



It's EASY!

"The South Beach Diet is so simple," says Dr. Agatston, author and creator of South Beach. "We created it so that the instructions are easy to follow and so that the diet is flexible. Best of all, it works! Once you learn the principles and the pecking order of the food groups, you can apply what you have learned anywhere at any time. The diet is also forgiving when you have a bad day or for special days like holidays."

The principles of the South Beach Diet

The diet plan's first principle is to permit good carbohydrates (fruits, vegetables and whole grains) and curtail the intake of bad carbohydrates (the highly processed foods where all the fiber has been stripped away). The second principle, to make up for the cut in carbohydrates, is to permit ample fats and animal proteins. But it has to be the right kinds of fats — polyunsaturated fats like olive oil, nuts and peanut oil.

"The right fats are things like Mediterranean oils (olive oils), fish oils, walnut oils and so on. Good fats are really important for good heart health, and they have anti-inflammatory properties as well," says Dr. Agatston.

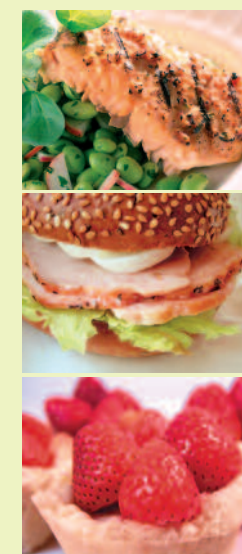
"The right carbs are fresh vegetables, fruits, whole grains, all of which are high in fiber and nutrients. We've learned recently that we can't take the nutrients out and take them as supplements. There are thousands of such nutrients that just can't be extracted and still work together like they do in whole foods. The nutrient density in whole foods is so important ... Americans are actually malnourished since they aren't getting enough of these foods. Where a society has followed these principles they have fewer health problems; fewer instances of obesity, cancer, diabetes and arthritis.

"The concept is really to surround ourselves with good food choices as often as possible. South Beach teaches you how to make good food choices so you don't have to even think about it," adds Dr. Agatston.

FRUITS ARE
"GOOD" CARBS
AND ARE ALLOWED
AFTER PHASE 1
OF THE DIET

Three phases of the South Beach Diet

- PHASE 1:** This phase lasts two weeks and is the strictest part of the diet. It lasts just long enough to resolve any insulin resistance you might have brought on by eating too many bad (mostly processed) carbs. Phase 1 doesn't have to be low carb if you eat the right carbs. This phase also permits ample portions of protein, good fats and the lowest glycemic index carbs needed for satisfaction and blood sugar control.
- PHASE 2:** During Phase 2, you gradually begin to reintroduce healthy carbs — fruits, whole grain bread, whole grain rice, whole wheat pasta, sweet potatoes, etc. — back into your diet. You'll stay on phase 2 until you reach your target weight.
- PHASE 3:** Phase 3 helps you maintain a healthy weight and diet for the rest of your life. There's no food list or diet plan for phase 3. If you want it and it doesn't undo the sacrifices you've made, then eat it. There will be times when you slip back to phase 1 or phase 2, as needed, but for the most part, you've learned how to avoid bad carbs and bad fats. "Phase 3 is unstructured because this diet is really about making a lifestyle change, so by the time you get through the first two phases, making the right choices is ingrained in you," says Dr. Agatston.



"The nutrient density in whole foods is so important ... Americans are actually malnourished since they aren't getting enough of these foods."

What are bad fats?

For a long time, all fats were considered bad for us because they were linked to heart disease. Recent studies now show that polyunsaturated or trans fats (in partially hydrogenated oils found in cakes, cookies and oils and margarines) are more dangerous than saturated fats (found in meats). They increase bad cholesterol levels and are associated with heart attacks and strokes. Unsaturated or monosaturated fats are actually turning out to be good for us. This group includes olive oil, nut and peanut oil. Fish oils like omega-3 has even been shown to prevent heart attack and strokes.

How carbs work

Carbs contain sugars. But sugar exists in many different forms including maltose (found in beer), sucrose (in table sugar), lactose (in dairy products) and fructose (in fruits). The body deals with these different types of sugars in pretty much the same way. When the body digests sugars, it is either burned or stored. Stored energy becomes body fat. Once energy is either burned or stored, the body gets hungry again. By eating food high in sugar, the body rapidly burns or stores the energy and wants more food very quickly afterwards.

Fibers affects absorption of sugars

Fiber gets in the way of the absorption of sugar. Fiber slows down digestion — and the slower the digestion of carbs, the less insulin produced. The less insulin, the less drop in blood sugar and the less hunger later. >>

WHAT IS INSULIN RESISTANCE?

Excess weight often causes an impairment in the hormone insulin's ability to properly process foods, including fats and sugars. This impairment is known as insulin resistance. As a result, the body stores more fats than is should, especially in the belly area.

WHAT IS THE GLYCEMIC INDEX?

A food's glycemic index is the amount it increases your blood sugar compared to the amount the same quantity of white bread would increase it. Foods with lower glycemic indexes will cause blood sugar to rise then fall more slowly than foods with a higher index. Low glycemic foods satisfy your hunger longer and minimize your craving for food.



Apple-Butternut Squash Soup

Prep Time: 10 minutes **Cook Time:** 35 minutes

Unsweetened apple cider adds body and a natural hint of sweetness to this thick and flavorful soup, and creamy winter squash delivers ample amounts of beta-carotene, B vitamins and fiber. This recipe is very easy but it does take slightly longer to cook, which allows the flavors to meld perfectly. Look for packaged cut squash to help you save prep time.

- 1 *tablespoon extra-virgin olive oil*
- 1 *small onion, thinly sliced*
- 2 *pounds butternut squash, peeled, seeded, and cut into 1-inch pieces*
- 3 *cups lower-sodium chicken broth*
- 1/2 *cup unsweetened apple cider*
- Salt and freshly ground black pepper*

1. Heat oil in a large heavy-bottomed saucepan over medium heat. Add onion and cook until softened and lightly browned, about 5 minutes. Add squash, cover, and cook 10 minutes more, stirring occasionally. Add broth and simmer until softened, 15 to 20 minutes.
2. Using a slotted spoon, transfer solid ingredients to a blender with apple cider and purée until smooth. Add 1 cup of the cooking liquid and purée until smooth. Stir back into the pan. Serve hot. Makes 6 (1 1/2-cup) servings.

**Per serving: 160 calories, 5g fat, 1g saturated fat,
6g protein, 28g carbohydrate, 4g dietary fiber,
135mg sodium**

Prep Time: 15 minutes

Fresh lime, curry powder and creamy sour cream make a zesty dressing for this refreshing summer salad. In later phases, spoon it onto toasted whole-grain bread for a heavenly open-faced sandwich.

- 1/2 cup reduced-fat sour cream*
- 1/4 cup mayonnaise*
- 2 tablespoons fresh lime juice*
- 1 tablespoon grated lime zest*
- 1 1/2 teaspoons curry powder*
- 1/4 teaspoon salt*
- 1 1/2 pounds peeled, deveined, and medium fresh or frozen shrimp (thaw if frozen)*
- 4 large celery stalks, thinly sliced*
- 1 large cucumber, peeled, seeded, and thinly sliced*

1. Whisk together sour cream, mayonnaise, lime juice, lime zest, curry powder and salt in a large bowl.
2. Add shrimp, celery and cucumber; toss gently to coat. Refrigerate until ready to serve. Makes 4 (1 1/2-cup) servings.

Per serving: 330 calories, 17g fat, 4.5g saturated fat, 37g protein, 6g carbohydrate, 2g dietary fiber, 670mg sodium

Prep Time: 15 minutes **Cook Time:** 20 minutes
(includes assembling rolls)

These rolls are special, yet not hard to make. A simply dressed green salad with cucumber or radish would be a perfect accompaniment. Cut them on the diagonal or cut the lettuce leaves into thirds and roll up smaller, hors d'oeuvre-size pieces.

DRESSING:

- 1 *tablespoon Asian fish sauce*
- 1 *tablespoon fresh lime juice*
- 2 *teaspoons minced fresh ginger*
- 1 *garlic clove, minced*
- Pinch red pepper flakes*

PORK:

- 1 *tablespoon canola oil*
- 1 *pound pork cutlets*
- 1 *(1/2-pound) head napa cabbage, shredded (3 cups)*
- 1 *small red bell pepper, cut into thin strips*
- 8 *large Boston lettuce leaves*
- Salt and freshly ground black pepper*

For the dressing: Whisk together fish sauce, lime juice, ginger, garlic and red pepper flakes in a small bowl.

For the pork: Heat oil in a large skillet over medium heat. Season pork with salt and pepper and sauté until lightly browned, 3 minutes per side. Remove from heat and slice into thin strips. Toss with 1 tablespoon of the dressing.

1. Combine cabbage, bell pepper and remaining dressing in a large bowl. Lay lettuce leaves on a clean, dry work surface. Divide pork among leaves.
2. Top with cabbage mixture and roll tightly, tucking edges in as you go. Place rolls, seam side down, on a cutting board, cut in half, and serve.

Makes 4 servings.

Per serving: 220 calories, 10g fat, 2.5g saturated fat, 26g protein, 6g carbohydrate, 2g dietary fiber, 490mg sodium >>

Prep Time: 15 minutes
(includes marinating)
Cook Time: 10 minutes

Stacked up high and filled with smooth avocado, juicy tomato, and creamy cheese, this power-protein sandwich is a South Beach vegetarian favorite. Vegans can use non-dairy mayo and soy cheese. If you have extra time, marinate the tempeh for up to an hour.

- 2 tablespoons low-sodium soy sauce
- 1 tablespoon plus 1 1/2 teaspoons cider vinegar
- 1 garlic clove, minced
- 1/2 (8-ounce) package soy tempeh
- 1 teaspoon mayonnaise
- 2 slices multigrain bread, lightly toasted
- 1 ounce shredded reduced-fat cheddar cheese (3 tablespoons)
- 1/4 avocado, peeled and sliced
- 2 slices tomato

- 1.** Whisk together soy sauce, vinegar and garlic in a shallow bowl. Add tempeh and marinate for 10 minutes, turning once halfway through.
- 2.** Spray a medium non-stick skillet with fat-free cooking spray and heat over medium heat. Add tempeh, reserving marinade and cook until well browned, 4 minutes per side. Remove from heat, add 2 tablespoons of the marinade to the pan and flip tempeh once or twice until marinade is absorbed.
- 3.** Spread mayonnaise on 1 bread slice. Place tempeh on top and cover with cheese, avocado and tomato. Top with remaining bread, gently press down, slice in half and serve. Makes 1 serving.

Nutrition at a glance

PER SERVING: 450
calories, 19g fat,
5g saturated fat,
37g protein, 38g
carbohydrate, 16g
dietary fiber,
860mg sodium

South Beach Chicken Paella

Prep Time: 10 minutes **Cook Time:** 35 minutes

- 1 1/2

pounds boneless, skinless chicken breasts, cut into 1/2-inch pieces
- 1

tablespoon extra-virgin olive oil
- 1

medium onion, chopped
- 1/2

cup whole-grain, quick-cooking brown rice
- 3/4

cup roasted red bell peppers (from a jar), drained and thinly sliced
- 2

cups lower-sodium chicken broth
- 1/4

teaspoon powdered saffron
- 3

tablespoons chopped fresh parsley
- Salt and freshly ground black pepper

1. Season chicken with salt and pepper. Heat oil in a large, straight-sided skillet over medium-high heat. Add chicken and onion; cook, stirring often, until onion is softened, about 5 minutes. **2.** Stir in rice. Add red peppers, broth and saffron; bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, until most of the liquid is absorbed, about 30 minutes. If paella has excess moisture, cook uncovered for 3 to 5 minutes. Stir in parsley, season to taste with salt and pepper, and serve. Makes 4 (1 1/2 cup) servings.

Nutrition at a glance

Per serving: 360 calories, 7 g fat, 1.5 g saturated fat, 45 g protein, 26 g carbohydrate, 1 g dietary fiber, 440 mg sodium



Saffron makes this simple one-pan classic a real treat, lending brilliant color and pungent flavor. This is one of the few recipes that takes a little bit longer to cook than most of the others in this book; it's a great dish to serve for company.

Peanut Butter and Jelly Cookies

Prep Time: 15 minutes **Cook Time:** 14 minutes

Who would believe you can get such a delectable cookie out of such a simple process and with so few ingredients? (That's right, there's no flour!) The not-too-sweet, deep nutty flavor — topped with a touch of fruit — is perfect for kids young and old. These cookies are so good that I need to remind you to limit yourself to one serving!

- 3/4

cup granular sugar substitute
- 1

large egg
- 1

teaspoon vanilla extract
- 1

cup creamy trans-fat-free peanut butter
- 1

teaspoon baking soda
- 1/4

cup sugar-free jam, any flavor

- 1.** Heat oven to 350°F. Line a baking sheet with parchment paper.
- 2.** Mix sugar substitute, egg, and vanilla together with an electric mixer on low for 3 minutes. Add peanut butter and baking soda. Mix on medium until dough comes together, about 30 seconds.
- 3.** Form dough into 24 (2-teaspoon) balls and place on baking sheet 1 inch apart. Gently press your thumb into the center of each to make an indentation. Fill each indentation with 1/2 teaspoon jam.
- 4.** Bake until lightly browned on the bottom, 12 to 14 minutes. Transfer to a wire rack to cool completely. Makes 12 (2-piece) servings .

Nutrition at a Glance

Per serving: 140 calories, 11g fat, 2.5g saturated fat, 6g protein, 7g carbohydrate, 1g dietary fiber, 210mg sodium

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Arthur Agatston, MD, is an associate professor of medicine at the University of Miami School of Medicine and has authored numerous scientific publications, as well as reviewed manuscripts for major medical and cardiology journals. He is the author of the best-selling books *The South Beach Diet* and *The South Beach Diet Good Fats Good Carbs Guide* and has appeared on *Dateline*, *Good Morning America*, *CNN*, *Fox and Friends*, 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 cardiology practice, focused on prevention, in Miami Beach, where he lives with his wife, Sari, and their two children.

FOR MORE INFORMATION:

www.southbeachdiet.com