydrates, or about 140 grams of carbohydrates a day. The keto version of the South Beach diet limits carbs to 40 grams a day during phase 1, and 50 grams during phase 2.

Exercise:

A typical exercise prescription can be written using the FITT mnemonic.

- **F – Frequency:** Number of days per week (ideally five or more)
- **I – Intensity:** Moderate or greater (moderate = too winded to sing but can talk with exercise) – brisk walk, run, stairs, bicycle, elliptical, swim at 60-80% maximum heart rate. Use a pedometer that tracks your steps and heart rate. To calculate your maximum heart rate by subtracting 220 – your age (40 y/o ex: 220 – 40 = 180, your workout heart rate should be between 108 to 144).
- **T – Time:** Number of minutes per session (at least 30 minutes a day, 5-7 days a week)
- **T – Type:** Activities that involve major muscle groups

