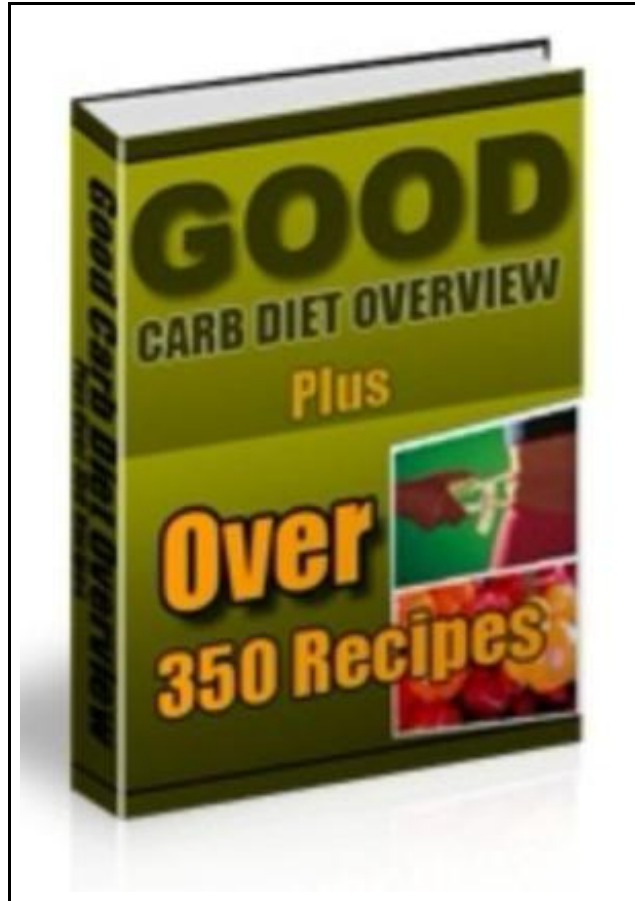


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*(Keon Altenwerth)*

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Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.WHAT IT IS A three-phase plan that has been likened to the low-carbohydrate Atkins program because during the first two weeks, South Beach eliminates most carbs, including bread, pasta, potatoes, fruit and most dairy products. In PHASE 2, healthy carbs, including most fruits, whole grains and dairy products are gradually reintroduced, but processed carbs such as bagels, cookies, cornflakes, regular pasta and rice cakes remain on the list of foods to avoid or eat rarely. Ditto for carrots, corn, bananas, raisins, pineapple, fruit juice and watermelon. This phase lasts until the weight goal is reached. In Phase 3, adherents are urged to stick mostly with the same foods as in PHASE 2. Agatston notes, however, that lapses are inevitable and dieters may need to switch back to PHASE 1 for a week or two when they overindulge and regain weight. PHILOSOPHY The program is based largely on reducing or eliminating foods with a high glycemic index -- a measure of the rise in blood sugar after eating a particular food. The South Beach Diet, Agatston writes, corrects the way your body reacts to the very foods that made you overweight, especially sugar. Reality Check: The glycemic index is interesting, notes Wadden, but there isn't enough evidence to prove its effectiveness in weight loss. Adds Wing, For weight loss, the bottom line continues to be calories, not the glycemic index. WHAT IT PROMISES Eight- to 13- pound loss in the first two weeks; about one to two pounds per week after that. Belly fat is said to vanish first, though Agatston doesn't explain why. HOW IT STACKS UP Calories aren't counted, but based on...



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