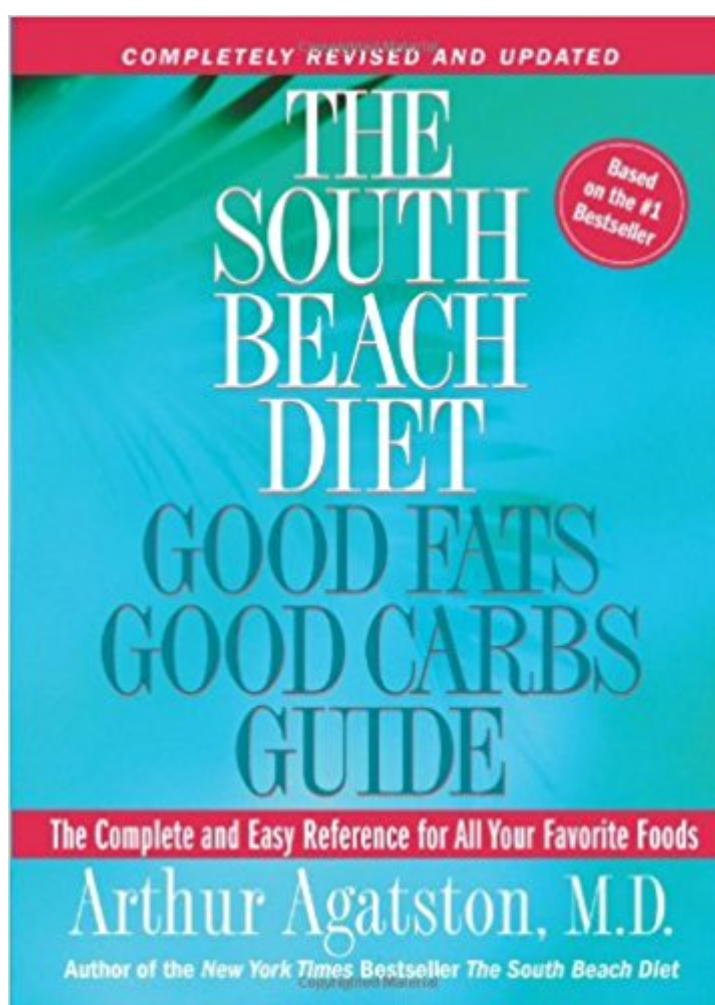


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# The South Beach Diet: Good Fats Good Carbs Guide - The Complete And Easy Reference For All Your Favorite Foods, Revised Edition



## Synopsis

Based on the nation's #1 bestseller Published in January 2004, The South Beach Diet Good Fats/Good Carbs Guide has sold more than three million copies and has continuously topped national bestseller lists. An essential tool for success, the completely revised and updated guide will feature a new, more user-friendly format and an expanded list of foods, as well as the most up-to-the-minute new information on nutrition and healthy eating to aid the now millions of early adopters. The new edition will include:

- o An expanded nutritional breakdown: total carbs and net carbs, total fat and saturated fat, fiber, and sugar.
- o More food listings including meal replacement bars, other convenience foods, healthy fast-food menu items, and beverages.
- o FAQs organized by phase and designed to answer dieters' most common questions.
- o A foreword by Dr. Agatston detailing new research and outlining the changes to the diet.
- o Each food listing will now have a recommendation by phase. For example, bananas might be a food to avoid in the first 2 weeks of Phase One but will be a food to enjoy in Phase Two.

## Book Information

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## Customer Reviews

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since then, his book The South Beach Diet and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and

recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

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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