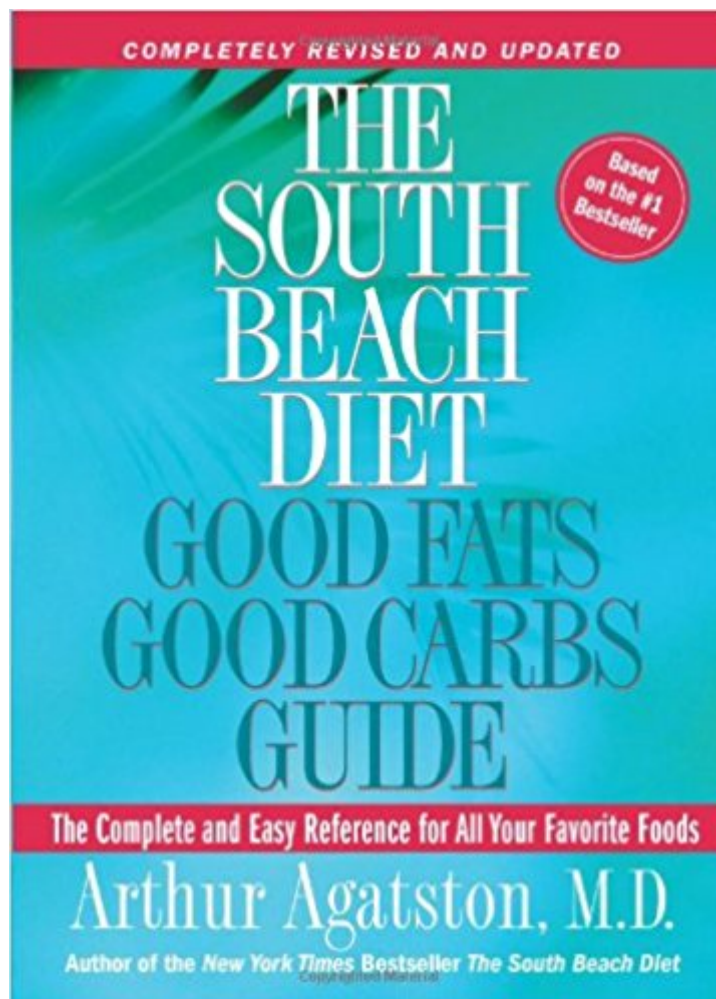


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# The South Beach Diet: Good Fats Good Carbs Guide - The Complete And Easy Reference For All Your Favorite Foods, Revised Edition



## 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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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.

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