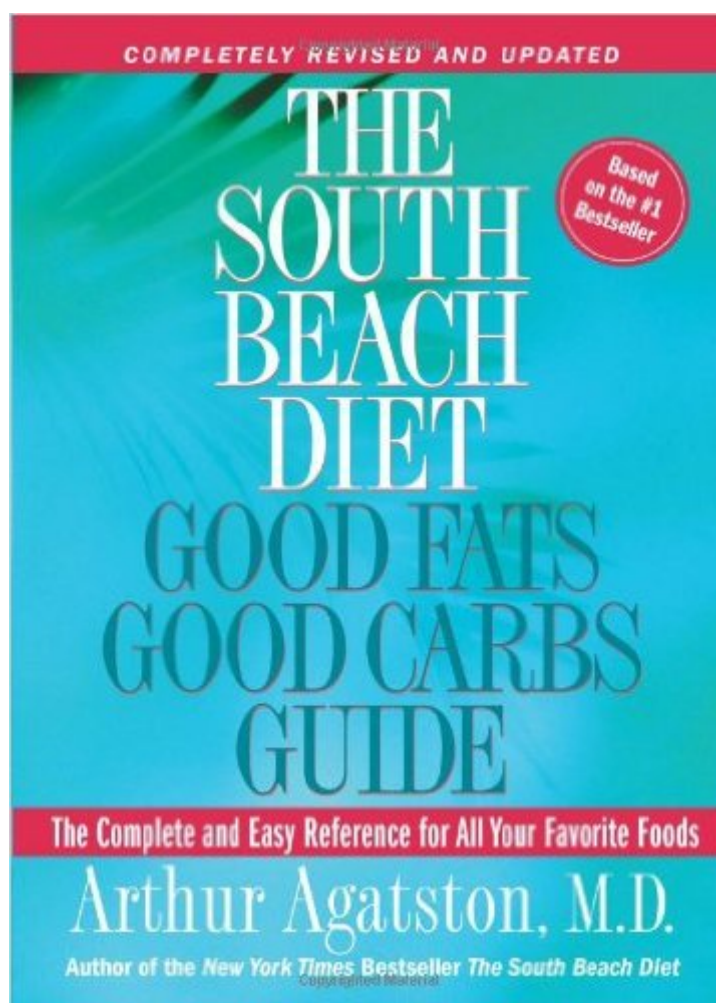


The book was found

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

Paperback: 160 pages

Publisher: Rodale Books; Rev Exp edition (April 19, 2005)

Language: English

ISBN-10: 1594861986

ISBN-13: 978-1594861987

Product Dimensions: 5 x 0.4 x 7 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (216 customer reviews)

Best Sellers Rank: #16,149 in Books (See Top 100 in Books) #6 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > South Beach Diet](#) #46 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb](#) #51 in [Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate](#)

Customer Reviews

This review was written originally in December, 2004 and was about the first edition. Since then, a new edition has appeared, and some of the faults I found with the original book have been addressed. Since the original edition is still available, I have left my review intact. However, I have added comments at the end to address the changes. If you are planning to buy the revised edition, see the comments at the end too. Original review: If you are looking for a diet that is easy to follow,

does not leave you hungry, is effective, nutritionally balanced, and improves your overall health, the South Beach Diet may be for you. In this companion book to The South Beach Diet book, Dr. Agatston lists many common foods, as well as whether they can be enjoyed in abundance, limited, or avoided completely. While this could have been done with a simple food list, this information is presented in a table that also lists carbs, sugar, and total fat. The beginning of the book gives a brief overview of the diet, and a discussion of trans fats and why they should be avoided. It also has a discussion of the glycemic index. Although the recommendations in the book are based on glycemic index, glycemic load, and other factors, this information does NOT appear in the tables, purportedly because it's not available for all foods. Leaving it out for that reason, even when known, defies credibility. As followers of this diet know, it's not about following the glycemic index, or counting calories or carbs. While the GI may serve as a guideline to let you know where foods fit in, it can also be misleading since some foods with similar GI values may not be of equal value to your diet.

[Download to continue reading...](#)

The South Beach Diet: Good Fats Good Carbs Guide - The Complete and Easy Reference for All Your Favorite Foods, Revised Edition Good Calories, Bad Calories: Fats, Carbs, and the Controversial Science of Diet and Health The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet The South Beach Diet Supercharged: Faster Weight Loss and Better Health for Life Southern Living Bourbon & Bacon: The Ultimate Guide to the South's Favorite Foods Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 The Complete Guide to Drying Foods at Home: Everything You Need to Know about Preparing, Storing, and Consuming Dried Foods (Back to Basics) Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers LeSutra Model Beach Volleyball Team Runways lookbook 2016 - 02 (LeSutra Model Beach Volleyball Lookbook 2016) Sweet Potato

Power: Smart Carbs; Paleo and Personalized The Complete Food Dehydrator Cookbook: How to Dehydrate Your Favorite Foods Using Nesco, Excalibur or Presto Food Dehydrators, Including 101 Recipes. (Food Dehydrator Recipes) (Volume 1) All Time Favorite Dietz & Schwartz Songs Featuring Dancing in the Dark PVG (All Time Favorite Series) [ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH] By Ballweg, Mary Lou (Author) 2003 [Paperback] Mediterranean Diet for Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for Success The Healthiest Diet on the Planet: Why the Foods You Love-Pizza, Pancakes, Potatoes, Pasta, and More-Are the Solution to Preventing Disease and Looking and Feeling Your Best

[Dmca](#)