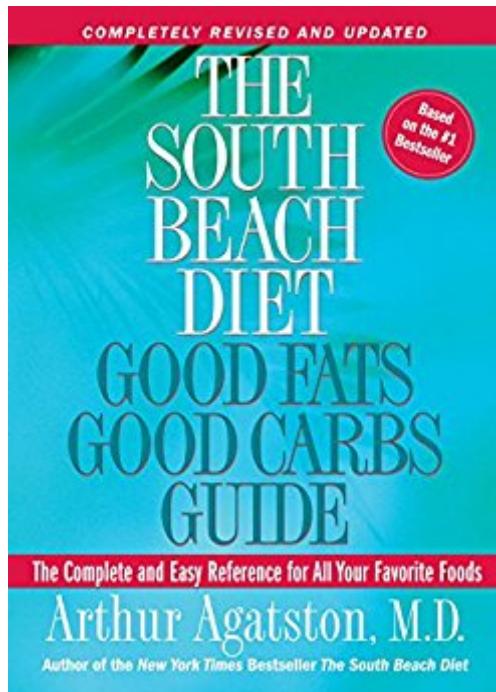


The book was found

The South Beach Diet Good Fats, Good Carbs Guide:Â The Complete And Easy Reference For All Your Favorite Foods



Synopsis

You don't have to give up fats or carbs--you just need to choose the right ones. All fats and carbohydrates aren't created equal. The good kinds nourish your body as they help you lose weight. The bad kinds--found in sugary, fatty foods like doughnuts, snack foods, and fast-food meals--damage your body's ability to burn off what you eat. Worse, eating them actually triggers cravings and makes you even hungrier! On the South Beach Diet, by best-selling author and Miami Beach cardiologist Arthur Agatston, M.D., you eat plenty of good carbs and good fats--delicious, healthy foods that crush cravings, curb overeating, and leave you satisfied rather than starving. And now, with the revised The South Beach Diet Good Fats, Good Carbs Guide, you have all the information you'll need to make the right meal choices--anytime, anywhere. This expanded guide does all the work--more than 1,200 food listings at your fingertips. You'll know at a glance if a food is compatible with the South Beach Diet--each entry lists its carbohydrate, sugar, fiber, fat, and saturated fat information. Plus, for the first time, all the foods have recommendations for each phase of the diet, according to the nutritional principles Dr. Agatston explains in his introduction. Packed with new essential information and expanded sections covering foods like meal replacement bars and fast-food listings, meal makeovers, and more, The South Beach Diet Good Fats, Good Carbs Guide is your key to lifelong health and weight loss.

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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.

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